

Adult Social Care

# Extra Care Housing

## Factsheet

### What is Extra Care Housing?

Extra Care Housing is a term used to describe a type of sheltered housing property that has a permanent care team located within the building to meet the needs of tenants or homeowners who live there.

Extra care housing schemes offer manageable properties primarily for older people (*people over 55*) who want to have and maintain their own home but also want flexible and accessible care or support at hand when they need it.

People who live in extra care housing have their own self contained homes with a lounge, kitchen, bedroom and bathroom and access to care staff 24 hours a day, 7 days a week. There are also communal facilities and activities available.

Extra care housing means:

- you live at home, not in a care home;
- you have your own front door and decide who can come in;
- couples can stay together ;
- there is a mix of able and less able people;
- 24 hr care and support services available;
- you are supported to keep your independence;
- you can choose whether to join in with on site activities or to stay private;
- you have control over your own finances;
- you have security of tenure.

Extra care housing schemes tend to offer the following:

- private apartments for rent or sale;
- your own front door with letterbox and doorbell;
- various shared facilities like a café or restaurant, lounge, hobbies room, meeting room, library etc, these may vary depending upon the scheme;
- help with housing maintenance;
- care and support delivered to you according to your assessed needs and a support plan agreed with you;
- independent living with flexible support.

If you are thinking about moving, maybe because your current home is too much to manage or doesn't meet your needs and you want to retain your independence and privacy, extra care housing might be an option for you. It can help you to stay as independent as possible and offers a great deal of choice and control over care and support needs.

## Where can I get more Information?

Details of the Extra Care Schemes in Cumbria are given below:

### Allerdale

#### Greta Gardens (Your Housing)

Crow Park Road, Keswick CA12 5EL

T: 01925 592879 [www.yourhousinggroup.co.uk](http://www.yourhousinggroup.co.uk)

#### Fairview Court (Home Group)

South End Road, Wigton CA7 9PB

T: 016973 44816 [www.homegroup.org.uk](http://www.homegroup.org.uk)

## Carlisle

Opening Autumn 2016

#### Bramble Court (Impact Housing)

Union Lane, Brampton, Carlisle, CA8 1BX

T: 03448 736290 [www.impacthousing.org.uk](http://www.impacthousing.org.uk)

#### Burnside Court (Anchor Trust)

Rosebery Road, Stanwix, Carlisle, CA3 9HP

T: 01228 542 291 [www.anchor.org.uk](http://www.anchor.org.uk)

#### Heysham Gardens

##### (Eden Housing Association)

Low Meadow, Newtown Road, Carlisle, CA2 7QG

T: 01228 402208 [www.edenha.org.uk](http://www.edenha.org.uk)

#### \*Lister Court (Impact Housing Association)

Shadygrove Road, Carlisle CA2 7LH

T: 03448 736290 [www.impacthousing.org.uk](http://www.impacthousing.org.uk)

#### \*Sycamore House, (Impact Housing Association)

Garlands Road, Carlisle CA1 3SU

T: 03448 736290 [www.impacthousing.org.uk](http://www.impacthousing.org.uk)

*\*These schemes are primarily for younger adults with a disability.*

## Copeland

#### Duddon Mews (Home Group)

Devonshire Road, Millom, LA18 4AQ

T: 01229 777049 [www.homegroup.org.uk](http://www.homegroup.org.uk)

#### Monkway Court (Anchor Trust)

Monkway Road, Kells, Whitehaven, CA28 9HD

T: 01946 64400 [www.anchor.org.uk](http://www.anchor.org.uk)

## Eden

#### Lonsdale Court (Housing 21)

Pategill, Penrith, CA11 8LD

T: 0370 192 4051/4053 [www.housing21.co.uk](http://www.housing21.co.uk)

#### Rampkin House (Eden Housing Association)

Scattergate Close, Appleby, CA16 6LX

T: 01768 352322 [www.edenha.org.uk](http://www.edenha.org.uk)

#### Woodlands (MHA)

Bridge Lane, Penrith, CA11 8GW

T: 01768 867490 [www.mha.org.uk](http://www.mha.org.uk)

#### Mill Gardens (Eden Housing Association)

Hartley Road, Kirkby Stephen CA17 4RU

T: 01768 371184 [www.edenha.org.uk](http://www.edenha.org.uk)

## Furness

#### Station View (Accent Group)

Holker Street, Barrow in Furness, LA14 5RB

T: 01229 825359 [www.accentgroup.org](http://www.accentgroup.org)

## South Lakes

#### Birthwaite (South Lakes Housing)

Phoenix Way, Windermere, LA23 1DD

T: 01539 717717 [www.southlakeshousing.co.uk](http://www.southlakeshousing.co.uk)

#### Jenkins Crag Court (Impact Housing)

Jenkins Rise, Kendal, LA9 6LH

T: 01539 729591 [www.impacthousing.org.uk](http://www.impacthousing.org.uk)

#### Rowan Court (Impact Housing)

Rothay Road, Ambleside, LA22 0EE

T: 015394 32557 [www.impacthousing.org.uk](http://www.impacthousing.org.uk)

#### Lound Place (Impact Housing)

Lound Road, Kendal, LA9 7FE

T: 01539 733096 [www.impacthousing.org.uk](http://www.impacthousing.org.uk)

February 2016

If you require this document in another format (eg CD, audio cassette, Braille or large type) or in another language, please telephone 01228 227306.