



Selby District Council

Advice for all – Being discharged from hospital

Finding suitable housing when discharged from hospital, or adapting your current home, can make a huge difference to your quality of life, whether you need support yourself or are caring for someone else.

If you are likely to be homeless when discharged from hospital, you should tell the hospital nursing staff as soon as possible. They will ask the hospital discharge team to help if they can.

Hospital Discharge Team

The discharge team may refer you to the housing advice team at the council. They will assess your situation and you may be offered temporary accommodation by the local authority in certain circumstances. If you are within 56 days of discharge and have no home to return to, you will be offered a homeless application by the local authority, who will then decide whether they have a duty to re-house. During this period they will also work with you to give advice and support to seek accommodation.

If you have a home already but it needs to be adapted, the hospital will refer you to the local social services department who will arrange for an occupational therapist to undertake a needs assessment. If your current home is then deemed unsuitable to return to by the assessment team they will work in conjunction with the housing provider and the local authority to seek a resolution.

North Yorkshire County Council - 01609 780780

www.northyorks.gov.uk

The Local Authority has a duty to assess anyone who appears to have care and support needs under the Care Act 2014. Your local authority should:

- Assess your needs and give you advice, whatever your financial circumstances. This assessment should ascertain what type of accommodation is suitable for you, or what adaptations might be necessary to allow you to return to your own home.
- Provide information about services and support options available to you in your area.
- Give you a Carer's assessment if you are an unpaid/family carer. The assessment by the local authority is important because it will help you work out what your difficulties are and consider what support options, including your housing arrangement, you might have.

Selby District Council's Housing Options team – 01757 705101 and can be found at Access Selby in the Town Centre.

The housing options team will offer advice on re-housing if necessary.

Housing Options for older people

You may be finding it difficult to manage in your own home or would prefer to move somewhere else. You may want to live somewhere smaller and easier to maintain for example, or you may want to live somewhere more suited to your physical needs, such as a bungalow. You may prefer to live

nearer family or friends, or have easier access to facilities such as transport and leisure. While buying or renting a different property, or moving into a care home might be the first options that spring to mind, there are many others you could consider when making a decision to move that might suit you better now and for the future.

Some examples include:

- **Exchanging council or housing association property**

Your council or housing association may be able to help you find more suitable accommodation by arranging an exchange or 'swap' for other council or housing association property. You may want to consider factors such as the new location, accessibility and the cost of renting the exchanged housing. Ask your landlord for details of any schemes in your area.

- **Sheltered housing**

Sheltered housing is designed for people who are normally able to live quite independently, but need occasional help or support from time to time. Often sheltered housing will have a warden who can be called in an emergency, and other security features such as emergency alarm systems. Sheltered housing properties may also have communal facilities such as a laundry, lounge and garden, as well as offering social activities and events. The level of support on offer will vary depending on the individual scheme.

Sheltered housing may be provided by a local authority or can be bought or rented privately. It's important to check whether there are service charges and if so, how large they are, and also whether there are any rules that could impact on you, such as rules around keeping pets for example.

- **Extra care housing**

Extra care housing (which could also be called assisted living) offers a greater level of support than sheltered accommodation. Residents of extra care housing live in self-contained flats, but may have services provided to them by on-site staff, such as meals or personal care and domestic support and there are likely to be communal areas for those who wish to use them.

You do not have to sign-up to receive care and support when you first move in and the level of assistance can be increased as your needs change. Most extra care housing schemes also have communal areas such as lounges and cafes.

Extra care is largely provided to rent or buy, but it may be an option to discuss with your local authority if you meet the eligibility criteria.

- **Retirement villages**

Retirement villages can consist of a large-scale development of bungalows, flats or houses designed for the needs of older people. Many of these retirement complexes will include a care home and a number of communal facilities.

Housing options for younger adults with a disability

Teenagers and young adults with special needs or disabilities may want – or need – greater independence as they get older. But they are also likely to have care needs which mean they need alternative housing options. Those care needs may be related to, for example, physical or mental health problems, a learning disability, or drug or alcohol misuse.

There are a variety of housing options they may want to consider:

- **Buying or renting an adapted property**

If they have physical health problems, for example, the local authority could help to find a property which has already been adapted in a way that meets their needs. Alternatively, they may be able to get a housing grant to cover any adaptations which need to be made.

