

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 support services 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 and staff supervision. The flats are usually small self-contained units or rooms in a complex, 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 care 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 complexes. These include Newham Council and information can be found at:

<https://www.newham.gov.uk/Pages/Services/Sheltered-housing-information-and-advice.aspx>

Homeless or threatened with Homelessness

If you are an older person and need advice on your housing situation, You can access information advice and guidance. If you need further advice contact the Newham Council Homelessness Prevention and Advice Service :

<https://www.newham.gov.uk/Pages/Services/Homelessness-advice-and-support.aspx>

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

You can also search for schemes in your local area through www.housingcare.org.uk

Managing your money

Sit down and make a list of all your income and all your outgoings and any debts you may have. Complete a budgeting form to see how and where you can make savings so that you can pay all of your rent and council tax. If you do not pay your rent, your landlord may seek repossession of your home.

If you have money problems and cannot afford to pay the rent you can do the following:

- maximise your income through claiming all the welfare benefits you are entitled to
- change your spending /budget to allow you to pay your rent and bills
- manage your debts so that you can pay your rent first
- get an affordable loan to consolidate your debts leaving you money for rent
- seek extra help from the Council to help with any rent arrears you already have

Money Advice

You can contact local organisations for welfare benefits and debt advice. They will assist you to sort out any money issues and help you manage your money better.

For affordable loans, debt and benefits advice call **Moneyworks** on 0208 430 2041 or visit webpage at:
<https://www.newhammoneyworks.co.uk/>

To get a job or increase your work hours contact **Workplace** on 020 3373 1101 or register at:
<https://www.newham.gov.uk/Pages/Services/About-Newham-Workplace.aspx>

For free debt advice **StepChange** call free on 0800 138 1111 or visit :
<https://www.stepchange.org/>

For independent advice and services contact **Community Links** on 020 7473 2270 or visit
<http://www.community-links.org/>

For generalist advice and information contact **Citizens Advice Bureau** on 0208 252 6377 or visit:
<http://www.eastendcab.org.uk/>

For advice and information contact **Age Concern** on 020 8503 4800 at
<https://www.ageuk.org.uk/eastlondon/get-involved/contact-us/>

For support and counselling contact **Newham Talking Therapies** at :
www.newhamtalkingtherapies.nhs.uk