

Glasgow City  
HSCP  
Health and Social Care Partnership



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 some thing 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.



**Be willing to make compromises. If you know what is important to you it is much easier to compromise on things that don't matter so much.**

**Gather information from different sources if you can. If they all point to something being good (or bad) it probably is.**



## WHY YOU MIGHT WANT TO MOVE HOUSE

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

” I live at the top of the hill. I can still drive but I won't be able to soon. There is no bus and there are no shops nearby. Maybe now is the time to start looking for somewhere in the town.

This is what most people want from their home:

- 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 club 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.

**I am the carer for my sister and would prefer to be nearer her. I could move near her, or she could come near me. Or we could move in together – that would be a right laugh!**





”

**I would like to be nearer  
my family with the  
grandchildren able to  
drop in.**

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 they are.
- For some people moving is the best option.



”

The house was good when my family were at home but it is too big now.

”

My family want me to move near to them. But I want to stay here – this is where I've been all my life and I'm happy here. We are coming to a compromise. I'll look for somewhere smaller and have an alarm and so on, and they will have to learn to cope with relying on phone calls to know if I'm ok.





# Checklist

**Is my house still right  
for me?**



# Checklist

ASPECT	OK NOW	CHANGE IN A FEW YEARS	CHANGE NOW	POINTS TO CONSIDER
Location of the house	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Size of the house, or layout of the rooms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Look for areas that have the sort of houses you will need. Check out options for improving what you have
Upkeep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Can you get help with this?
Garden – easy to manage? Too big? Not big enough?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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

Keeping warm, cost of fuel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Grants to improve fuel efficiency
Easy to keep in touch with friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Looking after yourself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Talk to your GP and the Council, check what support is available
Access to good services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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.

**Our house was fine but the hill is becoming a problem. So we've started looking for somewhere easier in a location that is better for us now. It's not immediate, but we're planning to move in the next year or two.**



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Mum and Dad had been planning to move in a few years, but after Mum's fall it became more urgent. But it was good to still think about what they wanted, so the move was to the right place for them and not just moving in a panic.

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The checklist is a good idea because it makes you think about each aspect of your house. I was so caught up with the size of the house and going somewhere smaller, I forgot about being near friends. It helps you think about what you can improve in your own house while you look around.



**”** I talked to the manager of the care at home service who support mum. Now I know the area they cover, we've all decided to narrow the location down to that but be more flexible about what sort of house it is.

**”** My John used to do all the little jobs around the house. He isn't able any more. We live in our own house, I didn't realise that we could get help from the Council. We got help through the Small Repair and Handyperson Service. It was great. They fixed the door so that we don't have a draught anymore.





The doctor got the OT (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.



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The solicitor was helpful about the money and legal side of releasing money for changes to our current house and moving home.

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Get some extra people on the list of possible helpers if you can. If the person who is moving is frail there may be extra things to do that the rest of us don't think about. Another source of suggestions is really useful.



# 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. You can find details of Housing Associations in Glasgow on the Glasgow City Council website.

[www.glasgow.gov.uk](http://www.glasgow.gov.uk)

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.

[www.scottishhousingregulator.gov.uk](http://www.scottishhousingregulator.gov.uk)



## GLASGOW CENTRE FOR INCLUSIVE LIVING (GCIL)

GCIL is a Disabled Person's Organisation committed to promoting inclusive living by assisting disabled people to challenge barriers and make informed choices.

They do this by delivering a range of services that aim to equip disabled people with the information, skills, and support necessary to control their own lives.

In GCIL 85% of Directors and over 70% of staff are disabled people. GCIL Housing provides a range of housing information, advice and advocacy services to disabled people. This includes managing and maintaining the Home2Fit Accessible Housing Register and Adapt2fit, their innovative equipment and adaptations resource.

**Around 2,500 disabled people use one or more GCIL services every year.**



For further information contact  
Grant Carson

**Email** [grant@gcil.org.uk](mailto:grant@gcil.org.uk)

**www.Home2Fit.org.uk**

A system to match disabled people with adapted housing.

