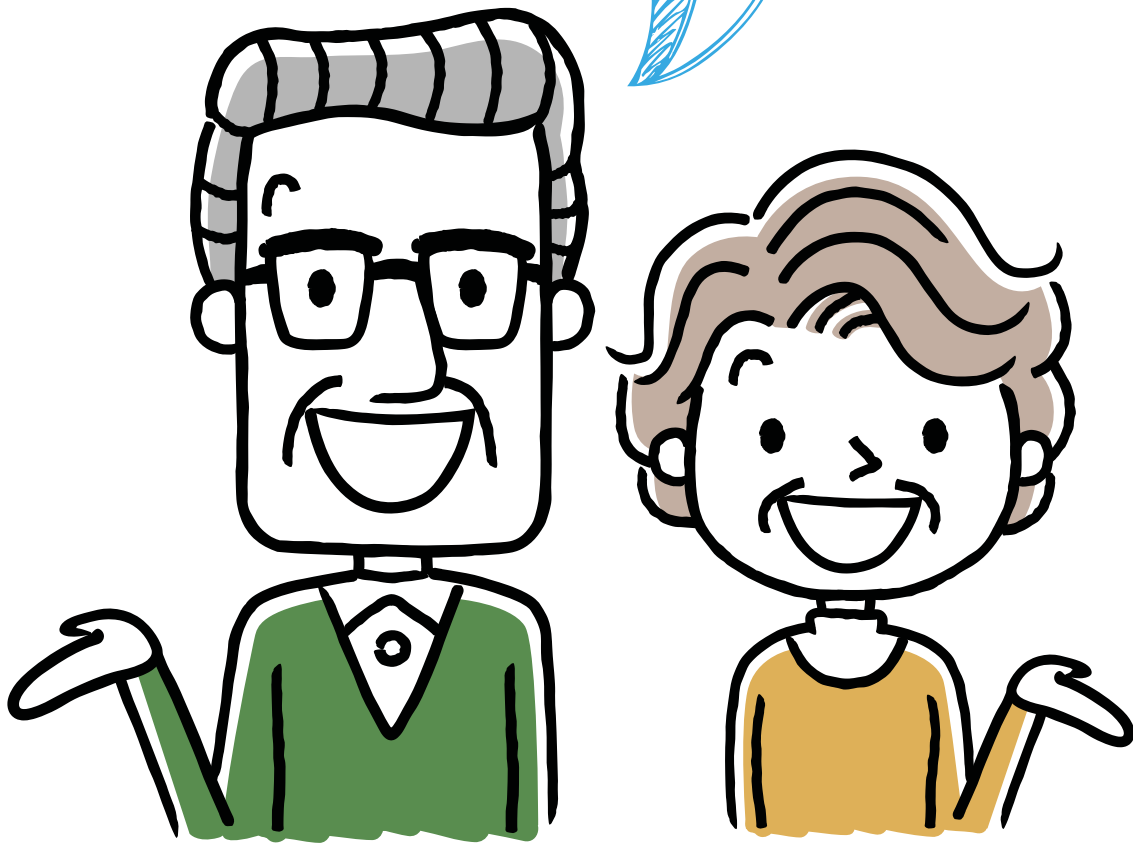




PERTH &  
KINROSS  
COUNCIL

Helping the older  
people of Perth and  
Kinross make choices  
about their future care.



Perth and Kinross  
**Housing Options**  
for Older People



# Quick Guide

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# Introductions

At Perth & Kinross Council (PKC) we want to make Perth and Kinross a place where people will have access to good-quality, energy-efficient housing which they can afford that is in a safe and pleasant environment. People will have access to services that will enable them to live independently and participate in their communities.

We also want to provide housing for older people that is good-quality, technology-enabled, affordable and offers a safe and secure environment where staff are fully trained and approachable.

## Planning Ahead

If you are retired or thinking about retiring, PKC can offer a number of different housing solutions. The solution for you will depend upon a number of factors - your health and wellbeing, finances, family and friends, location, transport, social activities and the care or support you need now and may need in the future.

