



# Perth and Kinross Accommodation Guide to Independent Living



## **Introduction**

### **Who is this Guide for?**

This guide has been developed to provide information and advice for individuals with a range of health and social care needs who require varying levels of support to live independently, and for staff, families and carers supporting them. This includes:

- Learning Disabilities
- Autism
- Mental Health
- Physical Disabilities
- Acquired Brain Injury

### **Living Independently in Perth and Kinross**

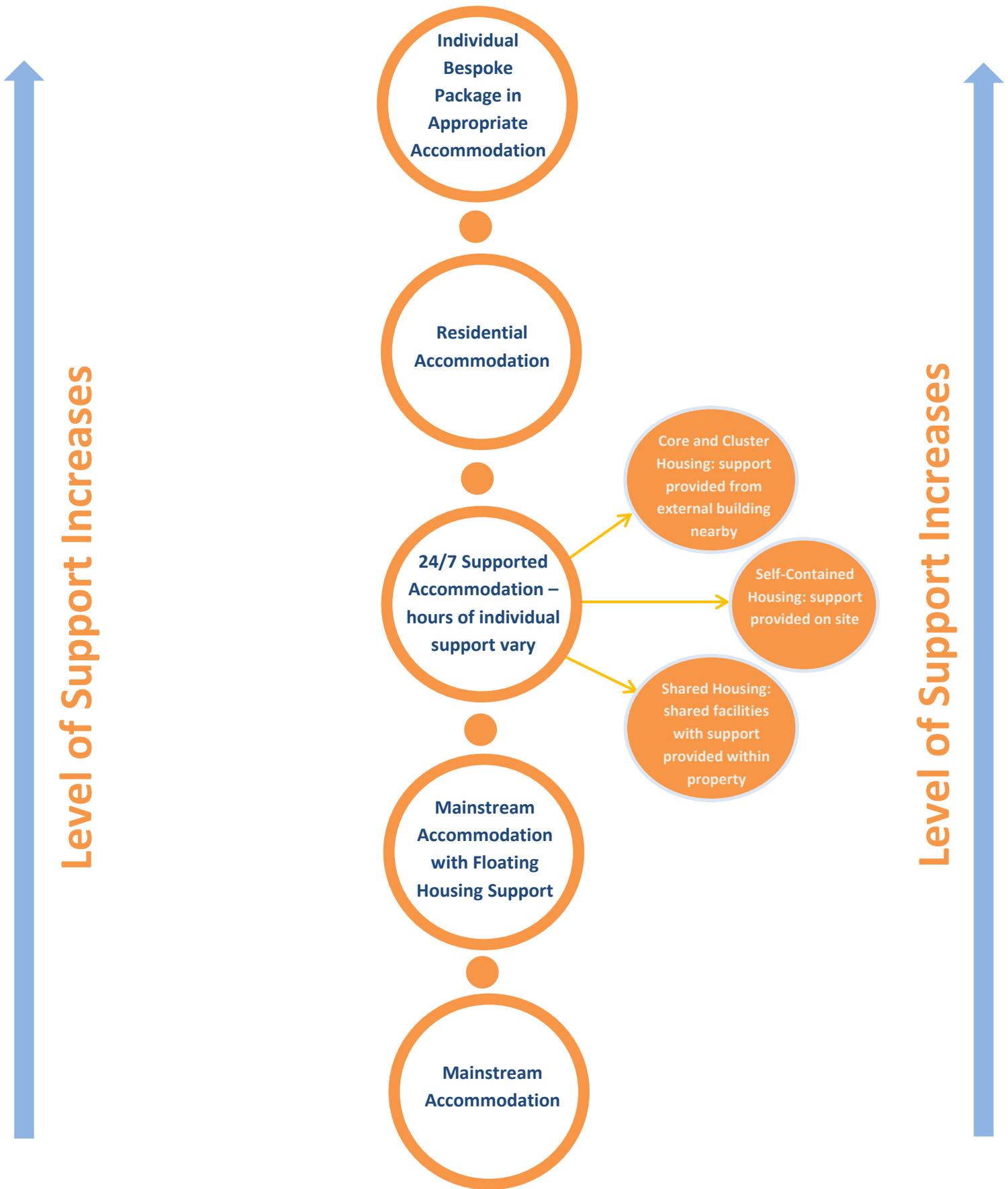
We want to make Perth and Kinross a place where people will have access to good-quality, accessible, fit-for-purpose, energy efficient housing which they can afford that is in a safe and pleasant environment. People will have access to services that will enable them to live independently and participate in their communities. We also want to provide housing that is technology enabled, affordable and offers a safe and secure environment where staff are fully trained and approachable.

