

Home for Life

making choices for later life in your home and neighbourhood



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Calderdale
Council



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Staying well *at* home

There is a wide range of services available to help you stay independent and remain living in your own home - from one off help with small jobs around the house to having care delivered into your home to help you with personal tasks. Some are offered by Calderdale Council, others are offered by private companies, voluntary organisations such as Age UK or for tenants by your landlord.



Future proofing *your* home.....

Future proofing your home can enable you to live in comfort and safety and therefore remain independent for longer. It also increases the saleability of your home if you choose to move on.

Adaptation and equipment services are available to all Calderdale residents who are having difficulty getting around their home. There may be items of equipment or an adaptation that can make things easier, keep you safe or even improve your independence and confidence.

This might be as simple as a grab rail, lever taps, a commode or a bath seat but could be a stairlift or a shower to replace a bath. Small items can normally be installed free of charge and take a couple of weeks. Larger items may take some time and grants to pay for the works will be subject to a means test.



Care alarms linked to the telephone can provide a link to a 24 hour response service and this can even be attached to a range of telecare detectors, sensors and alarms to help maintain your independence.



An **Occupational Therapist** can carry out an assessment to advise you about the right equipment or adaptations for you, although smaller items can be arranged without an assessment. To discuss your needs, arrange an assessment or to find out more about what is available contact Gateway to Care on **0845 11 11 103**

The Handyperson Service can visit your home to carry out small jobs you find difficult to do or cannot get anyone else to help you with. Anyone who is over 60 who lives in their own home or rented property can access the service. The jobs are limited to a maximum of four hours and do not include work with electric or gas. For further information about booking a job and how much it will cost call **0845 245 6000**



The Home Improvement Service can offer advice and assistance about home maintenance, improvement and repairs. If your main staircase doesn't have a handrail, this can be fitted free by calling the Home Improvement Service.

Small loans are available to help pay for small essential repairs (subject to available funding), but further assistance can be offered in identifying property defects and advising about how to find suitable contractors.

Calderdale Housing Energy Action Team offers advice about reducing your energy consumption, reducing your fuel bills and making your home warm and cosy. Energy Performance Certificates can also be arranged (at a small cost). Grants for loft and cavity wall insulation and central heating are available for a very limited period of time, however, other financial help may be available in the future. Emergency heaters are available if your heating system fails.

To find out more about any of these services or for general advice please call Customer First on **0845 245 6000** or take a look at the Calderdale website.



Reablement

The service offers support to re-learn lost skills or find new ways of doing things. The aim is to help you to do things for yourself rather than doing things for you.

You may be referred to Reablement as a way of helping you to adapt to life back at home when you leave hospital after an operation or illness. Or, you may be referred by a social worker or district nurse if you need intensive support at home after an illness or physical injury.

You can enquire about using Reablement through Gateway to Care on **0845 11 11 103**

Housing Support

Housing support is delivered at home and can range from a couple of phone calls a week to daily visits to see how you are. They can help with managing your life including budgeting, assistance with finding transport, leisure activities, health and many other things. After an initial assessment, you and your support worker create a plan that best suits your needs.

Housing Support may be subsidised or even free depending on your circumstances. To enquire call Gateway to Care on **0845 11 11 103**

Home Care

Home Care services can provide longer term support in your own home. The staff can support you with daily personal care tasks such as bathing, dressing and going to the toilet.

There are a number of different home care providers in Calderdale and there may be help to pay for this service. To find out more please visit the Social Care and Wellbeing hub at

www.calderdale.gov.uk/socialcare/wellbeing-hub and search 'home care' or call Gateway to Care on **0845 11 11 103**



Frozen Meals

If you struggle to cook every day or would like to take the hassle taken out of preparing meals, frozen meals can be delivered to your home by a range of companies and supermarkets.

Calderdale Council can provide an extensive menu which includes meals for people with special diets. A freezer, microwave or steamer can be borrowed free of charge.