Moving home can be stressful and daunting so a lot of people leave the decision until they have no choice. When we talked to our older tenants about their journey into Housing for Older People the advice they gave was to start thinking and planning as soon as possible - don't wait!

You should also be thinking ahead about the care services you may need in the future - this is called Anticipatory Care Planning. It's about knowing how to use services better

and it helps people make choices about their future care. Many people with long-term conditions or chronic health problems can benefit from this type of plan and it means that carers and health care workers will ensure that the right action is taken at the right time. GPs, hospitals, health workers, social care staff and others are increasingly working side by side to share information and take a much more co-ordinated approach to the way social care services are delivered.

As support and care becomes more complex, it may be helpful to discuss legal and practical issues as well as your preferences.

Solicitors for Older People Scotland and Age Scotland have produced information about:

- *powers of attorney;*
- *inheritance tax;*
- *guardianship and intervention orders;*
- *planning for care costs;*
- *guide to discretionary family trust;*
- *equity release;*
- *advance directives;*
- *making your will.*



[www.solicitorsforolderpeoplescotland.co.uk](http://www.solicitorsforolderpeoplescotland.co.uk)

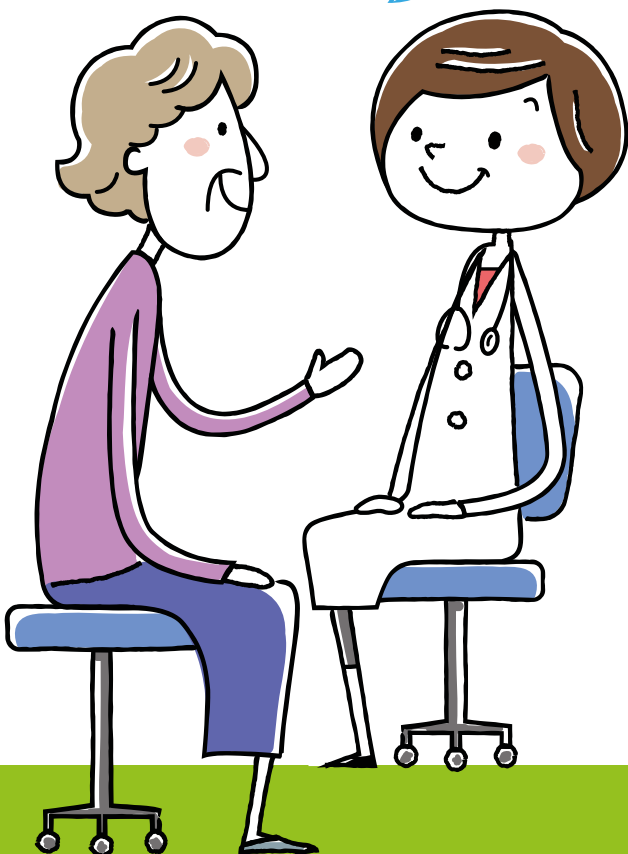
# Staying Where You Are

You may decide that staying in your current home is the best solution - as long as you receive the correct care and support and can adapt your home to make it more user-friendly!

## Home Care Services

The PKC Home Care service can support you in your home by providing personal care and practical domestic help in a way which fits in with your assessed individual needs and routines and those of your carers, providing you meet the 'Eligibility Criteria'.

Early Intervention  
& Prevention Team  
Tel 0345 30 111 20  
[www.pkc.gov.uk](http://www.pkc.gov.uk)



In general terms, home care staff can provide assistance with:

- *getting up;*
- *dressing;*
- *undressing;*
- *going to bed;*
- *personal hygiene, such as going to the toilet, washing and shaving;*
- *household tasks, such as bed making, laundry and some housework (but only as part of a more complex care package);*
- *assistance can also be given with meals;*
- *the worker could also collect pensions, go shopping and pay bills for you (only as part of a more complex care package).*



Referrals will most often be through a GP or a social worker who is already working with the individual. However, if you are not in contact with a social worker and would like an assessment of your needs, please contact the Early Intervention & Prevention Team.