### **Planning Ahead**

If you are thinking about independent living, there are a number of housing options depending on availability. 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. Planning ahead is about understanding your situation and your health conditions. It is about helping people navigate the system and make informed choices about their support, care and home. It requires everyone working together to improve quality of life and ensure people can achieve positive outcomes.

## Pathway to Independent Living



## Pathway to Independent Living - Accommodation Options

Types of Accommodation	What that means	Where it will be (Perth & Kinross only)
Mainstream Accommodation	Mainstream Accommodation or general needs housing is housing with no adaptations or special features and can be of various sizes.	Across Perth and Kinross
Floating Housing Support in Mainstream Accommodation	<p>Floating housing support services are aimed at enabling vulnerable individuals who are at potential risk of losing their tenancy to live independently or to maximise their independence.</p> <ul style="list-style-type: none"> <li>• It is short term, flexible, responsive and aims to support people to achieve agreed outcomes.</li> <li>• It aims to be in place for around six to nine months with regular outcome reviews during that time.</li> <li>• It works with people to identify outcomes and then agree a plan which will enable individuals to build on their independent living skills, or support and increase an individual's ability to manage independently.</li> </ul>	Across Perth and Kinross
Supported Accommodation Overview	<p>Supported Accommodation is an umbrella term applied to a wide range of housing-based solutions for vulnerable people. People in supported living / housing have diverse and complex needs, requiring different levels of support in various types of accommodation.</p> <p>This is housing – mainstream or purpose-built – which includes a support package in place for an individual who may require support to live independently.</p> <ul style="list-style-type: none"> <li>• Applicants will be able to access supported</li> </ul>	Across Perth and Kinross

	<p>accommodation from age 16 and over</p> <ul style="list-style-type: none"> <li>• They will have eligible health and social care needs to live independently</li> <li>• There are options to live in a shared home, or have a self-contained home or flat, or live in a cluster with other people who need support</li> <li>• The support may be onsite or next to the accommodation and is provided by a registered agency/provider</li> <li>• Supported living offers flexible support that may be a mixture of care and housing support to enable people to live in their own home and be a part of the community</li> <li>• All personal care is included in this – help with washing, cleaning, shopping, preparing food, help with eating meals</li> <li>• There is also support to go to activities and learn new independent living skills</li> <li>• Management of the house is delivered by a registered social or private landlord / housing association</li> <li>• Referrals will most often be through a social worker who is already working with the individual. However, if an assessment is required to see if supported living – or any other type of support – is needed, contact the Early Intervention Team.</li> </ul> <p><b>Please see below the different types of supported housing available in Perth and Kinross.</b></p>	
<p><b>Supported Accommodation - Shared Housing</b></p>	<p>This is housing that may be a bungalow or house where you have your own bedroom and in some cases your own bathroom, but this may also be shared. The living room and kitchen will be shared with the other tenants.</p> <p>There is 24/7 support based in or next to the house and this is shared with all tenants living there, to support living independently both in</p>	<ul style="list-style-type: none"> <li>• Turning Point, Perth City</li> <li>• ARK, Perth City</li> <li>• An Cala, South Perth</li> <li>• Milnab Street,</li> </ul>