- **Sheltered housing schemes for younger people**

Although many sheltered housing schemes are specifically for older people, there are some that cater to the needs of younger disabled adults. These homes are designed for independent living but have extra facilities such as a warden who can be called in an emergency, or communal facilities such as a laundry and lounge.

- **Supported housing in the community**

Some young adults will only require a small amount of support when at home, and may go to college, work or day centers during the day. A wide variety of housing options is available for these more independent adults. Some supported housing is managed by the local authority, and some by housing associations, voluntary organisations and charities which run the units to meet particular needs, such as adults with learning disabilities.

Housing for people with mental health needs

If you are unwell and have to spend time in hospital, one of your biggest worries might be about what will happen to your home. This is especially the case if you have to go into hospital suddenly, or have been admitted under a section of the Mental Health Act. You might find that the level of support you need to manage your mental health is a significant factor in finding a housing situation that works for you. For example, you might feel you need regular support with shopping, budgeting and/or housework.

Where a person 'ceases to be detained' under the Mental Health Act 1983 under sections 3, 37, 45A or 47, they are eligible for aftercare services, including housing. The duty will be owed regardless of the financial resources

available to the person who was detained. The duty continues until both the health and social services authorities are satisfied that the person no longer needs those services. Aftercare services could include: specialised accommodation, advice, guidance, counselling and recreational activities.

More general types of support could include:

- **Floating Support**

This could involve a support worker coming to see you in your home and helping you with daily household tasks, assisting you in maintaining your property and building your confidence in this.

- **Supported accommodation**

Supported accommodation might be helpful if your mental health problems mean you need regular support with everyday tasks. This kind of accommodation will usually be more expensive than living independently. If you feel like you need to move somewhere where you can get more support, it might be helpful to talk to a health professional such as your care-coordinator or GP.

Other general Housing Options

Local District Authority

Selby District Council's Housing Options team – 01757 705101 and can be found at Access Selby in the Town Centre.

The housing options team will offer advice on re-housing if necessary.

If you are deemed eligible for housing advice and are homeless or at risk of becoming homeless within 56 days, you are likely entitled to make a homeless application with the Local Authority. Additional information regarding homeless applications can be found under the 'Homeless Application' section of our website.

The help you will get from the Council will likely be by way of a Personal Housing Plan and will involve quite a lengthy process. You will have your part to play in this process and completing your 'actions' in your PHP.

To qualify for housing as a homeless person, you will usually have to meet all of the following criteria:

- be eligible for assistance (for instance, to come from the UK and not be an asylum seeker or have limited rights to remain)
- be in a priority group
- be unintentionally homeless
- have a local connection.

Applying for social housing

If possible, prior to discharge, complete a housing application for social housing via North Yorkshire Home Choice on

www.northyorkshirehomechoice.org.uk

Paper applications are also available if online completion is not an option.

Private renting

The main advantage of private rented accommodation is that you will have a greater degree of choice in terms of location and type of property. It is also something that your family and friends can help you to look for and, where possible and necessary, lend money for in order to secure a property. Your local council might also be able to give you advice about what is available in your local area and how you can get help with paying the rent bonds and rent in advance.

Landlord's duty to make 'reasonable adjustments'

Under the Equality Act 2010, there is a duty for landlords to make 'reasonable adjustments' for tenants with disabilities. Your landlord doesn't have to make changes which affect the structure or which would substantially and permanently alter the building. For example, they don't have to remove walls, widen doorways or install permanent ramps. But there are some things they must do to adapt your home if you're disabled and if it's reasonable to do so.

For example, you can ask your landlord to do the following things under the Equality Act:

- Remove, replace or provide any furniture, furnishings, materials or equipment, as long as it would not become a permanent fixture when installed
- Replace or provide signs or notices
- Replace taps or door handles
- Replace, provide or adapt your door bell or door entry system
- Change the colour of any surface – for example, a wall or a door
- Changing practices, policies and procedures – for example, allowing an assistance dog in a place that normally doesn't allow pets

Can I get financial assistance towards housing?

If you are receiving a state benefit or on a low income once released from prison, you are likely entitled to financial assistance towards your rent. The Housing benefit online calculator can be used to check your entitlement to housing benefit and can be found at www.selby.gov.uk/benefits-calculator. You can also apply for Housing Benefit on this same website.

