



Extra Care Housing

Extra Care housing is popular with people whose disabilities, frailty or health needs make ordinary housing unsuitable but who do not need, or want, to move to long term care in residential or nursing homes.

Extra Care offers people the opportunity to live in a home of their own with other services on hand when they need or want them.

Carewatch believes that Extra Care developments provide a focus for integrated working that meets housing, health and social care needs. As well as enabling people to live as independently as possible in their own homes Extra Care housing schemes can:

- Enhance general health and well being of older people and others, reducing the need for hospital admission
- Provide opportunities for social activities for residents and the community that reduces loneliness, depression and isolation
- Protect an individual's right to privacy as and when they choose.

Carewatch support workers encourage and support people to do as much as they can for themselves – doing tasks with people rather than for them.

Our approach to providing support in this kind of setting emphasises the more outward looking method than that of the residential care or nursing home.

We can provide person-centred support that focuses on outcomes that support goals linked to personalisation and re-ablement for disabled or older people.

We can track individual progress using our bespoke software and ensure staff are matched to people's preferences and locality.

Carewatch's support is based on dignity and respect and involves people having their say about the services they receive.

Carewatch is pleased to work with people who have personal budgets, as a direct payment or managed by social services.

How can we help?

As the national provider of homebased care and support, Carewatch provides support that is tailored to individual needs, focuses on people's strengths and capabilities and provides a strong focus on forging links with the wider community.