	<p>the home and out in the community.</p> <p>These housing options will only be available to those with eligible health and social care needs.</p> <p>Please note that An Cala, Sense Scotland, Airlie View and Burnside Court also provide accessible facilities for those with complex physical needs.</p>	<p>South Perth</p> <ul style="list-style-type: none"> <li>• Sense Scotland, South Perth</li> <li>• Airlie View, North Perth</li> <li>• Burnside Court, North Perth</li> </ul>
<p><b>Supported Accommodation – Self-Contained Housing</b></p>	<p>This is housing that may be a flat or a house that provides a bedroom, bathroom, kitchen and living room for each person.</p> <p>There is individual 24/7 support which will be there in the person’s home and out in the community to support living independently.</p> <p>These housing options will only be available to those with eligible health and social care needs.</p>	<ul style="list-style-type: none"> <li>• St Catherine’s Road, Perth City</li> <li>• Turning Point, Perth City</li> <li>• CIC, Perth City</li> <li>• Richmond Fellowship, South Perth and Perth City</li> <li>• Autism Initiatives, South Perth</li> <li>• ASC Bungalows, North Perth</li> </ul>
<p><b>Supported Accommodation - Core and Cluster Housing</b></p>	<p>This is housing that may be a flat or a house that provides a bedroom, bathroom, kitchen and living room. There will be a group of other houses or flats next to each other where other individuals also need support to live independently.</p> <p>There is 24/7 support based next to the houses which is available to all individuals living around it to support living independently.</p> <p>These housing options will only be available to those with eligible health and social care</p>	<ul style="list-style-type: none"> <li>• ARK, North Perth</li> </ul>

	needs.	
<p><b>Residential Accommodation</b></p>	<p>This is accommodation usually in the form of a shared home or care home where there is a bedroom that belongs to you but you share communal spaces with others.</p> <p>There is 24/7 on site services which include personal care and support, responding to calls, facilitating activities, there will be a staff presence either in the office or the lounge, staff will also offer help to residents for other services they may require. There are wheelchair accessible facilities in most of these homes.</p> <p>Depending on the registration and an individual’s needs the accommodation may also offer nursing care.</p> <p>Referrals will most often be through a GP or a social worker who is already working with the individual. However, if an assessment is required to see if residential care – or any other type of support – is needed, contact the Early Intervention Team.</p>	<ul style="list-style-type: none"> <li>• Upper Springland, Perth City</li> <li>• Kippen House, South Perth</li> <li>• Corbenic, North Perth</li> <li>• Dalguise / Orchard Court, North Perth</li> <li>• Ericht View, North Perth</li> <li>• The Grange, North Perth</li> </ul>
<p><b>Individual Bespoke Accommodation with Complex Care Package</b></p>	<p>This is an option where individuals have been assessed as requiring a high level of support and / or bespoke design solutions to a home.</p>	<ul style="list-style-type: none"> <li>• Appropriate locations would be identified once accommodation and support need is outlined.</li> </ul>

<b>Checklist of Options in Independent Living Accommodation</b>				
	<b>Shared Supported Living</b>	<b>Self-contained Supported Living</b>	<b>Core and cluster Supported Living</b>	<b>Residential</b>
<b>Own Front Door</b>		✓	✓	
<b>Secure Entry System</b>	✓	✓	✓	✓
<b>Own Tenancy</b>	✓	✓	✓	
<b>Own Bathroom</b>		✓	✓	
<b>24/7 on site support</b>	✓	✓	✓	✓
<b>Agreed Support Plan</b>	✓	✓	✓	✓
<b>Support with personal care</b>	✓	✓	✓	✓
<b>Support with daily living tasks (cleaning, shopping, preparing meals)</b>	✓	✓	✓	✓
<b>Support to attend activities / college / employment</b>	✓	✓	✓	✓
<b>Assistive technology</b>		✓		✓
<b>Shared living room and kitchen</b>	✓			✓
<b>Shared laundry</b>	✓			✓
<b>Meals Service</b>				✓
<b>Family and friends visiting at any time</b>	✓	✓	✓	

## Support to stay in your own home

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.