If you are looking to rent a private rented property, you may instead be entitled to Local Housing Allowance (LHA). The amount available to you will depend on where you live and who else lives with you. LHA rates are set for different types of accommodation in each area. The rates range from a single room in a shared house up to properties with four bedrooms. Below shows the maximum housing benefit you may be entitled, depending on what category you fall into.

Rates (April 2017 - March 2018)

Weekly Rates

	York	Doncaster	Wakefield	Leeds
Shared room	£67.09	£55.12	£55.00	£62.48
1 Bed	£98.96	£78.08	£86.30	£100.05
2 Bed	£123.58	£93.23	£103.56	£122.36
3 Bed	£141.24	£103.56	£113.92	£149.59
4 Bed	£200.09	£143.84	£149.59	£195.62

Calendar Monthly Rates

	York	Doncaster	Wakefield	Leeds
Shared room	£291.52	£239.51	£238.99	£271.49
1 Bed	£430.00	£339.28	£374.99	£434.74
2 Bed	£536.98	£405.11	£449.99	£531.68
3 Bed	£613.72	£449.99	£495.01	£650.00
4 Bed	£869.44	£625.02	£650.00	£850.02

You may also wish to start looking at suitable private renting options on websites such as 'Right Move' or 'Spare Room.' We may be able to offer help towards upfront fees for private rent options to help you secure suitable accommodation. This is our Frontline Prevention Fund and is subject to an affordability assessment.

Help available from other agencies:

EAC First Stop Advice

Call for free: 0800 377 7070

<http://www.firststopcareadvice.org.uk/>

EAC FirstStop Advice is an independent, free telephone service offering advice and information to older people, their families and carers about housing and care options for later life.

Citizens Advice Selby

This service operates on a Gateway Assessment system. As a client you will be given an initial ten minute interview and then may be offered a follow up appointment or referral depending on the nature of your enquiry.

Advice session details: Drop-in advice sessions Monday, Wednesday and Friday 9.30am - 12.30pm and Tuesday 1.30pm - 4.00pm.

Rear of 4 Park Street, Selby, North Yorkshire, YO8 4PW

Telephone advice: Available Monday to Friday 10am - 4 pm on 03444 111 444

Mind Infoline

Telephone - 0300 123 3393 Monday to Friday 9am to 6pm

www.mind.org.uk

The Mind Infoline can help you find support and information. They can look for your local Mind, and give details of other local support.

Pymble in Selby (Anchor Housing)

Telephone - 0800 731 2020. Opening hours are 8am-6pm Monday to Friday, and 10am - 4pm on Saturday.

Pymble retirement housing scheme in Selby offers 10 one bedroom, 28 studio and 1 two bedroom purpose-built properties for rent for people over the age of 55.

Popplewell Springs (Hanover Housing)

Leeds Road, Tadcaster, LS24 9FG

Telephone: 01937 530933

Extra care housing scheme managed by Hanover Housing Association.

Fernbank Court (Hanover Housing)

Brayton, Selby, YO8 9RU

Telephone: 01757 702971

Extra care housing scheme managed by Hanover Housing Association.

Horton Housing Association:

Horton Housing is a not-for-profit organisation which provides housing, training and support services to the most vulnerable people in society. They work with a wide range of clients including people who are homeless, have mental health, drug or alcohol issues, refugees, Gypsies and Travellers, people with disabilities and ex-offenders.

Selby District Council often makes referrals to Horton Housing for additional housing support. Horton Housing offers a range of services to provide housing advice and assistance. They work flexibly to engage with people who are homeless, securing short-term accommodation and helping them to move into longer-term settled accommodation. They provide housing-related support for people with multiple or complex needs who are homeless or at risk of becoming homeless. Support available is around tenancies, budgeting, claiming benefits, helping to secure appliances for a home and much more.

Horton Housing also manages an intensive housing management (IHM) scheme in Selby where they have some limited properties available. Tenants are allocated a floating support worker and support can be provided for up to two years as part of a plan to make the most excluded and vulnerable potentially tenancy ready.

Horton Housing also offers drop-in services at Selby, Tadcaster and Sherburn-In-Elmet. To make a referral or contact them, Tel: 01757 241051 or website www.hortonhousing.co.uk

Shelter:

For homeless information across a range of topics and for legal housing advice, please visit Shelter's website:

https://england.shelter.org.uk/housing_advice