There are also private care providers and they are usually advertised locally and on websites.

## What Support is Available to Adapt Your Home?

PKC Occupational Therapy Service:

- *provides information, rehabilitation, support and/or equipment to increase your independence and confidence with daily activities such as toileting, dressing, bathing and moving around your home;*
- *providing support to you and your carer in understanding and managing your disability;*
- *arranging for minor adaptations to be carried out to your home, such as grab rails and banisters;*
- *giving advice and assistance with major adaptations.*

Referrals to the Occupational Therapy Service are made through the Early Intervention & Prevention Team.

There are no costs for the assessment or provision of equipment. However, if you are assessed and choose to receive the equipment from the Council you will be asked to make a contribution to the costs of the delivery, installation and in some cases annual maintenance of the equipment.

There is no cost to local authority and housing association tenants for major adaptations and grant funding is available to help private home owners and tenants pay for the cost of their adaptations.

## Care and Repair

Care and Repair provides assistance and support to people with disability and older people who are home owners or private tenants. The aim of this service is to enable them to improve, repair or adapt their homes and stay comfortably in their community. The project offers a number of services such as:

- *Assistance with Disabled Adaptations*
- *Small Repairs Scheme*
- *Advice*

Caledonia Care and Repair cover the whole of PKC area.

All tenants can adapt their homes to make them more suitable for a disability or to install central heating or other energy efficient measures. Please check with your landlord before planning any alterations.

[www.caledoniaha.co.uk](http://www.caledoniaha.co.uk)  
Tel 0800 678 1228



## Community Alarm Service

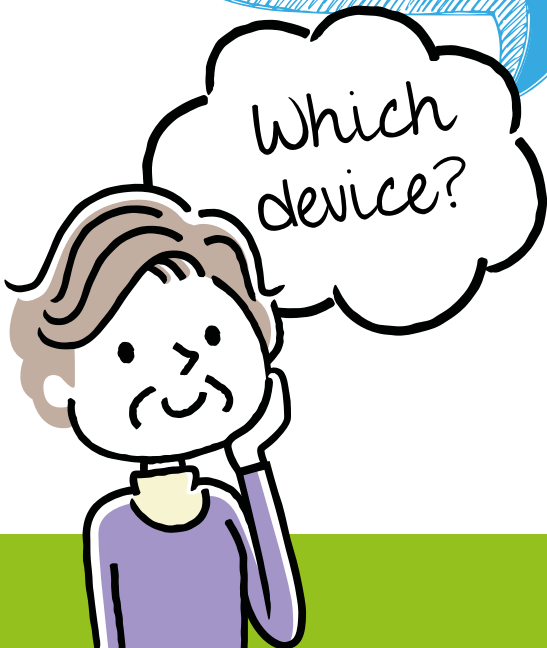
A PKC Community Alarm is an alarm system that provides a link between you and the Response Team, 24 hours a day 7 days per week. The alarm system is connected within your property and can be activated by means of a pull cord, pendant or alarm unit. Pendants can be worn around your neck or wrist.

There is a charge for this service, however you may be exempt or only have a proportion of this to pay depending on your income and/or level of savings. You will also need a telephone line.

Before applying you can now use the self-check online tool which will provide a summary page with useful information relating to your answers. To apply you can contact the Early Intervention & Prevention Team and if eligible an assessing worker will carry out a home visit.

Early Intervention  
& Prevention Team  
Tel 0345 30 111 20  
[www.pkc.gov.uk](http://www.pkc.gov.uk)

Which  
device?



## Assistive Technology in the Home

These are devices or systems that support you to maintain or improve your independence, safety and wellbeing. They assist people with memory problems or cognitive and sensory difficulties rather than aids that help with mobility or physical problems.

You can be referred to telecare for a detailed assessment to match individual needs to a tailored telecare package. This may include the following equipment:

- **Alarm base unit** - this can also be programmed to play a number of recorded messages including medication prompts.
- **Pendant** - portable personal alarm.
- **Bed Sensor** - will monitor if you don't return to bed during the night.
- **Heat Detector** - detects a significant increase in room temperature.
- **Flood Detector** - alerts you to a flood in the kitchen or bathroom.
- **Falls Monitor** - will automatically raise an alert if a fall has occurred.

