

## Frequently asked questions:

### What happens if my health gets worse while I am living in extra care housing?

It is expected that your needs will change over time - and not always for the worse! There may be times when you need a lot of care and support, times when you need no support or a mixture of the two. The care staff should be flexible and sensitive in asking you about what you need. They cannot give you nursing care, but they will aim to support you to stay living in the same place.

### Who is in charge of extra care housing?

The scheme will be managed by Milecastle. The on site care team will work under a contract from the Care Trust. All the residents will be involved and consulted about the services they receive and the services and activities provided at the scheme.

## For further information about the scheme contact:



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Milecastle Housing

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Northumberland Care Trust

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# Extra Care Housing West Wylam

*(on the former site of The Manors)*

# What is Extra Care Housing?

- You are living at home - not in a home
- You have your own front door - you decide who comes in
- Couples and friends can stay together
- There is a mix of able and less able older people
- 24 hour care services are available - if you need them
- You get support to keep your independence
- You can join in social activities - or you can be private
- You have control over your finances
- You have security - the aim is a home for life

Many older people end up living somewhere they are not happy to be, simply because they want to please others or not be a burden to their family. Moving after an accident or an illness can mean there is not enough time to think about what they really want.

The extra care scheme will offer a new way of supporting older people to live independently for as long as they possibly can.

It gives security and privacy, a home of their own, a restaurant and range of leisure and social activities together with 24 hour care services from a dedicated on site team. The scheme will provide a 'Community Hub' - on site services for local people such as chiropody, health and well-being, falls prevention, internet access and social activities plus a range of outreach services.

The scheme will have 46 one and two bedroom

flats - 34 for rent and 12 for shared ownership. It is being developed on the site of an existing sheltered housing scheme owned and managed by Milecastle Housing in partnership with Northumberland Care Trust, Tynedale Council, Northumberland County Council and local community groups.

The development is funded by a capital grant from the Department of Health's Extra Care Housing programme, plus private finance raised by Milecastle and money from the sale of the shared ownership flats. The first residents will move in, in summer 2009. Successful extra care housing is a complex mix of housing, care and support services and between now and 2009 a lot of work is taking place to ensure the new building and the services it provides meet the needs and aspirations of older people.

## Frequently asked questions:

***I am managing on my own, but my health is not good and I want to move. Would extra care housing be suitable for me?***

Yes. The scheme will have a mix of more independent and able residents together with those who are very frail. Some will be getting a lot of care and support, others will be living independently. The accommodation will be accessible, easy to manage and support residents to be as independent as possible.

***I own my own home, but my friend is a council tenant. Could we both move into extra care housing?***

Yes, prospective residents will be given information about renting and the option of shared ownership.

***I already live in ordinary sheltered housing - how would extra care housing be different?***

The main difference is that care and support staff are on the premises 24 hours a day. There is also a restaurant for those who want it, social activities and other facilities. A tenancy or shared ownership option is secure - residents should not have to move if their needs change.

***My husband is very unwell and we get a lot of help from our family and friends. Could we move into extra care housing together?***

Yes. You and your husband can stay together and your family and friends can continue to help as before if they want to, with the added support of the extra care staff. You may make new friends too!

***My doctor has said I should go into a home. What are the advantages of extra care housing over a nursing or care home?***

You will have your own home, control over your finances, and privacy and choice about how much you mix with the other residents. The care staff will support you in looking after yourself for as long as possible, and you can keep up your usual routines and activities in the local area.

***My mother has early signs of Alzheimer's disease. Can she move into extra care housing?***

Possibly. Most people who develop dementia after moving into extra care can continue to be supported in their familiar home surroundings by staff and friends as before.