To find out more please visit the Social Care and Wellbeing hub at www.calderdale.gov.uk/socialcare/wellbeing-hub and search 'frozen meals' or call Gateway to Care on **0845 11 11 103**



Other services

Age UK Calderdale has many services for older people to support people living at home including shopping, day centres and befriending. Further information about the current services offered can be found on their website www.ageuk.org.uk/calderdaleandkirklees or by calling **01422 399830**



The Cutting Hedge scheme offers a gardening service to older Calderdale residents. Details of pricing and how to access the service can be found by calling Gateway to Care **0845 11 11 103** or the Social Care and Wellbeing hub at www.calderdale.gov.uk/socialcare/wellbeing-hub



If you are struggling with putting out your waste or recycling you may be able to get some help to get these to the collection point through the **Waste Assistance Scheme**. Details are on the Calderdale website or you can enquire at Customer First **0845 245 6000**



Yorkshire Fire and Rescue Service offer **free fire safety checks** for all households. They can advise you on how to evacuate the house in case of fire, talk to you about hazards around your home and will even install smoke detectors free of charge if you need them. To book a fire safety check phone **01274 682311** or follow the links on **www.westyorksfire.gov.uk/home-fire-safety-checks**

People of pensionable age and many others are entitled to register with their energy providers as priority customers, this entitles you to **free annual gas safety checks** as well as other special services. Contact your energy provider to make sure that you are registered, arrange your free checks and find out what else is on offer. Calderdale's Housing Energy Action Team can talk to you about this - phone them on **0845 245 6000**



Moving home

The decision to move house or not can be a difficult one to make, but it may be something that you need to consider for a number of reasons including one or more of the following:

You may want to move nearer to friends or family

Your house is difficult to adapt to your needs

Your house is expensive or impossible to heat

You can't manage the garden, maintain or clean your home

Although there are services to help with these things (above), moving house might leave you much better off financially and socially and with far less to worry about. It may be that you would like to move to a smaller property that is more economical to run, freeing up some of your time and money to do other things.

There are a range of alternatives to consider. This may be selling your current home and buying another which suits your needs; or you might want to consider more specialised housing such as sheltered or extra care housing schemes.



Wheatley Close, Ovenden

Help with choosing and moving to a new home

The idea of moving home can be daunting but the benefits of making the move can be very worthwhile. You may feel that moving would not be for you because:

- I have a dog or cat**
- I have the family to stay sometimes**
- I have too much furniture**
- I can't afford it**
- I can't deal with all the hassle of finding somewhere and packing**

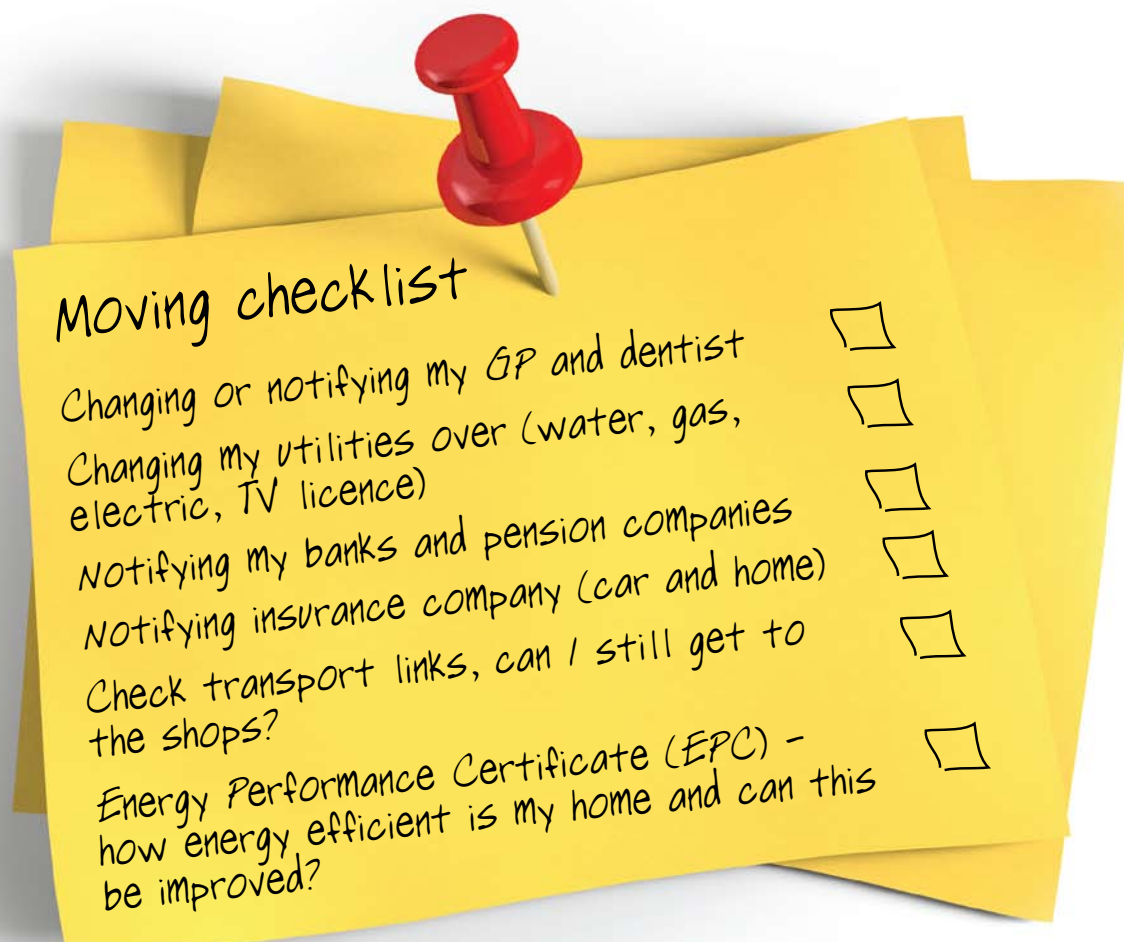
To help you Calderdale Council has created a relocation service to help guide you through the process, please contact Customer First on **0845 245 6000**.