There is lots of information and a video available on our website but you can also arrange to visit our 'Smart Flat' based in a Sheltered Housing Unit. A staff member can show you what the various devices would look like in your home and how they work.

## Warm Homes

In Perth and Kinross over 20% of households in both the private and rented sectors are estimated to be living in fuel poverty. Households in fuel poverty are unable to heat their homes sufficiently to stay warm and healthy. Many of these households face the additional burden of relying on heating systems that are expensive to run or inadequate for their needs. PKC are using this money from the Warm Homes Fund to support the installation of affordable heating systems in fuel poor households who do not use mains gas as their primary fuel.

This money will also support the delivery of several locally-based projects:

- *Extensions to the mains gas network and installing 352 new gas heating systems in the North Muirton area of Perth.*
- *Installing 63 air source heat-pumps or LPG systems in rural areas of Perthshire which have no current access or any prospect of receiving mains gas.*
- *Helping identify and engage with people suffering from fuel poverty in Perth and Kinross so that we can deliver resources where it is most effective. This will include providing energy advice visits and debt advice to residents.*

Please note that Energy Suppliers are obliged to keep a list of customers who may have additional needs. You can ask your supplier to put your name on this register if you are over 60 or have a disability. It may entitle you to a free gas safety check or further advice and information.

Advice available from  
Energy Saving Trust  
[www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)  
or phone **0808 808 2282**





## Moving Home

If you have decided to move home then your next decision will be whether you would like to buy or rent your next home.

### Tenant Incentive Scheme

This is a local policy which PKC has introduced to try and increase the supply of family-sized housing within the local area.

This voluntary scheme is intended to encourage tenants who reside in accommodation which is larger than they need to think about potentially moving by offering practical and financial assistance.

- *You must have a full residential secure tenancy with PKC.*
- *Your current home must have three or more bedrooms.*
- *Your rent account must be clear or you must have an agreement in place to clear the arrears.*

Practically it offers you the chance to be considered for either a one or a two bedroom property within your preferred areas of choice plus a package of assistance.

For information and advice please visit [www.pkc.gov.uk](http://www.pkc.gov.uk)  
**Tenants Incentive Scheme**  
**Frequently Asked Questions**  
or phone Housing Options & Support Team on  
**01738 47600**

## Selling and Buying

There are a range of home ownership schemes for older people. It provides options whether you are wanting to downsize, be an outright or part owner or buying a retirement or supported home.

For more information on Shared Ownership/Equity Schemes, or Help to Buy Scheme and which local agencies are involved please visit our website.



If you are looking for estate agency or solicitor services they will usually be advertised locally. You should also contact your solicitor if you plan to 'sign your home over to family'.

If you are looking for independent advice about mortgages or the additional costs of buying and selling you can contact the Money Advice Service.

**Tel 0141 572 00237**  
**[www.moneyadvicescotland.org.uk](http://www.moneyadvicescotland.org.uk)**

## Help with Moving

There are agencies that assist with all aspects of moving home - from contacting solicitors and estate agents to assisting with removals and donating unwanted items.

For more information visit  
**[www.thehomestraight.org.uk](http://www.thehomestraight.org.uk)** or call  
**07840 544420**

- *arrange short-term accommodation;*
- *contact other agencies able to help you.*

Housing Options &  
Support Team  
**Tel 01738 476000**  
**[www.pkc.gov.uk](http://www.pkc.gov.uk)**

## Renting

PKC manages a Common Housing Register with partners - Caledonia Housing Association and Hillcrest Housing Association. A Common Housing Register is a single point of contact for people looking to rent a home. Applicants can complete one application form and receive advice and information about housing options.

If you are homeless or think you may become homeless in the next 2 months you should contact your local area Housing team or the Housing Options & Support Team as soon as possible. It is very important that you get in touch straightaway as we may be able to:

- *prevent you losing your home;*
- *offer you somewhere to stay;*
- *help you find other accommodation;*

If you are retired or thinking about retiring, we can offer a number of different housing solutions.

