

Is my home still right for me?



This booklet is made up of a series of hints and tips for people who are beginning to think about whether their current home is still right for their circumstances.

Included in this publication:

- Why you might want to think about moving home.
- Checklist – is my home still right for me?
- Where to get advice and support.

The most important advice is: This is about what is right for you.

There almost certainly will be choices for you to have the home you want and stay safe and well. Sometimes this will involve a difficult decision but this can be made easier when you plan in advance.

If you or other people are worried – family, friends or staff such as GPs and care workers – you should recognise this, as they may have a point.

SOME GENERAL TIPS

- Remember that you don't need to do this on your own. There are people who will help you at every stage.
- Think about what is important to you. Know what your priorities are.
- Make a list of things to ask or find out about – write them down as you think of them.
- Take your time. Do it in small steps. You don't need to do it all at once.
- Try to think of the positive and exciting aspects of a change if you can. They are usually in there somewhere, even in difficult situations.
- Ask family and friends and other people you know.
- Ask people who have been in your situation. Find out what they did and how it has worked for them. You don't have to follow their example but it will help you work out what is right for you.
- Moving home can be more difficult and daunting as we get older – plan ahead where possible.
- Ensure that all information on your housing application is kept up to date, making sure that any changes in circumstances are updated
- Get specialist advice and information, especially for legal and financial things.

If your choices affect other people, make sure you include them in your discussions and plans. And do it early on.

“Be willing to make compromises. If you know what is important to you it is much easier to compromise on things that don't matter so much.”

“Gather information from different sources if you can. If they all point to something being good (or bad) it probably is.”

Make decisions in your own way.

- Some people like to have a plan and know what they are aiming for. Then they can think about each point and how that helps them achieve their plan.
- Other people don't make decisions that way. They just know when something is the right decision for them. Remember that's ok too. (But our checklists will still be useful).
- Sometimes worrying about making the right decision or the best decision almost stops us making any decision. When that happens, start by making one change or decision. Getting something decided – even a small thing – can help with the rest.
- If it feels hard or upsetting, get out and get some fresh air if you can. Go away for the day, or an hour or two. Being somewhere different often gives us a fresh view on a problem.

WHY YOU MIGHT WANT TO MOVE HOME

The starting point is what you want your home to give you.

This is what most people want from their home:

- Being in a location that is near people they know –neighbours, friends, family, activities and groups they enjoy.
- Being handy for services –shops, library, social club and the like. Convenience for transport is also important for many people.
- Having access to support and care services – including health, social services and voluntary organisations.
- A home that feels safe and is warm and comfortable – a place that works for you.
- Adequate space and room to meet your current and future needs.
- A home that is easy to look after and maintain.
- Outside space that is manageable and accessible for your current and future needs.

“I live at the top of the hill. I can still drive but I won’t be able to soon. There is no bus and there are no shops nearby. Maybe now is the time to start looking for somewhere in the town.”

“The house was good when my family were at home but it is too big now.”

“My family want me to move near to them. But I want to stay here – this is where I’ve been all my life and I’m happy here. We are coming to a compromise. I’ll look for somewhere smaller and have an alarm and so on, and they will have to learn to cope with relying on phone calls to know if I’m ok.”

CHECKLIST

As we get older, our needs can change. We've made a checklist to help you work out what may be right for you.

Our advice is to think about what you need now, and what you might require in a few years. That helps you think about whether you want to move to a new home or whether you want to make changes to what you have now.

- Try to be as specific as you can about what you want to change – there may be solutions that you haven't thought about.
- For some people making alterations to their home or getting some extra support or help can make all the difference and enable them to stay where they are.
- For some people moving is the best option.

OUR TIPS FROM THE CHECKLIST

- If most of the points are okay, look at ways to improve those that are not.
- If most aspects are okay now but likely to change, you should start planning ahead now.
- If there are matters that need addressed now, look for options that improve these for you. But still think of the other factors too.
- If several points are in the 'need to change now' column, this should help you work out your priorities for your future housing needs.

CHECKLIST—IS MY HOME STILL RIGHT FOR ME ?

| ASPECT | My Assessment | | | Points to Consider |
|---|---------------|-----------------------------|---------------|--|
| | OK NOW | CHANGE IN A FEW YEARS | CHANGE NOW | |
| Location of the House | | | | Transport links, is it at the top of a hill |
| Size of the house, or layout of the rooms | | | | Look for areas that have the sort of houses you will need Check out options for improving what you have |
| Upkeep | | | | Can you get help with this? |
| Garden— easy to manage? Too big? Not big enough? | | | | Gardening clubs may know people who can help you find someone to take on a big garden, or let you work in an allotment |
| Keeping warm, cost of fuel | | | | Grants to improve fuel efficiency |
| Easy to keep in touch with friends | | | | |
| Looking after yourself | | | | Talk to your GP and the Council, check what support is available. |
| Access to good services | | | | If a service like your GP or support at home is important, you might want to stay in the |
| Bathroom | | | | Is the location suitable for access and are the facilities meeting your needs |
| Steps / Stairs | | | | Can you use the internal and external stair ways safely and without assistance |
| Your Priorities | | | | |

WHERE TO GET INDEPENDENT ADVICE AND USEFUL CONTACT INFORMATION

HOUSING OPTIONS SCOTLAND

Housing Options Scotland is Scotland's housing advice charity for disabled people, military veterans, and older people, and offers free support with housing advice for older adults, and individuals affected by disability, mobility issues, or other needs. They advise on social renting, private renting, and home ownership, and can support disabled people, veterans and older people through the complex design, financial and legal processes involved in buying or renting a property. A dedicated team of former clients, volunteers to support clients through the sometimes stressful process of finding the right home.

