

Community
Integrated
Care

At Community Integrated Care we believe that age or social need should not be a barrier to living a full, happy and active life. However, we understand that sometimes you may find yourself requiring some additional support to help you to maintain the lifestyle and independence you cherish. This is where our Extra Care Services can be the perfect solution.



### **Our Extra Care Services**

Working with housing associations and local authorities, we provide care and support in purpose-built accommodation for older people, offering a home-from-home environment, with support on-hand when needed.

As an alternative to the traditional forms of housing available to older people, Extra Care offers a unique and flexible balance of independence, choice and control. It combines the security and privacy of living in your own home, with the peace of mind of living in a safe and secure communal environment, with support on hand 24-hours a day.

#### **Your Accommodation**

As a tenant in an Extra Care housing scheme, you will have your own flat and your own keys to come and go as you please. Your apartment will have its own fully-fitted kitchen, as well as en-suite bathroom facilities. You will enjoy complete independence and control over your lifestyle but you will be safe in the knowledge that help is at hand, as and when you need it.

## **Our Support**

You will have access to a wide range of facilities, services and activities, aimed at supporting you to maintain a great quality of life, as well as improving your health and wellbeing.

These include:

- 24-hour support
- Housing-related support
- Meals either assisted or prepared for you
- Leisure and recreation activities
- Domestic help
- Support to build or maintain links with your community
- Support to maintain relationships with family and friends

Our Extra Care Services are all based in the heart of your community, with easy access to local shops, supermarkets and transport routes.

### **Our Staff**

We understand how important it is for you to feel safe and comfortable with the people coming into your home. All of our support staff are fully background-checked. They are committed to providing you with a professional, friendly and supportive service, helping you to remain as active and as independent as possible. Our support staff receive regular quality training, to ensure they offer the very best care and support.

### **Working Together**

We will always work closely in partnership with you and your loved ones, as well as relevant professionals and agencies, to ensure that we develop and deliver a person-centred package of support which is unique to you and tailored to your needs.

### Do you have your own budget?

We provide advice, assistance and support to individuals and families looking to develop a personalised service using individual budgets and direct payments.

Contact us to find out how we can provide you with a tailored package of support to meet your budget and goals.

# Find out more...

Contact us to find out more about our Extra Care Services or any of the other types of support we provide:-





7 0845 543 9911 Minformation@c-i-c.co.uk minfo



