



# **Do You Want to Move or Stay?**

Helpful Hints and Tips

## **Introduction: Do you want to move or stay?**

This set of hints and tips is for people who are beginning to think about whether their current house is still right for them.

This is what we have included here:

- Why you might want to move house.
- Checklist – is my house still right for me?
- Where to get advice.

This is one of a series of hints for older people at each stage of moving house.

- Do you want to move or stay?
- Choosing the house that's right for you.
- Reducing what you have.
- Making the move.
- Supporting your relative or friend.



They all connect with each other, and it doesn't matter where you start.

We have talked to older people who have moved house. We have also produced a Directory that provides more information about the services and community groups in the area.

Our most important advice is: This is about what is right for you.

If other people are worried – family, friends or staff such as GPs and care workers – you should recognise this, as they may have a point. But it is your life and your decision. There almost certainly will be a way to have the home you want and stay safe and well.

### **Some general tips**

- Remember that you don't need to do this on your own. There are people who will help you at every stage.
- Think about what is important to you. Know what your priorities are.
- Make a list of things to ask or find out about – jot them down as you think of them.
- Take your time. Do it in small steps. You don't need to do it all at once.
- Try to think of the positive and exciting aspects of a change if you can. They are usually in there somewhere, even in difficult situations.

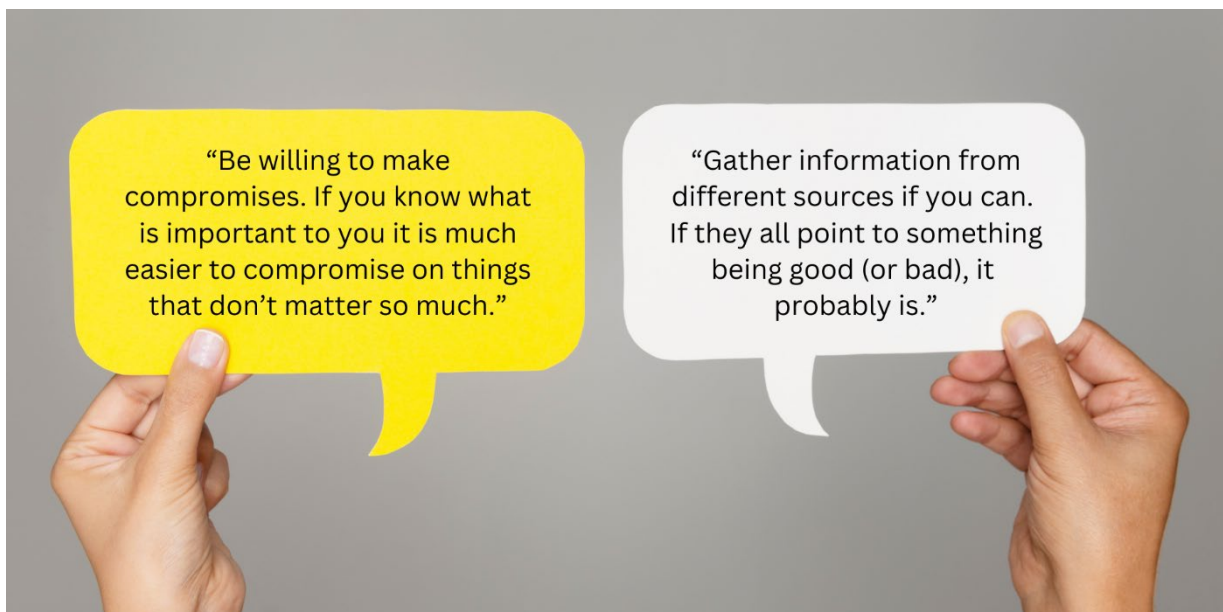
### **Talk to people**

- Ask family and friends and other people you know.
- Ask people who have been in your situation. Find out what they did and how it has worked for them. You don't have to follow their example but it will help you work out what is right for you.
- Get specialist advice and information, especially for legal and financial things.