### Floating Housing Support

Floating housing support services are aimed at enabling vulnerable individuals who are at potential risk of losing their tenancy to live independently or to maximise their independence.

- Floating housing support is short term, flexible, responsive and aims to support people to achieve agreed outcomes.
- Floating housing support aims to be in place for around six to nine months with regular outcome reviews during that time.
- Floating housing support works with people to identify outcomes and then agree a plan which will enable individuals to build on their independent living skills, or support and increase an individual's ability to manage independently.

### 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'.

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 go shopping and pay bills for you (only as part of a more complex care package)



Early Intervention and Prevention Team

0345 30 111 20 / [www.pkc.gov.uk](http://www.pkc.gov.uk)

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 and Prevention Team.

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

### Support to Adapt your Home

 Early Intervention and Prevention Team

0345 30 111 20 / [www.pkc.gov.uk](http://www.pkc.gov.uk)

### 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 and 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

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

### Care and Repair

Care and Repair provides assistance and support to people with disability and older people who are home owners or private tenants across Perth and Kinross. 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

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.

 PKC Technology Enabled Care

[TEC@pkc.gov.uk](mailto:TEC@pkc.gov.uk)

## 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.

 Early Intervention and Prevention Team

0345 30 111 20 / [www.pkc.gov.uk](http://www.pkc.gov.uk)

## 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 and Prevention service and if eligible an assessing worker will carry out a home visit.

 Energy Saving Trust

0808 808 2282 / [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

### Warm Homes Fund

Through the Warm Homes Fund, PKC can support the installation of affordable heating systems in fuel poor households who do not use mains gas as their primary fuel.

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.

### 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.

### Selling and Buying

There are a range of home ownership schemes that provides options if you live and work in the community on a local wage and can afford to buy or rent on a monthly basis. This can be for people on low incomes or those on modest incomes who rent from a council or housing association.

 LINK Housing  
[www.linkhousing.org.uk](http://www.linkhousing.org.uk)

### Low Cost Home Ownership

This enables you to purchase a percentage of a property if you can't afford the total cost. This is usually between 60-90% and an agency, such as the Scottish Government, owns the remaining percentage. There are options to buy a brand new property from a council, housing association or private developer. There are also options to purchase a property on the open market. You can contact LINK Housing to find out more about these schemes using the link above or using the contact details here:

LIFT Open Market – [lift@linkhalt.co.uk](mailto:lift@linkhalt.co.uk) 0330 303 0125

LIFT New Supply – [housesales@linkhousing.org.uk](mailto:housesales@linkhousing.org.uk) 0330 303 0125

 Money Advice Scotland

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

### Money Advice Service

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.

## **Renting**

Perth and Kinross council manage a Common Housing Register with partners – Caledonia Housing Association, Hillcrest Housing Association, Kingdom Housing Association and Fairfield Co-operative. 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.

### **Common Housing Register Partners**

Hillcrest Housing Association – [www.hillcrest.org.uk](http://www.hillcrest.org.uk) / 0300 123 2640

Caledonia Housing Association – [www.caledoniaha.co.uk](http://www.caledoniaha.co.uk) / 0800 678 1228

Fairfield Housing Co-operative - <https://fairfieldhousing.co.uk> / 01738630738

Kingdom Housing Association - [www.kingdomhousing.org.uk](http://www.kingdomhousing.org.uk) / 01592 630922

 PKC Housing Options & Support Team

01738 476000 / [housingoptionsandsupport@pkc.gov.uk](mailto:housingoptionsandsupport@pkc.gov.uk)

## **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 Team will invite you for an interview or arrange to meet with you at home or a venue that is most suitable for you. At this meeting, you will be provided with housing advice and assistance, tailored to meet your individual needs. This could include practical assistance or intervention to enable you to remain at home such as providing housing support, assistance with budgeting or debt advice or making referrals to secure alternative accommodation through exploring various housing types such as private sector, older person's housing, low cost home ownership and / or social housing.

