

## Appendix 2 – Extra-Care Housing

1. Extra-Care Housing schemes are similar to sheltered housing, but provide flexible 24 hour care and support on site in accordance with a resident's assessed care needs.
2. Schemes include both one and two bed units, to enable couples with differing levels of need to remain living together, and to provide suitable accommodation for overnight or live-in care. They are normally based on a model of mixed tenure, where tenants rent (from a Registered Provider, which could be a Registered Social Landlord), part own or fully own their flat / apartment.
3. For older people, Extra-Care is a modern alternative form of specialised accommodation with care and support services which offers them greater independence, wellbeing and choice; supports couples to remain together; and increases their financial autonomy and flexibility. For the County Council, Extra-Care Housing provides a cost-effective and personalised way of delivering social care, and has the potential to generate significant additional capital resources through partnership arrangements. Extra-Care also realises benefits for the local community, providing a hub for community facilities and releasing family housing back into the market.
4. Research published in 2011<sup>1</sup> showed improved outcomes for people living in Extra-Care Housing compared with those receiving care at home in the community, including better health outcomes measured by a reduction in their care package, less incidence of hospitalisation, and a lower number of falls. Those living in Extra-Care Housing were also less likely to move to institutional accommodation: for the majority Extra-Care Housing is a 'home for life'.

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<sup>1</sup> Kneale, D., *Establishing the Extra in Extra Care: perspectives from three Extra-Care housing providers* (International Longevity Centre-UK, 2011). Available from: [http://www.ilcuk.org.uk/files/pdf\\_pdf\\_193.pdf](http://www.ilcuk.org.uk/files/pdf_pdf_193.pdf) and Netten, A., Darton, R., Baumker, T. and Callaghan, L. (2011) *Improving Housing with Care Choices for Older People: An Evaluation of Extra Care Housing*. (Personal Social Services Research Unit, University of Kent, Canterbury, 2011). Available from: [http://www.housinglin.org.uk/library/Resources/Housing/Research\\_evaluation/PSSRUsummary.pdf](http://www.housinglin.org.uk/library/Resources/Housing/Research_evaluation/PSSRUsummary.pdf)