



Homes and
opportunities
to live well in
later life

Impact's Living Well schemes offer a whole lot more than just a home....

Our homes bring together housing, support and care services enabling you to live independently, in your own home, with access to care and support services should you ever need them – whether that's now or in the future. You don't have to need care services now. In fact you might be fit, active and healthy and just looking for a safe and secure home. On the other hand, you might feel you need some extra support and a Living Well home provides just that. If you're over 55 and like the sound of our homes, come and find out more.

For your comfort and convenience, all of our homes offer:

- Fitted kitchens
- TV and satellite systems and telephone points
- Central heating (usually a fixed cost in the weekly charge pays for all your heating costs to your home – please see the current service charges applicable)
- Double glazing
- Laundry facilities (usually included in the weekly charge with no additional costs 'per use')
- Accessible showering and bathing facilities
- Lift access to all floors
- Landscaped and maintained garden areas

For your safety and security, our homes also provide:

- Private off street parking
- Smoke alarms and fire alarm system
- Audio or video security entry system
- Emergency call system to all areas

Our buildings offer a range of additional enhancements, such as:

- A guest room for visitors
- Internet facilities, free of charge
- Lounges and meeting areas – for holding events or just getting together with others
- A range of activities and opportunities for socialising... if you want them!

'Living Well' in one of our homes means you will have access to a range of other benefits including:

- A dedicated person to provide support and advice and signposting to other services to help you maintain your independence and enjoy life
- We can also signpost or help you to access other services, such as arranging shopping or cleaning, for example
- You'll have access to a team who can provide more care or support in your home should you need it; for example, help with washing, dressing or meal preparation

“I've made lots of new friends and staff are so friendly. They've helped me get to know the local area and find out what's going on. I have a new lease of life!”

“I feel safe and secure and have peace of mind living here. It's good to know the help is there if I need it”

Some people choose 'Living Well' homes for the services and facilities available to maintain their independence and quality of life at a time when they need it. Others simply make a decision to move to accommodation that's easy to manage and where they can live safe in the knowledge that services are available in the future. Living Well cannot be a substitute for specialist residential or nursing care but the facilities can help postpone or even avoid the need to ever consider another move.

Our philosophy at Living Well is to help you Live Well & Age Well...putting life into your years!

Interested?

To apply for a home, you can register at www.cumbriachoice.org.uk or find us on Impact's website at www.impacthousing.org.uk If you already receive services from the local authority's Adult & Local Services team, or have contact with a Social Worker you may be able to speak with them directly about a referral. If you're already in receipt of care or support in your existing home then please contact your Adult Social Care team to express an interest in Living Well.

If you'd like to know more then don't wait – get in touch. You'll find individual scheme information and contact details in this pack. We'd love to welcome you for a look around and an opportunity to answer any questions you might have.

We look forward to hearing from you,

the living well team at impact

Get in touch...

Find us online at www.impacthousing.org.uk

Email us enquiry@impacthousing.org.uk

Telephone us on **03448 736 290**

For Typetalk users please prefix our telephone numbers with 18001

Register for a property online at www.cumbriachoice.org.uk

Or contact our schemes directly – you'll find details inside.

Registered Office:

Impact Housing Association Limited, Nook Street,
Workington, Cumbria, CA14 4EH. Industrial and Provident Society
Registration No. 21411R.
Impact operates as a charity.