



**Leeds City Council is no longer using the term 'Sheltered Housing' for older people's accommodation and the new name will be 'Retirement LIFE'**

### **What is Retirement LIFE?**

"Living In a Friendly Environment" is at the heart of our service and we believe it is more than just providing a tenant with a home. Retirement LIFE is for older people who are over the age of 60, or who have medical needs and are able to live independently but would benefit from additional support and day to day reassurance.

Retirement LIFE tenants have access to a team of Support Officers who help, advise and support tenants to live independently in their own homes. They offer regular contact from Monday to Friday during working hours. The service is flexible which means as needs change they can alter their contact to make sure the correct support is in place for a tenant to maintain their independence.

### **Retirement LIFE Schemes**

Housing Leeds manages 4,000 Retirement LIFE properties in 122 schemes across the city. The schemes are a mix of flats (low and high rise), houses and bungalows. Some flats are in large buildings (complexes) where each front door opens onto an internal corridor.

Many schemes have communal areas where tenants can meet up with friends and neighbours and become involved in social activities. The communal facilities are varied but usually have a lounge, kitchen, laundry and communal gardens with some benefitting from a guest flat for friends and family to stay for a small nightly charge.

Support Officers are responsible for the day to day management of the Retirement LIFE schemes including health and safety checks and raising repairs for the communal areas.

### **Social Engagement and Activities**

The service is keen to promote social inclusion and support the health and wellbeing of tenants. To assist with this a variety of activities take place at schemes with a communal lounge. Activities are agreed with tenants in an area who are also encouraged to help to organise and facilitate them. Activities range from craft clubs to coffee mornings and Tai Chi to charity fundraising events. Older People from the wider community are also encouraged to join in.

### **Telecare Emergency Support Lifeline**

The Telecare Emergency Support Lifeline is a way for tenants to access help in an emergency at any time of the day or night for a small additional charge. The tenant would have the use of a pendant or a bracelet that is linked to a 24 hour response centre so that they can get emergency help if needed. Support Officers explain the service to all Retirement LIFE tenants, including the charges, and help a tenant apply if they were interested.