**www.Adapt2Fit.org.uk**

Independent living aids and equipment resources.

**www.gcil.org.uk**

General information about GCIL.

**Email** [housing@gcil.org.uk](mailto:housing@gcil.org.uk)

**Phone** 0141 550 4455

**Textphone** 0141 554 6482



## GLASGOW CARE AND REPAIR

Glasgow Care and Repair provide a range of services city wide, offering practical advice, information and assistance to older and disabled people living in Glasgow.

### Handyperson Service

A Handyperson Service for home owners and private rented tenants, available to people in Glasgow where all members of the household are aged 65 and over or have a disability irrespective of age.

The service is provided by a Handyperson and a team of volunteers who carry out small practical tasks. We also have partnerships with several Housing Associations where we provide a Handyperson service for their tenants.

### Home and Hospital Service

A Handyperson Home and Hospital Service, available to people who live in Glasgow aged 65 and over to prepare the home for return from hospital, irrespective of whether you own or rent your home.

Anyone can refer someone due for discharge from hospital to the service.

The service also offers assistance to people at home to prevent admissions to hospital. (Referrals for clients at home can only be taken directly from Health and Social Care Partnership staff).



We provide all services for the Handyperson/Home and Hospital services **FREE OF CHARGE.**

Payment is only required for materials provided by the Handyperson.

## Advice and Information Service

The Advice and Information Service offer free and impartial advice to home owners and private rented tenants to enable and support older people to carry out a range of repairs and improvements to their homes.

The service is available to people who live in Glasgow who are aged 65 and over, or have a disability, irrespective of age.

We can help with: advice on the nature of repair work and improvements that may be required; assistance to agree terms when appointing a contractor, assistance to monitor the quality of the work undertaken and other assistance such as signposting and referring to other help agencies i.e. Home Energy Scotland, Welfare Rights.

**Phone 0141 433 2749**

**Email [careandrepair@southside-ha.co.uk](mailto:careandrepair@southside-ha.co.uk)**

**Post Glasgow Care and Repair,  
Southside House, Southside  
Housing Association, 135 Fifty  
Pitches Road, Glasgow, G41 4EB.**



## **SOCIAL CARE DIRECT**

If you feel you need someone to assess your needs and home environment you would contact Social Care Direct for all new referrals to Social Work Services, including Occupational Therapy assessment and adaptation advice.

**Phone 0141 287 0555**

**Email [socialcaredirect@glasgow.gov.uk](mailto:socialcaredirect@glasgow.gov.uk)**

**Post Social Care Direct,  
Glasgow City Council,  
PO Box 26845,  
Glasgow, G4 0QW.**

**Useful Glasgow City Council link:  
Adaptations to Your Home  
[www.glasgow.gov.uk](http://www.glasgow.gov.uk)**





## 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 clients through the sometimes stressful process of finding the right home.

**Phone 0131 247 1400**

**Email [housingoptionsscotland.org.uk](mailto:housingoptionsscotland.org.uk)**



## 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.

### Age Scotland Helpline

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

**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 – repairs and adaptations
- Fire safety and older people in Scotland.

You can download copies of the above publications from the Age Scotland website

**[www.agescotland.org.uk](http://www.agescotland.org.uk)**



## GAIN

GAIN (Glasgow's Advice and Information Network) is a network of agencies that give free, confidential and impartial debt advice. It includes voluntary agencies, citizen's advice bureaux, legal, housing and independent money advice agencies. Agencies within GAIN can give advice on a wide range of financial issues including debt, money management, benefits advice, and housing issues as well as providing free legal advice.

The GAIN Helpline is a freephone help line for clients living and/or working in Glasgow who have debt and associated legal and housing problems.

Callers to the helpline will receive initial advice (including a full benefit check if appropriate) and will be referred to the most appropriate GAIN agency for more in depth advice if required.

For free advice phone us on

**0808 801 1011**

Monday to Friday 9am - 8pm

Saturday 10am - 2pm



