



North

Yorkshire County Council

# What is extra care and how can it help me?

August 2010



**Adult and Community Services**

A responsive County Council providing excellent and efficient local services

# What is extra care?

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The term extra care housing is used to describe developments that comprise self-contained homes with design features and support services available to enable self-care and independent living.

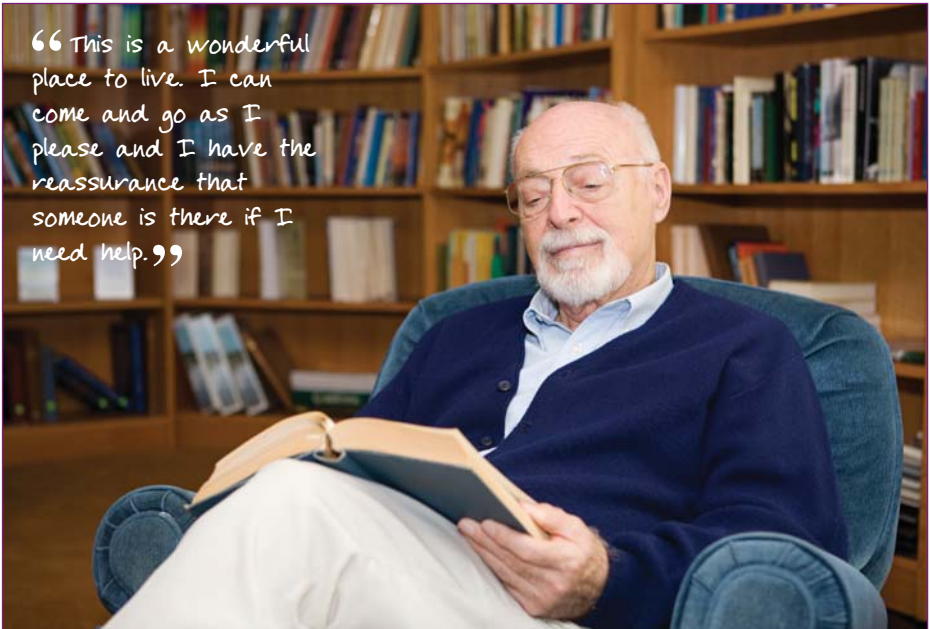
Extra care housing is designed to enable people to remain independent for as long as possible. It can offer many different levels of support which can be altered as your needs change. It is popular with people whose disabilities, frailty or health needs make ordinary housing unsuitable.

It is often also referred to as very sheltered housing or assisted living.

Here in North Yorkshire we have a number of extra care housing schemes across the county.

## **The features of extra care housing in North Yorkshire are:**

- you have your own home, with your own front door, kitchen, bathroom, lounge and one or two bedrooms;
- care and support staff are available 24 hours a day, seven days a week, with tailored support to meet your needs. This support is monitored and assessed by North Yorkshire County Council's Adult and Community Services;
- properties are usually available to: rent, buy or for shared ownership;
- a safe and secure living environment;
- a scheme manager;
- communal facilities such as a lounge, restaurant, shop, hair and beauty salon, library and space for other social activities;
- a chance to be involved in many social activities and learning opportunities;



- the opportunity to remain part of the local community;
- couples can move in together; and
- the properties are designed with easy access to the building for people with mobility problems or disabilities.

### Who can live in extra care housing?

You can live in extra care housing if:

- you are over the age of 55; or
- you are a younger adult with a care and/or support need; or
- you are a couple, with one or both of you having a care or support need.

Extra care housing is particularly good for people who want to live in a home of their own, but need some support or help with their daily routine.

## Why you should consider extra care housing:

- you may have health problems;
- you are struggling with looking after your home or garden, or both;
- you are considering residential care;
- you require regular help and support to help you live in your own home; or
- you think you will need more support in the future.

Extra care housing is North Yorkshire County Council's recommended alternative to residential care.





### **What are the benefits of choosing extra care housing?**

- you are living in your own home, which you can buy or rent;
- you maintain your independence and you can come and go as you please;
- you can have people come and stay with you, either in your own home, or in the guest suite that each scheme has;
- you are in control of your finances;
- if you buy your home you may have remaining inheritance to pass on to your family;
- you can take your pet with you;
- there is a wide range of communal facilities;
- the support you receive will help maintain your independence; and
- every property is fitted with assistive technology (Telecare) to help give you security and peace of mind.

## How much does it cost to live in extra care housing?

There are three cost elements for living in extra care housing:

- 1) the cost of buying or renting your own home;
- 2) the service charges associated with your home, for maintenance and any communal facilities; and
- 3) your care/support costs.

The amount you pay will vary depending on your individual situation and your income. To determine this amount you will receive a financial assessment and you will be given help and advice on claiming any welfare benefits to which you may be entitled.

Rents and service charges in extra care housing can be covered in part or whole by Housing Benefit, subject to an individual Welfare Benefits Assessment.

The service charges cover the maintenance of communal property and gardens.



## Further information

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For more information on extra care housing in North Yorkshire please visit [www.northyorks.gov.uk/extracare](http://www.northyorks.gov.uk/extracare)

Elderly Accommodation Counsel (EAC)

3rd Floor

89 Albert Embankment

London SE1 7TP

Advice Line: **020 7820 1343**

[www.housingcare.org](http://www.housingcare.org)

Phone EAC's advice line for free advice and information on all aspects of housing, care and support. The website has a database of housing options, including extra care housing throughout the UK.

### **For more general advice and information contact:**

Age UK advice line: **0800 168 6565**

Alzheimer's Society helpline: **0845 300 0336**

North Yorkshire  
County Council  
County Hall,  
Northallerton, North  
Yorkshire. DL7 8AD.

**You can contact the council in the following ways...**

**By telephone:** Our Customer Service Centre is open:  
Monday - Friday 8.00am - 8.00pm  
and Saturday 9.00am - 5.00pm

**Call: 0845 034 9410**

**By email:** [social.care@northyorks.gov.uk](mailto:social.care@northyorks.gov.uk)

or alternatively you can access all North Yorkshire County  
Council information online at: [www.northyorks.gov.uk](http://www.northyorks.gov.uk)

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