Our advisers can help you, from discussing your different housing options to helping you consider what needs to be done before and after you move. Their local knowledge and links with social landlords and estate agents means that they are aware of what is available. You might be surprised at how much your house is worth and what you are able to afford. They can also talk through the choices of alternative housing.

There are also a number of private relocation services that offer different levels of help from moving and unpacking to devising floor plans so you can see how your new home would look as well as directing you to ongoing support once you are settled.



If you decide to use a local removal service, try to get the best possible price by asking for at least 3 quotes. Some companies may offer discounts if you are moving on a weekday. Check that the one you decide to use is a member of the British Association for Removers for extra peace of mind at www.bar.co.uk



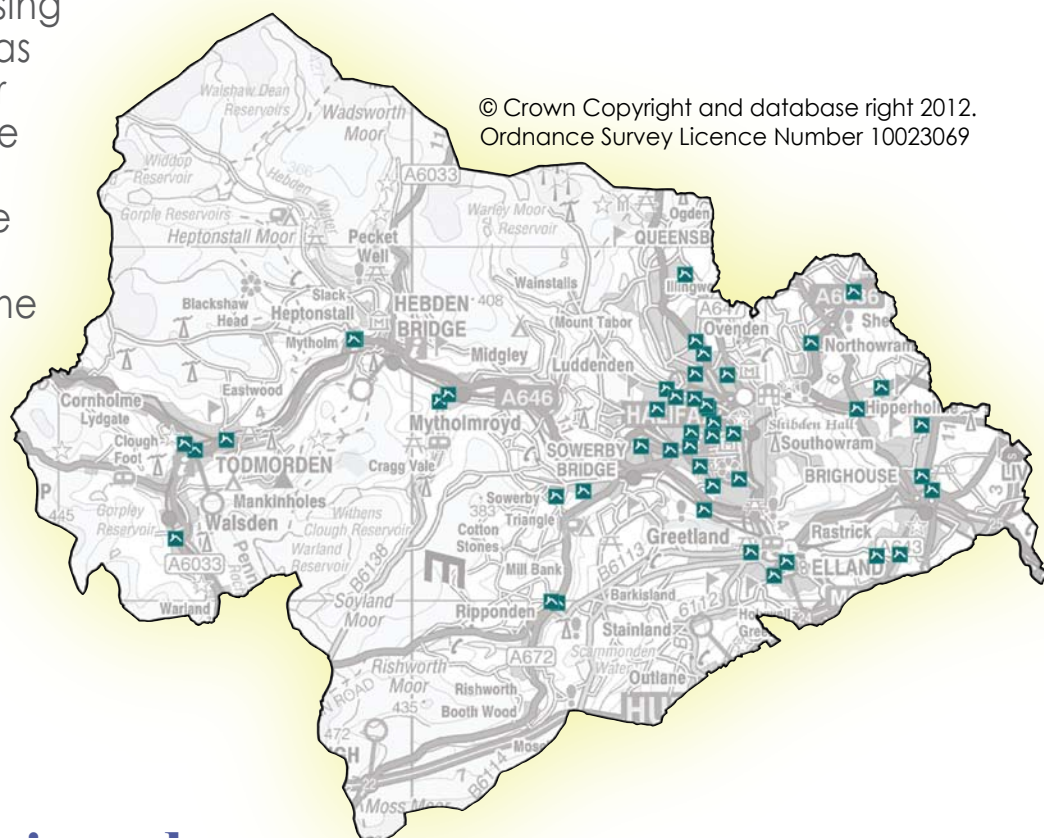
The online Home for Life map can show you where your closest GP, dentist, transport links and shops are by entering your post code.