The benefits of moving into older people's housing:

- *downsizing;*
- *save on living expenses;*
- *save time on maintenance and cleaning;*
- *join in with an array of health and wellbeing social activities available throughout our communal facilities;*
- *housing support and advice available;*
- *links with our partner agencies and organisations.*

We have lots of information and videos available on our website about the different types of housing available for older people - however if you would rather visit sheltered housing and discuss your choices with a Housing Support Officer please contact our Housing Options & Support Team who will pass on

information about where and when for local 'drop-in sessions'. The Housing Support Officer can answer your questions about housing for older people and offer a tour of the communal facilities. They will also show you the information and videos available on our website.



	Mainstream	Amenity	Retirement	Sheltered	Very Sheltered
Self-contained accommodation	✓	✓	✓	✓	✓
For over 50s	✓	✓			
For over 60s	✓	✓	✓	✓	✓
Community Alarm	✓	✓	✓	✓	✓
Assistive Technology	✓	✓	✓	✓	✓
On-site Housing Support			✓	✓	✓
Communal Lounge			✓	✓	✓
Communal Laundry			✓	✓	✓
Secure Entry System				✓	✓
Staff Presence			✓	✓	✓
Morning Call				✓	✓
Agreed Support Plan	✓	✓		✓	✓
Meals Service					✓
Visiting Housing Support Staff	✓	✓			

### Support Charges

Sheltered Housing	£16.25 per week
Retirement Housing	£7.72 per week
Amenity Housing	£3.82 per week

*Please note that rent charges change annually and some units have a service charge for heating and lighting.*

## Very Sheltered Housing

Very Sheltered Housing allows you to live independently in a small flat within a secure building. Communal facilities include a lounge for socialising, laundry and dining area for a lunch and dinner meals service. Staff will be available during the day, 7 days a week to provide housing support and advice, the meals service and ensure that the building and grounds are properly maintained. Very sheltered tenants belong to the Community Alarm scheme, which allows them to call for help in an emergency 24 hours a day, 7 days a week.

Tenants will be liable for rent payments, service and housing support charge and a weekly community alarm charge. Tenants can apply for Housing Benefit dependent on their income and/or level of savings.

## Sheltered Housing

Sheltered Housing allows you to live independently in a 1 or 2-bedroomed flat within a secure building. Communal facilities include a lounge for socialising and laundry/drying area. Staff will also be available during normal office hours to provide housing support and advice, as well as ensuring that the building and grounds are properly maintained. Sheltered tenants belong to the Community Alarm scheme, which allows them to call for help in an emergency 24 hours a day, 7 days a week.

Tenants will be liable for rent payment, service and housing support charge and a weekly Community Alarm charge. Tenants can apply for Housing Benefit dependent on their income and/or level of savings.

A Housing Support Officer will complete a Housing Support Plan with each tenant, discussing and detailing the support and future-proof planning required to ensure a successful sheltered tenancy - as well as:

- *responding to alarm calls;*
- *helping with social activities;*
- *ensuring health and safety regulations are followed;*
- *reporting repairs and monitoring communal cleaning;*
- *offering tenants housing advice and liaising with other agencies;*
- *carrying out home visits;*
- *assisting with general enquiries.*

## Mobility Scooters

*Tenants can bring mobility scooters with them when they move into Sheltered Housing, however, these cannot be brought into the buildings or stored and charged in flats. Some Sheltered Housing units have mobility scooter pods which can be leased to tenants with mobility scooters for a small weekly charge. These can be used for storing and charging scooters. It is important to check the situation with this before signing up for a tenancy in Sheltered Housing.*

## Retirement Housing

Retirement Housing allows you to live independently in a 1 or 2-bedroomed property and have access to a communal lounge for social events, as well as part-time staff who will offer housing advice and ensure the properties are properly maintained. Retirement tenants belong to the Community Alarm scheme, which allows them to call for help in an emergency 24 hours a day, 7 days a week.