- If your choices affect other people, make sure you include them in your discussions and plans. And do it early on.

## Make decisions in your own way

- Some people like to have a plan and know what they are aiming for. Then they can think about each point and how that helps them achieve their plan.
- Other people don't make decisions that way. They just know when something is the right decision for them. Remember that's ok too. (But our checklists will still be useful).
- Sometimes worrying about making the right decision or the best decision almost stops us making any decision. When that happens, start by making one change or decision. Getting something decided – even a small thing – can help with the rest.
- If it feels hard or upsetting, get out and get some fresh air if you can. Go away for the day, or an hour or two. Being somewhere different often gives us a fresh view on a problem.



## What most people want from their home

The starting point is what you want your home to give you:

- Being in a location that is near people they know – neighbours, friends, family, activities and groups they enjoy.
- Being handy for services – shops, library, social clubs and the like. Convenience for transport is also important for many people.
- Having support and care services that they like – a good Health Centre with staff who you know, a good home support team, a group that has a friendly lunch club, and so on.
- A house that feels safe is warm and comfortable – a place that works for you.
- Space and rooms to have the life that you want.
- A house that is easy to look after and not too expensive to run.

- Outside space – your garden if you want that, or no garden if that’s what you prefer; being close to parks and other open spaces.

## **Checklist: Is my house still right for me?**



As we get older, our needs can change. We've made a checklist to help you work out what is right for you.

Our advice is to think about what you want now, and what you might want in a few years. That helps you think about whether you want to move to a new home or whether you want to make changes to what you have now.

- Try to be as specific as you can about what you want to change – there may be solutions that you haven't thought about.
- For some people, making alterations to their home or getting some extra support or help can make all the difference.
- For some people moving is the best option.

