



Community
Legal Service



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THINKING ABOUT A MOVE?

THINK ABOUT EXTRA CARE HOUSING IN BALA

If you need this document in a different format e.g. on tape, in Braille,
please telephone, e-mail or call at your nearest office.

1. WHAT IS EXTRA CARE HOUSING?

Extra care housing is a housing provision that caters for people who want to live in their own home, but with the benefit of an on site, dedicated care team. For many, they provide an alternative to residential care. In an extra care scheme, you will retain your independence, whilst benefiting from a flexible level of care, which can be tailored to suit your changing needs, prolonging your independence and providing you with a home for life.

Extra Care Housing is different because:

- You are living at home - not in a residential home
- You have your own front door – you decide who comes in
- Couples and friends can stay together
- There will be people with varying care needs
- Care and support services are available on site – if you need them (a care assessment will be carried out)
- You get support to keep your independence
- You can join in social activities
- You have control over your finances
- You have security and peace of mind
- It is wheelchair accessible

2. WHAT DOES THE SCHEME CONSIST OF?

The extra care scheme in Bala is the first of its kind to be built in Gwynedd. It will consist of 30 self contained apartments (23 x 2 bedroom and 7 x 1 bedroom).

The Scheme will be situated adjacent to Coleg y Bala, and the sheltered housing provision located at Cysgod y Coleg. It has good access to local shops, the church, chapels and many other facilities which the town has to offer.

Other facilities will include:

- Tenants lounges
- Communal areas
- Restaurant
- Internet room
- Activity room
- Hairdressing
- Assisted bathing facilities
- Laundrette
- Secure communal garden
- Guest room for relatives/friends

3. HOW MUCH DOES EXTRA CARE HOUSING COST?

There are three elements to the cost of extra care housing:

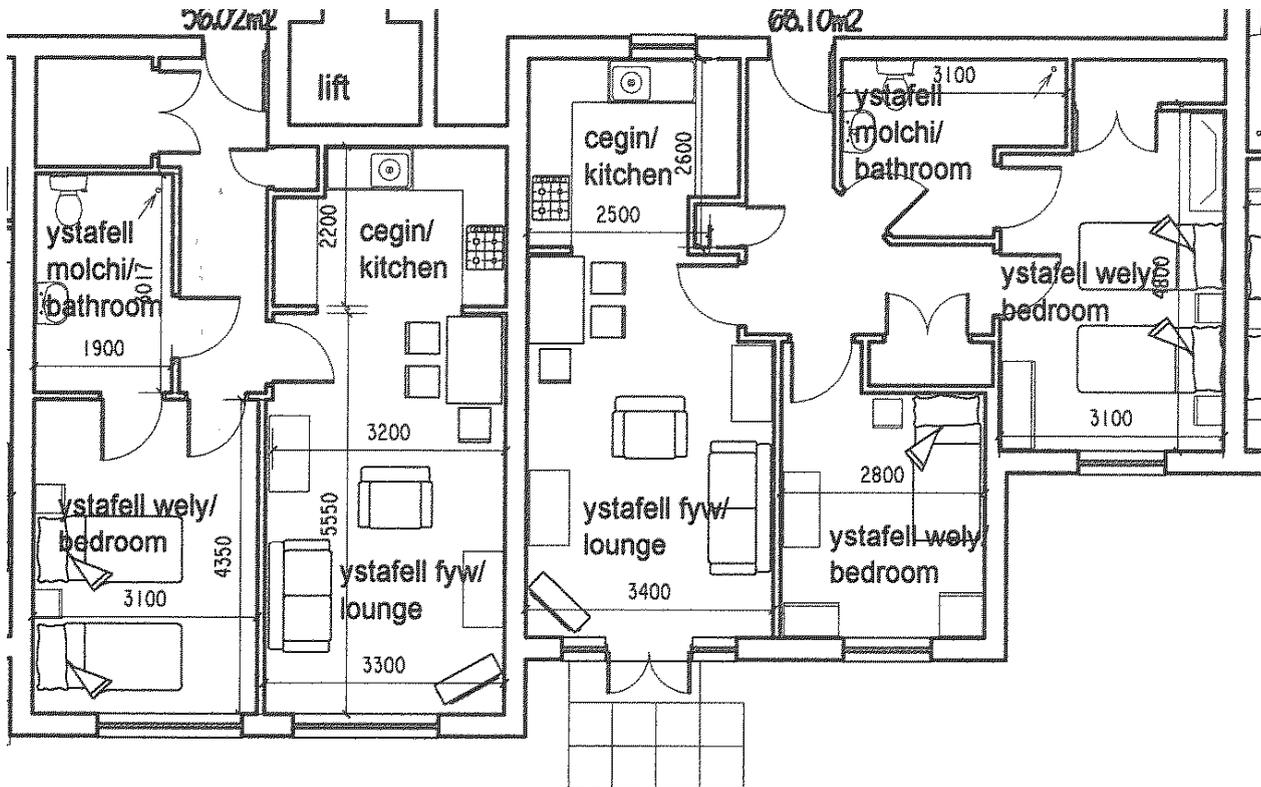
- Housing – the cost of renting / buying your own home
- Service Charge – the service charges associated with your home, for maintenance and any communal facilities
- Care and Support Costs – your care and support services

