



Welcome to this easy read information about Independent Living and Support.

Hard words are highlighted in **Purple**. We explain the hard words.

North Northants Council wants to find out about the support people might need as they get older



There are some **Independent Living settings** – known as Extra Care Schemes or Assisted Living in Northamptonshire

### **Independent Living settings:**

This could be a one-bedroom flat or apartment



Staff are around 24 hours a day and can help in an emergency. Homes have a pull cord which they can use to call for help



People can live on their own or with a **partner** or family member – and have support services to help them to be as independent as they can. A **partner** could be a boy/girlfriend or a husband/wife



Independent Living settings are for people over the age of 55 years old, people with disabilities including learning disabilities, autism, mental health and physical or sensory disabilities and people with dementia

It is important that people living in these settings:

Feel safe  
Have **privacy**  
Can make choices about their life



**Privacy:** a space where you can be on your own or with the people important to you. Information about you must be kept safe and not shared with other people unless you have agreed or it is important to keep you safe and well. This will not happen without talking to you first



People can stay in their home if their needs change – when they need more care or support

People can be supported with **palliative care** and **end of life care**



**Palliative care:** this is the support and care people have when they have an illness that can't be cured. It means making the person as comfortable as possible with medicines



**End of life care:** this is care and support to help a person during the last few weeks and days of their life until they die



We would like to hear from people aged 50 years and older and who live in North Northants – Corby, Kettering, Wellingborough and East Northants areas

We want to find out what you think about Independent Living settings

And what is important to you about your home and support needs



You can tell us what you think by answering a survey

If you need any more information please contact:



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