To try this out go to www.calderdale.gov.uk/siteinfo/online-services/map/index.html and the Home for Life map can be found under **Community and Living**.



Different types of housing

The vast majority of people will remain in general needs housing all their lives either as tenants or as owner occupiers. There are many types of properties available to buy or rent. This section looks at some of the housing in Calderdale built specially for older people.



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Sheltered housing schemes

There are around 40 sheltered housing schemes across the borough that offer accommodation normally to people aged 50 years and over. Sheltered accommodation provides a self contained apartment usually with communal facilities, such as a lounge, where residents can hold social events and activities. Most sheltered accommodation in Calderdale is rented from a social landlord, but some are available for shared ownership or to buy. More information on where the different schemes are can be found on the Home for Life map at www.calderdale.gov.uk/siteinfo/online-services/map/index.html under '**Community and Living**'. Or call Doorways to discuss your options in more detail on **0845 245 6000**.



Age restricted schemes

There are also a number of privately owned **age restricted schemes** that are reserved for older people, usually to buy into. The design and layout lend themselves well to people who are looking for an accessible home for now and in the future. These vary across the borough but can be found through estate agents.



Almshouses

Mackintosh Almshouses

Calderdale has a number of **Almshouses**, mainly around Halifax and Brighouse, each with their own individual style. Almshouses are charitable housing providers who offer, usually older people, independent and affordable rented homes. Some are focused around offering women only accommodation whilst others focus on helping people who live within a certain radius of the scheme. Each scheme and details of how to get in touch can be found on the interactive Home for Life map at www.calderdale.gov.uk/siteinfo/online-services/map/index.html under 'Community and Living'.



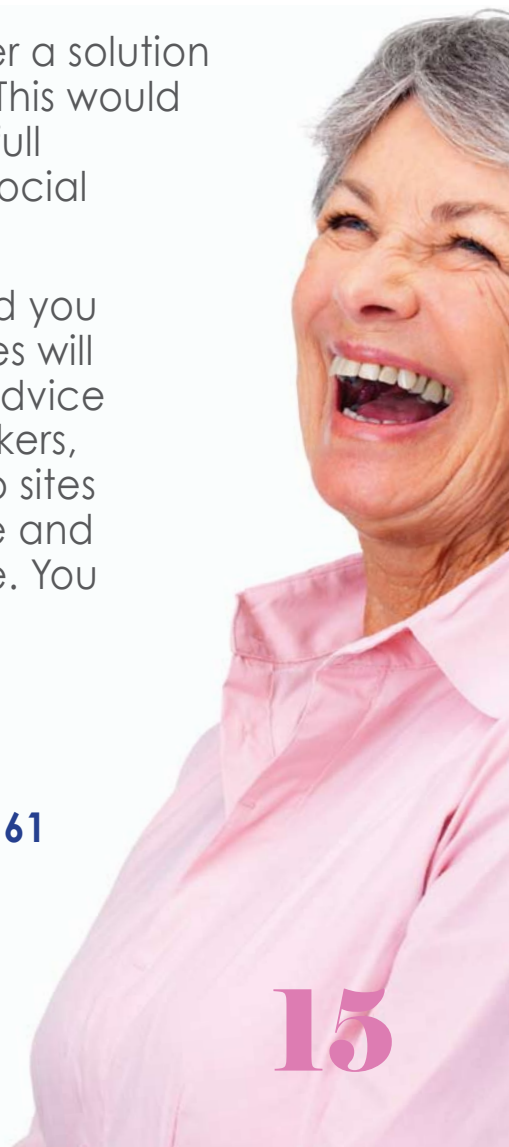
Extra care housing offers older people who are struggling to manage in their own home a chance to stay independent in a safe environment with care and support as needed. This can include those with memory problems and dementia. Typically, extra care housing offers self contained apartments with communal facilities such as bistros, lounges and sometimes hairdressers, shop and IT suites as well as staff on site. Some of the schemes have opportunities to own or part own apartments. These schemes are available in Calderdale at Clement Court in Halifax, Mytholm Meadows in Hebden Bridge, Willow Court in Elland and Ing Royd in Skircoat Green (from Spring 2013).