4. WHEN WILL THE DEVELOPMENT BE COMPLETED?

The scheme is expected to be completed by Spring 2011 and it is anticipated that tenants will be selected for the apartments from Autumn 2010.

These dates are approximate only, and can slip should certain milestones not be met by certain dates.

5. DESIGN OF APARTMENT LAYOUT



Typical 1 bed Layout

Typical 2 bed Layout

(Please note that the above plans are not to scale and should be used as a guide only)

6. HOW WILL THE APARTMENTS BE ALLOCATED?

A formal Management Agreement between Cymdeithas Tai Clwyd and Gwynedd Council is currently being drawn, it is likely to take into consideration the housing need and the care need of each applicant.

In addition, there will be a 106 Agreement of the 1990 Town and Country Planning Act on the properties – this means that tenants will have lived in the area for a substantial period.

This Agreement hasn't yet been formalised either, but it is likely that we will expect residents who have lived in the area for a continuous period of at least 10 years to qualify i.e. the old Meirionnydd District Council administrative boundary or any adjoining Community Council area

7. CAN I APPLY FOR HELP WITH MY RENT?

You can apply for Housing Benefit to help meet the costs of your basic rent and some of your service charges. Housing Benefit is a means tested benefit. The costs of any extra care will vary according to need, and may be funded by Social Services and/or other benefits.

8. SOME QUESTIONS YOU MAY BE ASKING YOURSELF

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. Most extra care housing projects have a mix of more independent and able tenants 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 and it should be easy for you to manage.

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

Yes. Some schemes offer homes to buy with parallel arrangements to buy back, others offer only rented accommodation, some are a mixture of owner-occupiers and tenants.

I'm already in a residential care home, can I move?

Yes, following an assessment people have successfully transferred from residential to extra care.

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. Different types of accommodation are available and there is a mix of tenants with different support needs. Your tenancy or ownership of your home is secure – you should not have to move if your 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?

Extra care housing shouldn't look or feel like an institution. You will have your own home, control over your finances, and privacy and choice about how much you mix with the other tenants. 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.

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. Any changes to supporting hours will be subject to a suitable assessment.

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. However, if you have dementia before you move in, an individual care assessment will show whether the scheme is suitable for you. Any changes in the care hours will be made following an appropriate assessment.

8. SOME QUESTIONS YOU MAY BE ASKING YOURSELF (continued)

What facilities and services are available on-site at extra care housing?

The facilities range from restaurants and lounges to hobby rooms, shops, hairdressers and keep fit suites. Sometimes the local day centre, health services and other groups are based there, for example, a GP surgery, a district nurse or welfare benefits advice. People from the surrounding area may also come in to use the facilities and resources.

Can I stay until I die?

Extra care housing aims to provide you with a home for life. This may not always be possible, for example if you become a risk to yourself or others, but that is the aim.

9. HOW CAN I APPLY FOR THE EXTRA CARE SCHEME?

You can be considered for a flat in the extra care scheme in Bala by completing and returning an extra care housing application form to:

The Scheme Manager
Cymdeithas Tai Clwyd
Unit 8 Gweithdai Penllyn
Heol Aran
BALA
LL23 7SP

If you have any questions or require further information, please telephone:-

0345 230 3150

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