



are you

over

50?

come on you can tell us...



# there's no place like home...



...and, as we get older, it is even more important that our home is a safe, secure and happy place to live in. It's a time when we need to think ahead and plan for our old age.

We might begin to ask ourselves questions such as:

> Do we want to stay in our own home or do we need to find a new home that better suits our needs?

> Should we make improvements or adapt our home so that we can retain our independence?

> Do we want to live somewhere that can offer us extra help and support when we need it?

## what can we do to help?



First and foremost we care about the things which are important in the lives of people who are 50 years of age and over. We recognise that as people get older their lifestyles, housing and support needs change. Increasingly, older people want to make their own decisions about where they live, how they live and the type of home they want to live in.

Many older people want to remain in their own homes, retain their independence and stay as active as possible, for as long as possible. It is also important that they have the ability to make informed choices about the type of care and support they need as they grow older.

**This is where 50 and up can help...**



# 50 & up? **what is**

**50 and up provides a range of services designed around older people. It offers choice when it comes to the type of home you want to live in, including retirement living and housing with flexible support.**

We know that getting hold of the information you need, when you need it is not always easy. We are here to help. 50 and up can also help you arrange home improvements, adaptations, maintenance and repairs.

In a nutshell, 50 and up offers a range of housing and support solutions to suit your lifestyle. It's all about helping you maintain your independence and is focussed only on your needs.



*50 and up is for you if... you, or your relatives, are 50 years of age and over!*



# housing

in all shapes  
and sizes...



*Are you looking for a home to retire to, an apartment, bungalow or sheltered accommodation?*



*Perhaps you want a home that can provide you with flexible support when you need it?*

**Whatever solution you are looking for, we are here to help.**

Homes from 50 and up come in all shapes and sizes. And when we say homes, we mean homes – it's not just about bricks and mortar.

We provide well maintained homes which people can rent at affordable prices or buy at a level you can afford.



Cwrt Twyncarn homes are designed exclusively for older people. The apartments are designed to a high specification to maximise independent living and comprise a mix of contemporary 1 and 2 bedroom apartments. The apartments are available to rent or buy and can be adapted to meet people's changing lifestyles.

**Cwrt Twyncarn - built in partnership between Caerphilly County Borough Council, the Welsh Assembly Government and the Seren Group.**

# housing with flexible support...

**We all deserve a decent home to live in, a home that's safe and warm and secure. It could be the home you're living in now or it could mean moving into a new home which better suits your needs as you get older.**

50 and up can provide housing with flexible support. It allows you to live as independently as possible in your own home whilst receiving that extra support you need.

We don't just provide homes. We work very hard to make sure your community is a safe and attractive place to live in. We keep grounds and communal areas in great shape.

**We build and maintain homes and communities.**

*'The staff are marvellous, they're there for you any time of the day or night'*





# independent living

When we talk about Independent Living, 'flexibility' is key. Our Independent Living team supports people living in their own homes, from just a few hours a week up to 24 hours a day, 365 days of the year.

'Independent living' means what it says. We support people to take control of their lives. Our teams help people to live life. From simple everyday tasks, right through to helping people lead the lives they choose. People with a wide range of different needs are supported in this way.

We can help you with personal care and some of the practical household tasks to help you remain at home and live as independently as possible. We offer many aspects of domiciliary care to support people with ongoing help, short term help or help from time to time. Talk to us if you want to find out more about regular care, short term care after being in hospital or whether you need a little bit of extra help and support because of an illness or disability.



'As I get older I want to keep my independence, but I also want support when I need it'



# improving your home to suit your needs...

*Who says you have to move house when you get older? **We don't.***

We can help you stay in your own home. We provide advice and practical solutions to help you undertake home improvements, maintenance or even adaptations to help you retain your independence in your own home.

To improve your personal comfort, safety and security, our friendly Care and Repair team in Newport offer advice and oversee both major and minor works, from fixing a dripping tap to building renovations.

Care and Repair can also offer you advice on how to reduce your energy bills. For the over 70's, our Handyperson service is reliable, professional, affordable and, importantly, trustworthy. Which is much better than picking someone randomly from a phone book!

We also maintain a list of reputable, preferred, contractors who have been vetted by us to ensure consistent quality in terms of standards of work, customer care, health and safety and appropriate insurance cover. If you need work carried out to your home, we will always check first to see if there are any grants available and we can help you apply.

We can also put you in touch with other organisations such as, Age UK, Carers UK, the Pensions Service and other appropriate support services such as home care, that can help make your life a lot easier.

*Do you need a handrail here or a ramp there? **No problem.***

*Do you want advice on low cost heating or money matters? **Just ask.***

*'It's great to find a handyman you can trust!'*



50 and up are housing and support services designed for older people and provided by the seren group.

*'Nothing was too much trouble. Fantastic service and a pleasure to have in our home'*

## our purpose

We provide housing and support which makes a real difference to people's lives. We do this by putting people first and shaping our services to each and every person.

## our values

This isn't just a list of good words. Our values describe the people we are. They describe the way we have always done things and the way we always will.

## seren group...

*where older people matter*

### *our values...*

- *openness*
- *fairness*
- *integrity*
- *respect*
- *ambition*
- *responsibility*

To find out more about us: Call us on **01633 233838**  
email us at **50andup@seren-group.co.uk**  
or visit us at **www.seren-group.co.uk/50andup**

Or why not visit us at:  
Exchange House, The Old Post Office,  
High Street, Newport, NP20 1AA