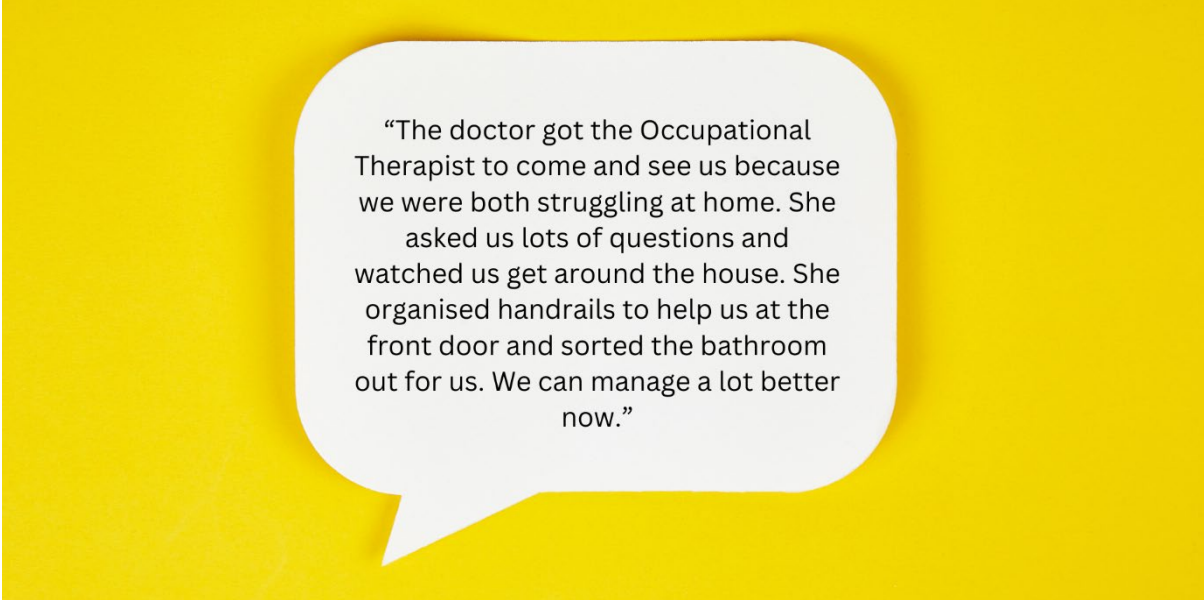


<b>Aspect</b>	<b>Ok now</b>	<b>Change in a few years</b>	<b>Change now</b>	<b>Points to consider</b>
<b>Location of the house</b>				
<b>Size of the house, or layout of the rooms</b>				Look for areas that have the sort of houses you will need. Check out options for improving what you have
<b>Upkeep</b>				Can you get help with this?
<b>Garden – easy to manage? Too big? Not big enough?</b>				Gardening clubs may know people who can help you find someone to take on a big garden, or let you work in an allotment or someone else's garden
<b>Keeping warm, cost of fuel</b>				Grants to improve fuel efficiency
<b>Easy to keep in touch with friends</b>				
<b>Looking after yourself</b>				Talk to your GP and the Council, check what support is available
<b>Access to good services</b>				If a service like your GP or support at home is important, you might want to stay in the area they cover


## **Our tips**



- If most of the points are ok, look at ways to improve the few that are not ok.
- If most points are ok now but likely to change, you can start planning ahead now.
- If there are matters that need sorting now, look for options that improve these for you. But still think of the other factors too.
- If several points are in the 'need to change now' column, this should help you work out your priorities for your next house move.



“The doctor got the Occupational Therapist to come and see us because we were both struggling at home. She asked us lots of questions and watched us get around the house. She organised handrails to help us at the front door and sorted the bathroom out for us. We can manage a lot better now.”



“We talked to the Housing Association about a possible move, maybe next year. The lady gave us good suggestions on ways to make the house work better for us now and reassurance about having choices for the years ahead.”

## **Useful contacts**

### Your housing office or landlord

If you live in the social rented sector and you require advice regarding your current housing, you can approach your housing office.

If you are North Ayrshire Council tenant, you can find the [addresses and contact details of North Ayrshire Housing Offices](#) on the NAC website.

If you are a Housing Association tenant, you will find [contact details for housing associations operating in North Ayrshire](#) on the NAC website.

For more information on registered social landlords or to see details of all registered social landlords in Scotland you can also check the [Scottish Housing Regulator website](#).

## Having your needs assessed

If you feel you need someone to assess your needs and home environment, or to see if any adaptations are available to you in your home, you can contact your local North Ayrshire Health and Social Care Partnership office.

### Contact details:

**Arran:** 01770 600 742

**Garnock Valley:** 01505 684 551

**Irvine and Kilwinning:** 01294 310 300

**North Coast and Cumbrae:** 01475 687 592

**Three Towns:** 01294 310005

Find more about requesting equipment or adaptations for your home by visiting the [NAHSCP website](#).



## Housing Options Scotland

[Housing Options Scotland](#) is Scotland's housing advice charity for disabled people, military veterans and older people, and offers support with housing advice for older adults and individuals affected by disability, mobility issues, or other needs.

They advise on social renting, private renting, and home ownership, and can support disabled people, veterans and older people through the complex design, financial and legal processes involved in buying or renting a property. A dedicated team of former clients volunteer to support people through the sometimes stressful process of finding the right home.

### Contact details:

Call 0131 247 1400

## Age Scotland

[Age Scotland](#) is the organisation which advocates on behalf of older people in Scotland. They are a source of expert and impartial advice and information which can help you to make an informed choice about your housing options in later life,

whether this is staying in your own home or moving to another property which better suits your needs.

The Age Scotland helpline provides information, friendship and advice to older people, their relatives and carers. You can phone the confidential helpline for free.

**Contact details:**

Call 0800 12 44 222

**Age Scotland: useful publications**

- [Your choice of home in later life: a guide to housing options for older people in Scotland](#)
- [Rights of council and housing association tenants](#)
- [Older Homeowners Guide](#)
- [Fire safety and older people in Scotland](#)