

## Housing Advice Sheet 7: Options and facilities for people over the age of 55

**Age Restricted/Retired Living housing schemes may be a suitable option for 55+ people who wish to continue to live independently.**

### Key advice

Additional services such as home help and meals on wheels may be available. For further information on associated services please go to:

Suffolk County Council Adult Social Care and Health Customer First  
Tel Contact No 0808 800 4005

<https://www.suffolk.gov.uk/adult-social-care-and-health/>

Suffolk Older Person's Council: Tel Contact No 01473 359911

<https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/service>

### What is Age Restricted or Retired Living Housing?

This type of housing gives older people the independence of having their own accommodation with other options of security alarms and warden service may be available, please note not be the case in every scheme. The schemes will now operate on par with general needs housing but be for all household members who are 55 years and over only. Some landlords may require proof of DLA/PIP or 55-59 years and others may only accept 60 years plus. The traditional shelter model of daily visits/checks is no longer available unless this is organised by the tenant with a suitable provider. For further information please go to the Suffolk County Council link above.

### Additional care Age Restricted or Retired Living Accommodation

If you require additional services, you can still have care provided by the social services department, such as meals on wheels, or someone to come in to get you up in the morning, or to help you wash, or do your housework. Alternatively, you could move into extra care sheltered housing, where services such as meals and personal care are usually provided. Please contact Suffolk County Council for further information

### Who provides Age Restricted or Retired Living Accommodation?

A number of housing providers have age restricted housing complexes. Information on these schemes can be found at:

[http://www.eastsuffolk.gov.uk/housing/SearchForm?Search=sheltered+housing&action\\_results=Go](http://www.eastsuffolk.gov.uk/housing/SearchForm?Search=sheltered+housing&action_results=Go)

Providers will also include housing associations (to rent, for shared ownership, or to buy outright), and voluntary organisations, information can be found at:

[www.abbeyfield.com.uk](http://www.abbeyfield.com.uk) or [www.almshouses.org.uk](http://www.almshouses.org.uk) or [www.flagship-homes.co.uk](http://www.flagship-homes.co.uk)

[www.eac.org.uk](http://www.eac.org.uk) has information on housing options & a directory of advice services to help you with any problems or need further information. If you would like to obtain further information regarding Waveney District Council's Retired Living Schemes you can email: [housing@eastsoffolk.gov.uk](mailto:housing@eastsoffolk.gov.uk).

### Buying this type of housing

It is sometimes possible to buy a flat in a age restricted housing complex. If you already own your home, it may be easier for you to buy than to rent, as home owners are usually not given priority on housing registers/lists to rent from the council or a housing association.

Please go to the website for more information:

<https://www.helptobuyese.org.uk/help-to-buy/opso>

### Further information

Further information about this type of housing is available from Age UK at [www.ageuk.org.uk](http://www.ageuk.org.uk) You can also search for schemes in your local area through [www.housingcare.org.uk](http://www.housingcare.org.uk)