



Exploring Your Future: A Guide to Housing Options for Older People

As we get older, it is natural to start thinking about what we need around us to live well. Whether you are looking for a little relief from daily chores or more dedicated medical support, there is a range of modern options designed to suit your specific needs.

Understanding Your Options

Living in a Private or Family Home

Many people prefer to stay in a domestic setting (whether their own long-term home or a relative's) to remain part of a familiar community and combat loneliness.

- **Remaining at Home:** You can stay in your current house by using adaptations like stairlifts, grab rails, or wet rooms to improve safety.
- **Living with Family:** Moving in with children or relatives can provide a strong support network; this may involve moving into a "granny flat" or a separate annexe.
- **Home Care & Logistics:** Professional carers can assist with personal care and medication at home. You can also remove the burden of shopping and cooking by utilising online grocery orders or meal delivery services.

Independent Living and Extra Care

Independent living developments offer individual flats, often within a complex with other older people. You are still responsible for your own food and bills, but there can be activities or amenities available.

Extra Care Housing is a variation on this that provides 24-hour on-site care for more significant needs.

Sheltered and Supported Housing

Often referred to as sheltered housing or warden-controlled housing, these options offer self-contained flats with 24-hour emergency alarms.

Residential and Nursing Care Homes

These provide the most comprehensive care for those who can no longer live safely on their own.

- **Residential Care:** Includes accommodation, all meals, and help with personal care.
- **Nursing Homes:** Provides the same services but with 24-hour medical care from registered nurses for those with complex health needs or conditions like dementia.

The Abbeyfield Difference

While there are many paths to take, Abbeyfield Bristol & Keynsham offers a unique "middle ground" that bridges the gap between staying at home and requiring more support.

Abbeyfield Bristol and Keynsham offer supported, independent living. We encourage our residents to be as independent as possible but offer support when it's needed.

Why Choose Supported Living with Us?

- **The Perfect Balance:** You live in your own private, en-suite apartment within a larger house, giving you a balance of independence and security.
- **The End of Chores:** We take away the "mental load" of bills, maintenance, and supermarket trips.
- **Community and Connection:** Loneliness is replaced by a built-in circle of friends. Our houses feature communal areas and shared daily mealtimes, which are the heart of our homes.
- **Peace of Mind:** With a House Manager on-site and a safe environment, you can offload the worries of living alone and focus on the things you truly enjoy.

Not sure which option is right? We invite you to experience our community first-hand with a no-pressure trial month.

Come in for a "Proper Cuppa" and see how supported living can enhance your quality of life.

Contact us today at 0117 973 6997 or visit abbeyfield-bristol.co.uk.