All specialist housing offers a balance of private living with the added bonus of communal space and access to housing support and care, helping to create an independent environment. Most will be happy to show you around without any obligation.

Residential care and nursing homes offer a solution for people with very high care and support needs. This would usually be discussed as an option with you once a full assessment has been carried out by the Council's social care team.

Choosing a care home is an important decision and you need to choose one that is right for you. Most homes will offer you the opportunity to visit and you can get advice and information about care homes from social workers, district nurses and your family doctor as well as web sites for the homes you are interested in. The Social Care and Wellbeing hub lists all the care homes in Calderdale. You can find contact details and information about the service they provide.

Registered care homes are inspected by the CQC, reports are available at www.cqc.org.uk. You can request information by calling CQC on **03000 61 61 61** or emailing **enquiries@cqc.org.uk**. Independent visitors from Calderdale LINK have also published reports about registered care and nursing homes, for information see **www.calderdale-link.org.uk**



Housing Options Service

The Housing Options Service, based at Doorways, offers free and confidential advice to anyone who is experiencing housing problems, who is homeless or is considering moving and would like a little help.

There is an experienced team of housing advisers who can advise on a range of housing issues including:

- rent and mortgage arrears
- benefits
- rights of landlords and tenants
- local housing options
- possession proceedings
- relationship breakdown
- domestic violence
- applications for social housing



Doorways is based in the Woolshops, Halifax and offers a drop in service certain mornings of the week where you can go in with any queries you have. Alternatively, you can speak to a housing adviser over the phone by calling **Customer First** on **0845 245 6000** who will put you through to a member of the team.

Moving outside of Calderdale



- You may be considering living outside of Calderdale
- to be closer to family or important networks. The
- Elderly Accommodation Counsel (EAC) is a national
- charity that provides information around housing
- choices across the country to both buy and to rent. To
- find out more please visit www.eac.org.uk

- Some sites, such as Homeswapper, offer solutions solely
- for tenants in social housing who wish to move to a
- different area. It works by matching you with other
- tenants who are looking to move and is a national
- scheme. The service is free if your landlord is signed
- up, otherwise there may be a small fee. Information on
- these different schemes can be found online.

Money



Money can become tight after a few years of retirement and savings tend to dwindle. Making sure you have enough to live on, maintain your home and do everything that you would like to do can become more and more difficult but there is help available. A good starting point for help is either the Citizens Advice Bureau or Age UK Calderdale.



Debt and Money Advice

Both Age UK and the Citizens Advice Bureau can offer assistance with budgeting and dealing with debt.

There are several ways of staying in your own home but getting access to some of the capital from the value of your home through **equity release**. Independent advice about this can be found from Citizens Advice Bureau call **08444 111 444** or visit www.citizensadvice.org.uk or Age UK call 0800 169 6565 or visit www.ageuk.org.uk

Tax, pensions and benefits Enquiries about income tax can be taken up directly with revenues and customs www.hmrc.gov.uk, pensions and benefits with www.dwp.gov.uk For enquiries about local housing allowance or Council Tax benefit contact **0845 245 6000**.

