

Extra Care

What is extra care housing?

Extra care housing combines accommodation with care and support services. There are many different types of extra care housing, from small communities of flats and bungalows to retirement villages.

The facilities and care provided will vary, but extra care housing schemes usually include:

- self-contained adapted apartments or bungalows
- on-site care and support staff, providing personal care and domestic services
- emergency alarms throughout the scheme, with 24-hour help available
- communal facilities and services, such as a lounge, dining area and garden

Who is it for?

The eligibility criteria will depend on the scheme, but residents are usually:

- above a certain age – 50 plus
- able to live safely on their own with some support

If you are part of a couple and one of you has greater care needs, extra care housing could make it possible for you to continue to live together.

How do I know if I could live in extra care housing?

Ask Wigan Council for a free care needs assessment if you think extra care housing might be the right choice for you. This will look at what care you need and the best way for you to get it. You will usually be required to have a care needs assessment if you're applying for council extra care housing

There are two key elements to extra care housing:

- the accommodation
- the care and support services offered

Accommodation

Each self-contained apartment or bungalow is designed to be user-friendly and will usually have:

- a kitchen, bathroom, bedroom and living room
- adaptations, such as handrails, a level-access shower, and lower worktops for wheelchair users
- alarms throughout, to call for help in an emergency

Some larger extra care housing schemes may have facilities such as a hairdresser, GP practice or restaurant on site.

Care

The type of support will depend on your needs, which Wigan Council will assess. Care can include help to look after your everyday needs, such as:

- washing and dressing
- managing your medication
- personal care

There are many advantages to moving into extra care housing, including:

- staying independent for longer
- having your own living space
- help being available in an emergency
- flexible care and support – in many schemes, you can increase or decrease the support you receive as and when needed
- opportunities to socialise with other residents
- Extra care housing can sometimes prevent or delay the need for a care home