

Appendix A

What is sheltered housing? ¹

Sheltered housing is specially designed accommodation, mainly for older people, which you can buy or rent. It can also be called retirement housing. Sheltered housing which is called 'extra care sheltered housing', 'very sheltered housing', 'assisted living housing' or 'close care' provides care and support from a care team located on site.

While different schemes vary, most will provide:

- self-contained flats with their own kitchen and bathroom
- a laundry
- a communal lounge
- optional social activities
- communal gardens
- a guest room for overnight visitors
- security and safety features
- a warden or scheme manager
- 24-hour emergency assistance through an alarm scheme.

Why choose sheltered housing?

Sheltered housing might appeal to you if you want to live independently, perhaps in a smaller and easier-to-manage home, and like the idea of having someone to call on if there is an emergency. Sheltered housing differs from other types of housing because of the presence of a scheme manager (sometimes called a warden) who lives on the premises, or nearby.

Extra care sheltered housing, very sheltered housing and assisted living housing offer a higher level of care. These schemes are ideal for people who are less able to manage on their own, but who do not need the level of care available in a care home. The services offered vary between schemes, but meals, help with domestic tasks and some personal care are often provided. Close care housing is usually located in the grounds of a care home, with staff from the home providing extra care and assistance.

¹ Taken from an Age UK information leaflet, revised 2008