Tenants will be liable for rent payments, service charge and weekly Community Alarm charge. Tenants can apply for housing benefit dependent on their income and/or level of savings.

## Amenity Housing

Amenity Housing is 1 or 2-bedroomed sized accommodation that is particularly suited to older people. Amenity tenants belong to the Community Alarm scheme, which allows them to call for help in an emergency 24 hours a day, 7 days a week (a local keyholder is required).

Tenants will be liable for rent payments and a weekly Community Alarm charge. Tenants can apply for Housing Benefit dependent on their income and/or level of savings.

## Common Housing Register Partners

### Hillcrest Housing Association

[www.hillcrest.org.uk](http://www.hillcrest.org.uk)

Tel 0300 123 2640

### Caledonia Housing Association

[www.caledoniaha.co.uk](http://www.caledoniaha.co.uk)

Tel 0800 678 1228

## Location of Older Persons' Housing

### Perth & Kinross Council

#### Amenity Housing

- *Lumsden Crescent, Almondbank*
- *Foswell Place, Auchterarder*
- *Peter Arbuckle, Invergowrie*
- *Dalreoch Place, Letham, Perth*
- *Birch Avenue, Scone*

#### Retirement Housing

- *Peter Arbuckle Housing*
- *Causeway Court, Kinross*
- *Sanda Court, North Muirton, Perth*

#### Sheltered Housing

- *Carpenter Court, Perth*
- *Charterhouse Court, Perth*
- *Duchlage Court, Crieff*
- *Harriet Court, Blairgowrie*
- *Isla Court, Bridgend, Perth*
- *James Court, Pitlochry*
- *Strathmore Street, Bridgend, Perth*



All PKC Sheltered and Retirement units have video footage available on **PKC Housing Tenants - YouTube**

## Caledonia Housing Association

### Retirement Housing

- Muirmont, Bridge of Earn
- Willowbank, Dunkeld
- Viewlands, Errol
- Bowerswell Homes, Bridgend, Perth

### Sheltered/Very Sheltered Housing

- Cameron Court, Comrie
- Canal Street, Perth
- Corrie Place, Scone

## Hillcrest Housing

### Amenity Housing

- Farragon Cottages, Aberfeldy
- Baird Court, Crieff
- Yeaman Street, Blairgowrie

## Cairn Housing Association

### Sheltered Housing

- Dewar Court, Perth
- Cluny Court, Blairgowrie

## How to Apply

Please visit our website to watch a helpful video and for further information. Alternatively, please contact our Housing Options & Support Team.

The Housing Options & Support Team will process and acknowledge receipt of your information. They may also contact and visit you to discuss your choices. Very Sheltered Housing applications

Housing Options &  
Support Team  
Tel 01738 476000  
[www.pkc.gov.uk](http://www.pkc.gov.uk)

are passed to Caledonia Housing Association who are the only local providers for this type of housing.

## Tenancy Agreement

As our tenant you will have a Scottish Secure Tenancy.

You are entitled to:

- a written agreement covering information you have the right to receive;
- a rent card;
- a home that's wind and watertight;
- pass your tenancy onto a qualified successor if you die;
- see information we keep about you;
- challenge unreasonable tenancy conditions;
- compensation for authorised improvements on termination of your tenancy.

As a Secure tenant you have agreed to:

- live in the property;
- pay your rent regularly and in advance;
- allow other tenants and residents to enjoy their home;
- keep communal areas, including stairs and bin areas, clean and tidy;
- keep tidy any garden area that goes with the property;
- report repairs as soon as possible;
- ensure the property and its fixtures and fittings are not damaged;

- *ask permission to keep pets, run a business, make alterations and so on;*
- *tell us if you are living away from home;*
- *leave the property in good condition;*
- *give 28 days' notice when you decide to leave the property.*

## Other Rented Housing Providers

There are a number of other Housing Associations with properties for rent or shared ownership in the Perth and Kinross area that are not part of the Common Housing Register:

