

# 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 meals on wheels may be available
- Yalding Healthy Living Centre in Bermondsey offers services and social activities to everybody aged over 50

## What is sheltered housing?

Sheltered housing gives older people the independence of having their own flat with the security of having an alarm system and a garden. The flats are usually small self-contained units or single 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 services 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 Southwark Council and information can be found at [www.southwarkhomesearch.org.uk/EHOWizard](http://www.southwarkhomesearch.org.uk/EHOWizard) or housing associations (to rent, for shared ownership, or to buy outright), and voluntary organisations, such as Abbeyfield and information can be found at [www.abbeyfield.com.uk](http://www.abbeyfield.com.uk) or [www.almshouses.org.uk](http://www.almshouses.org.uk)

[www.eac.org.uk](http://www.eac.org.uk) has information on housing options and a directory of advice services to help you if you have any problems or need further information.

## 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](http://www.ageuk.org.uk)

You can also search for schemes in your local area through [www.housingcare.org.uk](http://www.housingcare.org.uk)

## Yalding Healthy Living Centre

Based in Bermondsey, The Yalding Healthy living Centre is open to everybody aged 50 and over providing a wide range of services and social activities such as computer access, swimming and board games.

