



## **Options and facilities for older people**

**Sheltered housing may be a suitable option for older people who want to continue to live independently.**

### **Key advice**

Sheltered housing can be bought or rented.

Additional services such as home help and meals on wheels may be available.

### **What is sheltered housing?**

Sheltered housing gives older people the independence of having their own flat with the security of having an alarm system and a warden. The flats are usually all self-contained units, which often has a communal social area.

It is also possible to find sheltered housing to rent or to buy.

The sheltered housing staff should check on you every day and be able to assist you in an emergency. They would not be expected to provide care or do things like shopping.

### **Additional care in sheltered housing**

If you require additional services, you can still have care provided by the social services department, such as meals on wheels, or someone to come in to get you up in the morning, or to help you wash, or do your housework.

Alternatively, you could move into very sheltered housing or extra care sheltered housing, where services such as meals and personal care are usually provided.

### **Who provides sheltered housing?**

A number of housing providers have sheltered housing schemes:

Home Group – [www.homegroup.org.uk](http://www.homegroup.org.uk) – Tel: 0345 141 4663

Castles and Coast – [www.castlesandcoasts.co.uk](http://www.castlesandcoasts.co.uk) Tel 0800 085 1171

Anchor – [www.anchor.org.uk](http://www.anchor.org.uk) – Tel: 0808 102 4070

### **Buying sheltered housing**

It is sometimes possible to buy a flat in a sheltered housing complex. If you already own your home, it may be easier for you to buy than to rent, as home owners are usually not given priority on waiting lists to rent from the council or a housing association.

**Further information about sheltered housing**

Further information about sheltered housing is available from Age UK at [www.ageuk.org.uk](http://www.ageuk.org.uk)