Both the Citizens Advice Bureau and Age UK offer assistance to people about the tax they pay and benefits they may be entitled to. There may also be assistance with completing application forms.



Ageing well and staying active

Ageing well is not only about being able to live well in your home but also about being able to be part of your community and the different groups within it. There are a variety of groups in Calderdale that offer anything from gentle exercise to adult learning where you can meet like minded people on a regular basis.



Education and learning

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It is never too late to learn something new and there are a number of adult learning courses running in Calderdale. Joining one of the courses may widen your options for career and volunteering, start an inspiring new hobby, improve your health and wellbeing, gain confidence and social benefits through learning with others.

More information on the types of courses available, when they start and how to apply can be found at www.calderdale.gov.uk/education/adulteducation/adultlearning or call Customer First on 0845 245 6000.

Neighbourhood Schemes

A Neighbourhood Scheme is a group of people aged 50+ in your area who participate in healthy activities. Volunteers help to organise these activities as part of a steering group or committee, with support from a dedicated team at Calderdale Council.

There are Neighbourhood Schemes running in Todmorden, Halifax, Pellon, Sowerby Bridge and across the Lower Valley. They run a wide variety of activities in different venues, including Tai Chi and exercise classes, art and craft groups, computing, singing and much more. These groups run independently, with committees organising their own local activities.

We are now developing new groups in Southowram, Illingworth and Bradshaw, as well as an Asian women's group. For more information please visit www.neighbourhoodschemes.wordpress.com or contact Customer First on **0845 245 6000** and ask for the Neighbourhood Schemes team.



Leisure Activities

If you would like to challenge the ageing process and improve your fitness level, the Options 50 programme has activities that can enable you to maintain an active, independent lifestyle.

You can improve your strength, flexibility, and overall fitness level if you exercise with the appropriate program at least twice a week. Options 50 is available at **3 venues** in Calderdale; Halifax Pool, North Bridge Leisure Centre and Todmorden Sports Centre.

To find out more about the activities on offer at each venue visit www.calderdale.gov.uk/leisure or call Customer First on **0845 245 6000**.

There are many leisure activities taking place locally including bowling clubs, golf clubs, dancing, organised walks, Thai Chi, adult learning, University of the Third Age. Information can be found in local papers and activity guides.



The Home Library Service

Calderdale Library Service offers a Home Library Service for those who are unable to travel to the local library.

Library staff can visit people in their homes every 3 weeks with collections of books and other library items chosen according to reading preferences.

The service supports people who may have an illness or disability which may stop them from accessing a library.

The service also supports people who live in sheltered accommodation or care/nursing homes or those people who are full-time carers.

A wide range of materials are available:

- fiction and non-fiction books
- large print books
- CDs
- talking books
- information leaflets

For more information and to find out if you are eligible to receive the service call Calderdale Libraries on **01422 288062** or e-mail homelibraryservice@calderdale.gov.uk.

For information about where your local library is and its opening times please call the Contact Centre on **0845 245 6000**



Shared lives of Calderdale

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Shared Lives of Calderdale can give you the chance to stay as a guest in the home of a family or single person. You can stay during the day or overnight. Shared Lives could give you the chance to do an activity you enjoy and have some company for a while. If you have a full-time carer it could give them a rest too.

To benefit from the Shared Lives of Calderdale service you will need to have an assessment by Calderdale Council which will take into account any special requirements you may have. This is to make sure the service can meet your individual needs. Once you have had your assessment and if Shared Lives is right for you, someone from the service will be in touch to take things to the next stage.

To arrange an assessment or to find out more call Gateway to Care on **0845 11 11 103**.



Support for carers

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There are a number of services available to help carers help themselves, as well as those they care for.



Calderdale Carers Project offers support to all carers. They provide information about services, benefits and issues that affect carers. They run Carers Support Groups in Halifax, Sowerby Bridge, Todmorden, Brighouse and a group for Asian Women carers. They can provide home visits to carers and Carers Caseworkers to address specific issues. They also offer a wide range of activities designed to give carers a break, improve their health and well being and help them to focus on themselves for a few hours. They also run Looking After Me courses for carers. Funding is available to pay for transport and a sitting service to enable carers to attend courses, events and support groups.

