

Housing with support

Accommodation based services and floating support

The purpose of Housing Related Support is to provide support services which develop a person's capacity to live in the community independently in accommodation, or sustain their capacity to do so. It aims to increase independence and empower people to be able to integrate successfully into the wider community.

Housing Related Support provides an effective way of delivering services to a wide range of vulnerable people and every person who receives Housing Related Support is helped to create a support plan which addresses how they will achieve a range of positive outcomes in line with people's personal circumstances.

Housing Related Support can be delivered through accommodation based services, or through floating support services. Accommodation based services are linked to a property or scheme, such as self-contained accommodation, and floating support is provided in a person's own home. If the individual moves house, the floating support can move with them. Both types of service are offered for up to two years and can include help to:

- Access health services such as doctors, community nurses
- Access leisure activities, educational courses or you may wish to volunteer to help out a local group
- Gain confidence and emotional support
- Maintain or regain life skills such as managing your money, cooking, shopping and managing your own home.

The Council buys in services from a range of organisations and these are monitored to ensure that they provide a good service. We also ask people who use housing related support services to get involved in how services are developed and delivered and how the programme is managed.

For more information please contact Adult Services Access point on 01274 435400 or visit our website to view our on-line directory of housing related services

www.bradford.gov.uk/bmdc/housing/supporting_people

Sheltered housing

Sheltered or retirement housing is suitable for people who like living independently but want the reassurance of knowing that assistance is on hand if there is an emergency, or where they expect to be away from home for long periods and need to know their home is safe. Often called retirement housing, there are many different types of sheltered schemes available both to rent and to buy. The size of the schemes can vary but typically consist of between 15 and 40 dwellings. These may be bedsit rooms, self-contained flats, bungalows or luxury apartments. Some schemes are simply housing designed to meet the needs of older people and linked to a community alarm. Many of these schemes have a scheme manager/warden, who provides housing management and support to residents. Schemes are linked into the Council provided community alarm service – Safe & Sound or to the landlord providers equivalent system. There are often communal facilities such as a lounge, laundry, guest flat and garden. Meals are not normally provided but a few schemes include a restaurant and some can arrange hot meals.

Extra care housing

Extra care housing developments are sometimes known as 'very sheltered housing' or 'assisted living apartments'. This is a growing and popular part of the housing with care market for older people. It can offer an environment that is accessible for people who are finding it difficult to get around the house, and which promotes well-being for people with health conditions.

Typically, there is support to access social activities and recreation and some schemes have their own shop, restaurant and other facilities. Individual's living in the schemes ordinarily have a requirement for care services and receive this from a range of agencies offering care and support, some of which can assist with levels of need. Care providers must be registered with the Care Quality Commission (CQC) as Domiciliary Care agents.

People find it attractive because it offers independent living in a home of one's own and you might choose to move to extra-care when still relatively independent, or as a positive alternative to residential care. The potential advantages include the opportunity for couples to stay together rather than being separated by one partner moving into a care home and some schemes offer the choice to buy as well as rent.

Care homes

All care providers in the country must be registered with the Care Quality Commission (CQC). All services are inspected by the CQC, who report on their findings. These inspection reports are available from the care service or the CQC (visit <http://www.cqc.org.uk>).

Further information about the CQC can be found [Here](#).

There are two types of care home:

Care homes offering personal care only

If you are reasonably active, but would like greater security and care, subject to a needs assessment, a care home offering only personal care may be your best option. Personal care includes bathing, feeding, dressing and help with your mobility and must be paid for in full if your capital/savings exceed £23,250 (2013 nationally set figure).

If you need advice, even if you are paying in full you can contact Bradford Council's Adult Services Access Point.

Care homes with nursing

If you think you need a nurse to oversee your care, you will need to be assessed for this and it will be carried out by an NHS nurse. The assessment can be carried out in your own home, in hospital or in a care home. You will be fully involved in the assessment and the planning of your care needs. If you feel you need this assessment, you can contact the Continuing Healthcare Team via:

*The Continuing Healthcare Team
Douglas Mill, Bowling Old lane
Bradford BD5 7JR
Tel: 01274 423003*

Following the assessment, you may be entitled to NHS funded Nursing Care contributions or NHS Continuing Healthcare funding. This means, the NHS will pay for part or all of your care home fees depending on your assessed care needs. Your social worker will give you information to help you find a home which can meet your care needs and any costs the NHS are responsible for will be paid directly to the care home of your choice.