### **Fairfield Housing Co-operative**

[www.fairfieldhousing.co.uk](http://www.fairfieldhousing.co.uk)  
Tel 01738 630738

### **Kingdom Housing Association**

[www.kingdom.org.uk](http://www.kingdom.org.uk)  
Tel 01592 631661

### **Bield Housing Association**

[www.bield.co.uk](http://www.bield.co.uk)  
Tel 0131 557 6327

### **Cairn Housing Association**

[www.cairnha.com](http://www.cairnha.com)  
Tel 0800 990 3405

### **Ark Housing Association**

[www.arkha.org.uk](http://www.arkha.org.uk)  
Tel 0131 447 9027

### **Link Housing Association**

[www.linkhousing.org.uk](http://www.linkhousing.org.uk)  
Tel 03451 400 100

### **Hanover Housing Association**

[www.hanover.org.uk](http://www.hanover.org.uk)  
Tel 01480 475069

You would have to apply directly to these organisations for housing.

## Renting Privately

PKC works closely with local landlords to improve the opportunities for individuals to find suitable accommodation in the private rented sector. PKC offers an innovative social letting agency scheme called PKC Lets. This offers letting, property and tenancy management services to private sector landlords. Properties which are available to rent through PKC Lets are advertised on our PKC Lets Facebook page.

## Care Homes

Care homes are suitable for people for whom living in their own home, even with support is no longer a practical option. Usually a long-term care option, most care homes have beds available on a short-term basis for respite.

Referrals will most often be through a GP or a social worker who is already working with the individual. However, if you are not in contact with a social worker and would like an assessment of your needs to see if residential care - or any other type of support - is suitable for you, please contact the Early Intervention & Prevention Team.



If you or someone you know would like a copy of this document in another language or format, (on occasion only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000

إن احتجت أنت أو أي شخص تعرفه نسخة من هذه الوثيقة بلغة أخرى أو تصميم آخر فيمكن الحصول عليها (أو على نسخة معدلة لمملخص هذه الوثيقة مترجمة بلغة أخرى) بالاتصال ب:  
الاسم: Customer Service Centre  
رقم هاتف للاتصال المباشر: 01738 475000

اگر آپ کو یا آپ کے کسی جاننے والے کو اس دستاویز کی نقل دوسری زبان یا فارمیٹ (بعض دفعہ اس دستاویز کے خلاصہ کا ترجمہ فراہم کیا جائے گا) میں درکار ہے تو اس کا بندوبست سروس ڈیولپمنٹ Customer Service Centre سے فون نمبر 01738 475000 پر رابطہ کر کے کیا جاسکتا ہے۔

如果你或你的朋友希望得到這文件的其他語言版本或形式

(某些時候，這些文件只會是概要式的翻譯)，請聯絡

Customer Service Centre 01738 475000

來替你安排。

Jeżeli chciałbyś lub ktoś chciałby uzyskać kopię owego dokumentu w innym języku niż język angielski lub w innym formacie (istnieje możliwość uzyskania streszczenia owego dokumentu w innym języku niż język angielski), Proszę kontaktować się z Customer Service Centre 01738 475000

P ežete-li si Vy, anebo n kdo, koho znáte, kopii této listiny v jiném jazyce anebo jiném formátu (v n kterých p ípadech bude p eložen pouze stru ný obsah listiny) Kontaktujte prosím Customer Service Centre 01738 475000 na vy ízení této požadavky.

Если вам или кому либо кого вы знаете необходима копия этого документа на другом языке или в другом формате, вы можете запросить сокращенную копию документа обратившись Customer Service Centre 01738 475000

Nam bu mhath leat fhèin no neach eile as aithne dhut lethbhreac den phàipear seo ann an cànan no ann an cruth eile (uaireannan cha bhi ach gearr-iomradh den phàipear ri fhaotainn ann an eadar-theangachadh), gabhaidh seo a dhèanamh le fios a chur gu Ionad Sheirbheis Theachdaichean air 01738 475000.

You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.

[www.pkc.gov.uk](http://www.pkc.gov.uk)

(PKC Design Team - 2019085)