The Carers Project works in partnership with Calderdale Council's Adult Social Care to provide an emergency care scheme for carers. This means that if the carer is unavailable, perhaps due to illness or other emergency, we can arrange for a back up plan to be put in place. This gives carers and the person they care for peace of mind knowing that the person who is cared for will have their needs met in an emergency.

The Carers Project can be contacted on **01422 369101** or by email on **enquiries@calderdale-carers.co.uk**



Calderdale Alzheimer's Society

offers support to people with dementia and Alzheimer's and their carers. They can provide information and advice about living with dementia either at their office or by visiting you at home. They run regular Dementia Cafes in Halifax, Brighouse and Hebden Bridge where people with dementia and their carers can enjoy a cup of tea and a chat and meet other people and get advice. They also run Carers Support Groups for carers who support people with dementia either at home or in a nursing home.

Calderdale Alzheimer's Society can be contacted on **01422 352789** or by email at **calderdale@alzheimers.org.uk**



Calderdale & Kirklees Age UK provide information and advice to older people and their carers. They also provide an advocacy service to people living with enduring mental health problems or dementia and their carers. They can be visited at The Choices Centre at 4-6 The Woolshops, Halifax or contacted on **01422 399830**



Residential short breaks are available to give you or your carer some time out. You can enjoy a short break in a friendly environment at a residential or nursing care home. You can choose to stay for one or more nights during the week and at weekends.

To access short breaks you will need to have an assessment by Calderdale Council which will take into account any special requirements you may have. This is to make sure the service can meet your individual needs.

Sitting Service staff can come and stay with you in your own home to give your carer a short break.



Breaks for carers

There are several services which can give you a break from caring, either away or in your own home:

Night sitting service - this will allow you a full night's sleep, or a night away from home, by providing someone to care for the person you look after.

Day time and evening sitting - someone can sit with the person you care for so that you can go out during the day or in the evening.

Short stays in residential care - the person you care for can have a short stay with a residential care service or within a dedicated respite service to give you both a break. The length of the break can be arranged to meet individual needs and can vary in length from one night to several weeks.

Day centres - daytime support can be offered to the person that you care for. A range of daytime provision is available depending upon a person's individual interests and needs.

Staying with a family - the person you care for can go and stay with another family or spend time with the family during the day while you have a break. This is a registered service and families are carefully matched to the people they support.

Direct Payments - you can access **Direct Payments** for the person you care for, giving you greater flexibility around their care. With a Direct Payment, you can choose who provides the support and how this is provided.

Carers Support Groups - the Calderdale Carers Project is independent of Calderdale Council. It provides a number of support groups which offer carers social support, information and advice.

www.calderdale-carers.co.uk/

Looking After Me Courses - these are arranged by Calderdale Carers Project. The sessions focus on the health and wellbeing of carers and how to get support in your caring role.

For more information about any of these services for carers contact Gateway to Care on 0845 11 11 103

Assessed services

There are a number of assessed services provided by Adults, Health and Social Care:

Day Centres give you the chance to spend the day taking part in activities that help you stay healthy and independent. There are also day services for people who have mental health needs.

These services are to meet the assessed needs of people who meet the eligibility criteria within the **critical, substantial, and moderate bands**. Contact Gateway to Care on **0845 11 11 103** to find out if you meet the criteria.



