Extra care housing

If you are finding it difficult to remain independent in your own home as a result of health problems you may be surprised at the options available to help you overcome the problems which you are experiencing - have a look at our Staying in your home section for some ideas.

If you do decide to move somewhere new then it is important to make the right choice so that you can feel safe within your new home, whilst remaining as independent as possible. There are various housing options available to you, including extra care housing.

Extra care housing usually provides a higher level of support than you might get in your current home, including in sheltered or supported accommodation. It generally provides a lower level of support than you might receive in a care home but allows you to retain some privacy, and encourages you to stay as independent as possible.

Other information and advice

The Independent Age website provides a guide called Extra care housing

The Age UK website also provides a guide on Extra care housing