[See paying for your care for more information.](#)

Specialist care (all ages)

Support and care services for people with special needs offer a range of options aimed at maintaining their independence by living in their own homes and communities.

Learning disability

If you are considering moving out of your family home, there are a number of options that could be explored before considering a care home. You may be able to have your own flat with support.

There is also the option of supported living, where you can share a property with other people with support provided for all. Support can include learning independent living skills like cooking, cleaning and money management as well as help with health needs. Either of these options can often give you greater independence and choice than care homes may be able to offer. There are other alternatives too such as Adult Placement or Shared Ownership schemes that could be considered and these can be set up through Adult and Community Services.

An important change affecting people with learning disabilities is the introduction of Personal Budgets ([explained Here](#)), putting people at the centre of how they choose to pay for their support.

Many adults with learning disabilities can live in their own homes in their local communities with support but there may be times when an individual has specialist health or social care needs when a care home may be more appropriate.

Care homes for people with learning disabilities often specialise, such as homes for people with autism. A good home will provide opportunities to learn and maintain skills and opportunities to take part in enjoyable and stimulating activities. Social Care Workers from Adult and Community Services, who specialise in learning disability, will be able to give you information to enable you to make the right choices.

Physical disability

Following an assessment of your needs, you may be eligible for help from Adult and Community Services, including a Personal Budget, occupational therapy, adaptations to your home and supported housing. We can also offer support for your carer. We can help with daily living tasks at home and assist you to take part in activities in the wider community.

Shared Lives schemes and short breaks in care homes are among the ways in which we can ensure your needs are met while your carer has a break.

Dementia

As it can be best for the person with dementia to stay in their own home for as long as possible, a range of community care services are available to facilitate this. Adult and Community Services can provide access to: home care; meals in the home; sitting services (which provide a break for carers); advice on equipment and adaptations; day care centres and respite care. If you are responsible for looking after someone with dementia in their own home you may be entitled to support in your own right to help you manage.

These services can be provided directly by registered providers including those who do not require financial help from Adult and Community Services, however Adult and Community Services will still be willing to offer an assessment of need. You may have a choice of which agency you receive your care from whether or not Adult and Community Services assist with the funding of your service.

If you are considering a specialist care home, remember it should be able to maintain and improve your quality of life. Depending on the degree of the dementia, you should be able to live in a care home that offers quality personal care and person-centred care. It's important to consider homes that provide nursing care in case your condition deteriorates and you require a higher level of care. Many care homes offer specialist units with experienced nursing staff and facilities adapted to the needs of residents with dementia.

People with dementia can benefit from a range of group or individual therapies involving social interaction and mental stimulation, including reminiscence. Activity co-ordinators and occupational therapists can provide people with dementia with reality orientation, reminiscence and validation therapy. Music therapy, art therapy approaches and other creative therapies can also be helpful.

Behaviour management approaches that promote understanding of the behaviour of the person with dementia can also be beneficial and trained staff can offer this service within many care establishments.

Mental Health

Your local Community Mental Health Team (CMHT) should be your first point of contact if you have mental health issues. You can ask your GP to refer you or ask someone who knows you to contact the CMHT on your behalf. *Contact CMHT on 01274 251800.*

The local authority is investing in supported accommodation and home support for people with mental health issues. A move to residential or nursing care will only be necessary for people who cannot live in their own home with support. Like other specialist care services, home support can be paid for (if you have been assessed as eligible) with a Personal Budget or Direct Payment.

Alternatively, a good care home can help improve the quality of your life - the structured environment and activities provided can build up your confidence. Your Social Care Worker and the care providers should assess you carefully to make sure the placement is right for you and all care providers should operate to a recovery model, helping people to learn the skills they need to become more independent.

A member of staff may visit you at home, talk to you and look at your assessments of health and social care need.