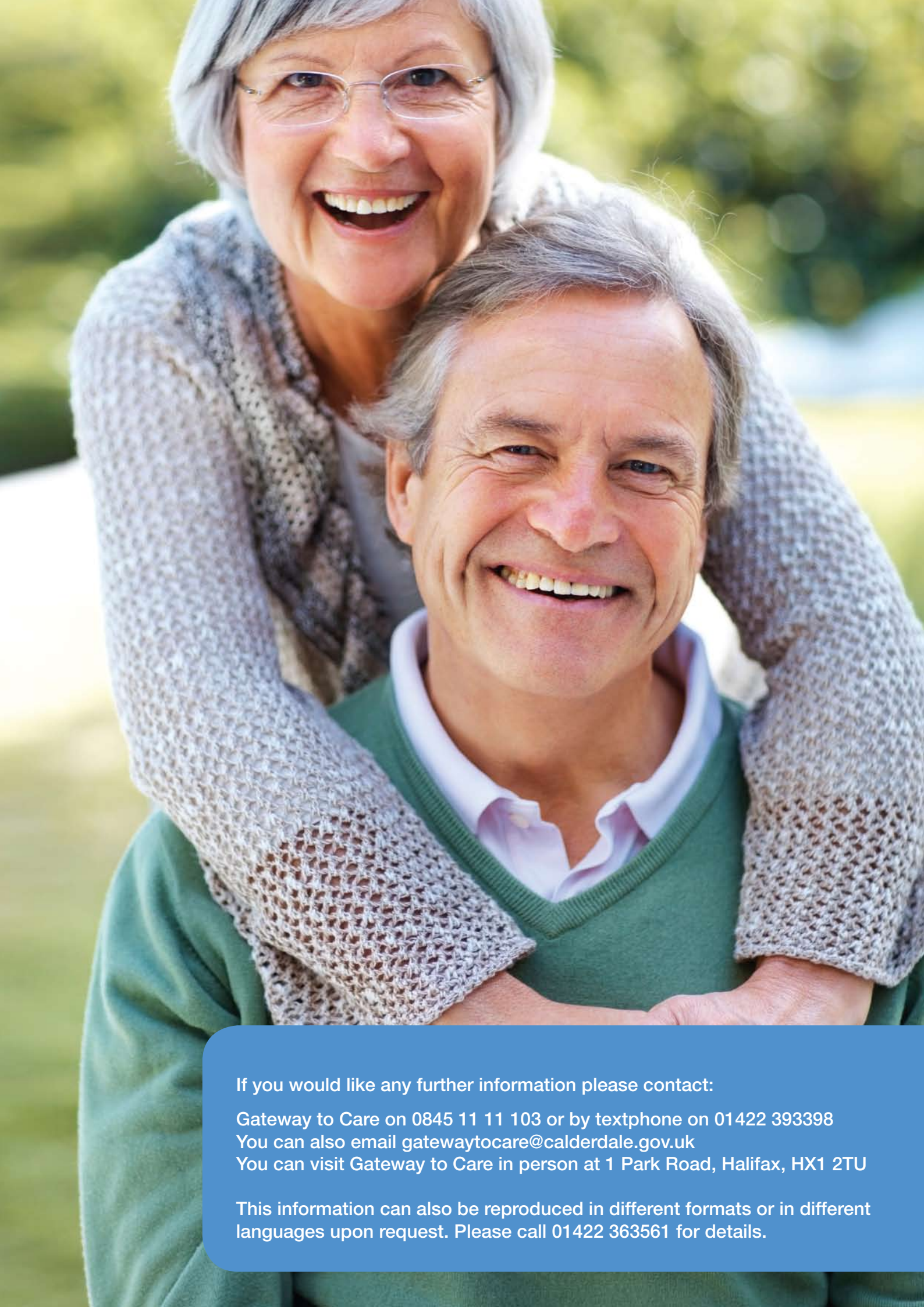
Dementia Support is provided by Support in Mind. The team of specialist homecare staff helps people in the mid to late stages of dementia and their families. As well as assisting with daily personal care tasks, staff will support you to improve your communication and mobility skills. Our home support workers are specially trained to help you manage if you're experiencing memory problems.

These services are to meet the assessed needs of people who meet the eligibility criteria within the **critical, substantial, and moderate bands**. Contact Gateway to Care on **0845 11 11 103** to find out if you meet the criteria.

Out of hours home care service will be on duty from 9.00 pm to 6:00 am. They can give extra support to people whose needs cannot wait until the next day.

These services are to meet the assessed needs of people who meet the eligibility criteria within the **critical, substantial, and moderate bands**. Contact Gateway to Care on **0845 11 11 103** to find out if you meet the criteria.





If you would like any further information please contact:

Gateway to Care on 0845 11 11 103 or by textphone on 01422 393398

You can also email gatewaytocare@calderdale.gov.uk

You can visit Gateway to Care in person at 1 Park Road, Halifax, HX1 2TU

This information can also be reproduced in different formats or in different languages upon request. Please call 01422 363561 for details.