Phone **0131 247 1400**

Website: www.housingoptionsscotland.org.uk

AGE SCOTLAND

Age Scotland is the organisation which advocates on behalf of older people in Scotland. They are a source of free expert and impartial advice and information which can help you to make an informed choice about your housing options in later life, whether this is staying in your own home or moving to another property which better suits your needs.

The Age Scotland helpline provides information, friendship and advice to older people, their relatives and carers.

You can call the confidential helpline for free: **0800 12 44 222**

Age Scotland Useful Publications

Your choice of home in later life: a guide to housing options for older people in Scotland

Rights of council and housing association tenants

Older Homeowners – repairs and adaptations

Fire safety and older people in Scotland.

You can download copies of the above publications from the Age Scotland website www.agescotland.org.uk

CITIZENS ADVICE

Citizens Advice Bureau are local, independent charities that provide free and confidential advice and information whoever you are and whatever your problem. Information they can help with includes:

- **Housing** – from renting through to homelessness
- **Benefits** – entitlements, applications and appealing decisions
- **Debt and money advice** – managing debts and maximising income
- **Consumer issues** – from gas and electricity suppliers to used cars
- **Work-related problems** – terms and conditions, redundancy etc
- **Relationships** – bereavement, splitting up etc

Telephone: 0808 8009060

Website: www.citizensadvice.org.uk/scotland

ARGYLL AND BUTE CARE AND REPAIR

Argyll And Bute Care And Repair are an independent registered charity, jointly funded by Argyll and Bute Council and the NHS to provide practical assistance, financial and technical services and information and advice to the elderly and/or disabled to enable them to remain in their own homes in comfort.

You can get help if you, or someone who lives with you:

- is 60 years or more; or
- is disabled; or
- suffers from a long term health problem or illness

Telephone: 01631 567780

Fax: 01631 567486

e-mail: enquiries@abcarerepair.co.uk

Website: www.abcr.org.uk

ARGYLL AND BUTE ADVICE NETWORK (ABAN)

The Argyll and Bute Advice Network (ABAN) is a partnership of agencies who provide information and advice and/or services relating to a wide range of issues to residents of Argyll and Bute or people with an interest in the area.

<https://www.argyllandbuteadvice.net/>

SHELTER SCOTLAND

Shelter Scotland doesn't provide houses, but they do provide free advice for everyone on housing situations from homelessness to home owner.

Telephone: **0808 800 4444**

www.scotland.shelter.org.uk

HOME Argyll

Home Argyll is a partnership that makes it easy for you to find housing in Argyll and Bute. They are focused on providing quality housing advice for everyone and include 4 of the Housing Associations with Argyll and Bute.

Website: www.homeargyll.co.uk

ARGYLL AND BUTE COUNCIL HOUSING DEPARTMENTS

Your local housing office offer free information and advice on housing options, homelessness, and applying for housing.

| | |
|--|---------------------|
| Burnet Building, St John Street, Campbeltown PA28 6BJ | 01586 559054 |
| Dolphin Hall, Manse Avenue, Dunoon PA23 8DG | 01369 708680 |
| The Helensburgh and Lomond Civic Centre, East Clyde Street, Helensburgh G84 7PG | 01436 658806 |
| 1A Manse Brae, Lochgilphead PA31 8RD | 01586 555936 |
| Municipal Buildings, Albany Street, Oban PA34 4AW | 01631 567926 |
| Union Street, Rothesay , Isle of Bute PA20 0HD | 01700 501332 |
| Housing Services Email - housingservices@argyll-bute.gov.uk | 01546 605522 |

ARGYLL AND BUTE SOCIAL WORK DEPARTMENT

The Social Work Department offer a range of advice and services for adults and children.

Telephone: 01546 605517 – Monday—Friday 9am—5pm

Website: www.argyll-bute.gov.uk/social-care-and-health

Health and Social Services

Occupational Therapists aim to promote independence and enhance quality of life. This can be achieved through the provision of equipment or adaptations to your home.

For advice or to request an occupation therapy assessment of your needs and your home environment please call the following numbers:

| | |
|--------------|---------------|
| Bute | 01700 501 682 |
| Cowal | 01369 763 450 |
| Helensburgh | 01436 655 052 |
| Oban | 01631 518 877 |
| Lochgilphead | 01546 703 162 |
| Campbeltown | 07585 991 670 |
| Islay | 01496 851 045 |

Your local GP or health specialist may also be able to provide advice and support.

TELECARE

Digital technologies can empower patients/clients and carers by giving them more control over their own health.

Technology enabled care is used to help people self-manage their own health, and stay happy, safe and independent in their own homes.

It involves using a variety of different systems from alarms, sensors to text messaging services, which are used in your own home and connect you directly to health services providers. Providing 24 hour care 365 days per year.

Telephone: 01546 605 515

Website: www.argyll-bute.gov.uk/social-care-and-health/argyll-and-bute-telecure-service

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