## **Tenancy Agreement Information**

You will either be offered a Scottish Secure Tenancy (SST) or a Short Scottish Secure Tenancy (SSST).

## **The Scottish Secure Tenancy (SST)**

A tenancy will only be an SST if:

- the house is let as a separate dwelling;
- the tenant is an individual and the house is the tenant's only or principal home;
- the landlord is a local authority landlord, a registered social landlord, or a water or sewerage authority;
- where the landlord is a RSL which is a co-operative housing association, the tenant is a member of the association; and
- the tenancy was created on or after such date as specified by order or before that date if of a description specified by order.

As our tenant you will have a Scottish Secure Tenancy. This means 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

You can apply to:

- Take in lodgers
- Sub-let your house
- Exchange your home with another Secure tenant
- Buy your home (with exceptions for homes within designated Pressured Areas)

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

The short Scottish secure tenancy (short SST) has many of the features of the Scottish secure tenancy but also some differences. The majority of tenancies that social landlords

will offer to their tenants will be SSTs but in specifically defined circumstances, it will not be appropriate for a full Scottish Secure Tenancy to be offered and social landlords will be able, but not obliged, to offer a short SST instead.

### Other Social 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:

- Bield Housing Association ([www.bield.co.uk](http://www.bield.co.uk) / phone on 0131 557 6327)
- Cairn Housing Association ([www.cairnha.com](http://www.cairnha.com) / phone on 0800 990 3405)
- Ark Housing Association ([www.arkha.org.uk](http://www.arkha.org.uk) / phone on 0131 447 9027)
- Link Housing Association ([linkhousing.org.uk](http://linkhousing.org.uk) / phone on 03451 400 100)
- Hanover Housing Association ([www.hanover.org.uk](http://www.hanover.org.uk) / phone on 01480 475 069)

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

### Renting Privately

 PKC Lets

<https://www.pkc.gov.uk/pkclets>

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.

### Alternative Options

**Housing Options Scotland** can support you to find an accessible home and go through all your options (design, finance, legal processes) as to buying or renting a home.

For more information visit: [www.housingoptionsscotland.org.uk](http://www.housingoptionsscotland.org.uk)

**Home2Fit Register** is a national register of accessible / adapted homes in Scotland and you can register online and they will notify you if anything becomes available in or as close to your chosen area as possible – this includes options to rent or buy a home.

For more information visit: [www.home2fit.org.uk](http://www.home2fit.org.uk)

**Cohousing/Community Led Housing** is an intentional community of private self-contained homes with shared community spaces, created and run by those living there. Residents come together to manage their community, share activities, and regularly eat together. It can facilitate communities in providing social, practical, economic and environmental benefits.

**Self-Build Housing** is housing built by individuals or groups for their own use and can be created to suit varying individual needs. The self-builder's input into this process varies from doing the actual building work to contracting out all work to an architect or building company.

For more information visit on Community Led Housing or Self Build Housing visit:

**Rural Housing Scotland - [www.ruralhousingscotland.org](http://www.ruralhousingscotland.org)**

**Community Land Scotland - [www.communitylandscotland.org.uk](http://www.communitylandscotland.org.uk)**

**Highlands Small Communities Housing Trust - [www.hscht.co.uk](http://www.hscht.co.uk)**

**Blackwood Homes** provide accessible / bespoke housing for people with a range of disabilities and housing needs.

For more information visit: **[www.blackwoodgroup.org.uk/our-homes](http://www.blackwoodgroup.org.uk/our-homes)**

**Independent Living in Scotland** offers useful guidance around independent living in Scotland which signposts to various disability organisations and policy work going on.

For more information visit: **[www.ilis.co.uk](http://www.ilis.co.uk)**