

Fact Sheet No 5

Do you want to adapt your own home for your Care needs or move to a purpose designed apartment or into a Care home?



Do you have to adapt your home?

- Many people who receive care in their own home make do: But you can make yourself safer, more comfortable and give your family more peace of mind if you do adapt your home for your care.
- How? Personal safety and security measures (falls prevention devices; alarm and alert systems; aids to dressing, walking, going upstairs, cooking, washing, using the toilet, calling for help) and aids to movement (overhead tracking and hoists). What will it cost? My Care My Home can provide you with a surveyor's report which will give you this information and indicative costs. See Chargeable Service No 7 "Preparing an initial report on your property to identify the cost of adaptations to facilitate you receiving care at home; the potential for subletting part of your home; indicative rental and sales values".



So what is available to make your life safer, more comfortable, more secure in your own home?

- Helps to movement: hand rails in passages, bathroom, toilet, stair lift; adaptations to enable easy movement around the home in a wheelchair or overhead tracking if you have little or no mobility.
- Convenience adaptations: changed height or lay out of kitchen; bathroom (wet room in place of a bath); position of lights and switches in living room, bedroom and bathroom.
- Better security system at entrance(s) to the home; alarm systems in the home - to alert others if you have a fall and cannot easily call for help or in case of unauthorised entry.
- Gadgets to alert you if you leave the cooker or the iron on: to prevent the basin from overflowing; the washing machine flooding the whole floor if it leaks
- Systems which track your movements throughout the home and alert someone when you need help.
- Improvements in the insulation and energy efficiency of your home; to keep you warmer in the cold weather - without increasing your heating costs.



Would you consider moving to an Extra Care Apartment or a Retirement Living Development?

What are these?

- Extra care schemes and retirement living schemes are becoming more popular and widespread. They are groups of flats (or homes) designed for safety and convenience of older people. They usually include a 24 hour on site care service that you can call on when you need it.
- In many developments the flats are very well equipped, insulated and relatively cheap to run.



Where can I find out more about those available in my area?

- Ask for a My Care My Home Care Advisor to visit you at home and explain what is available in the area you want it. This service is free.
- Look on the www.mycaremyhome.co.uk website and click on the “Find your nearest care service” tab. Then choose “Extra Care” button where you are invited to select type of care.



How can My Care My Home help you?

- Ask a My Care My Home care advisor to visit you at home and talk through with you what you really need as against everything you might choose if you had more money. There is no charge for this visit and advice.
- Get more detailed advice on how you can pay for any adaptations and equipment you may decide that you want to have. (See My Care My Home Fact Sheet No 12 “How can you afford to pay for your care?”).
- Commission My Care My Home to carry out a survey of your home and provide you (and your family) with a preliminary report of what adaptations and equipment you might have and what these might cost.

This survey will also indicate: the scope for subletting part of your home: indicative costs of alterations: what you might receive if you rented part or all of your home and if you sold it. (See Chargeable Service No 7 - “Preparing an initial report on your property to identify the cost of adaptations to facilitate you receiving care at home; the potential for subletting part of your home; indicative rental and sales values.”)