

Midlothian



SUPPORT TO MOVE

**A guide for people
in Midlothian**



Introduction

This guide offers a series of hints and tips for people at each stage of moving house, from deciding whether or not you want to move or stay, choosing the house that's right for you, right through to planning and making the move.

1. Do you want to move or stay?

- A house that feels safe and comfortable.
- Outside space – you may or may not want a garden.
- Having a property that meets your health needs.

In this section we will consider the following;

- Why you might want to move house
- Is my house still right for me

Why do you want to move house?

What do you want your home to give you e.g.

- Being in a location that is less isolated and / or near people you know – friends, family, neighbours, activities and groups you enjoy.
- Ease of access to transport and amenities eg shops, library, social clubs etc.
- Having access to support and care services – a good Health Centre, reliable home care.

As we get older or there is a change in our health, our needs change. The following checklist can help you work out what is right for you. Try to think about what you want now and what you might want and need in a few years. That helps you think about whether you want to move to a new home or make changes to what you have now. Try to be specific 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 can all make the difference and help them stay where they are, whilst for others moving is the best option.



Checklist — is my house still right for me?

Aspect	My assessment			Points to consider
	OK now	Change in a few years	Change now	
Location of the house				
Size of the house, or layout of the rooms				Look for areas that have the sort of houses you will need Check out options for improving what you have
Up Keep				Can you get help with this?
Garden – easy to manage? Too big? Not big enough?				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				Grants to improve fuel efficiency
Easy to keep in touch with friends				
Looking after yourself				Talk to your GP and the Council, check what support is available
Access to good services				If a service like your GP or support at home is important, you might want to stay in the area they cover
Your priorities				
Your priorities				

Your results –

- If most of the points are OK, look at ways to improve the things that are not.
- 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.

kind of house do you want to live in; do you want to live in the centre of town or in a quieter area?

- Links with any support you might need;
- Would you prefer to buy, rent or share your home (for example living with family).
- Remember, you may need to make some compromises – think about what is realistic and acceptable to you.

What do you require in a house?

Consider what you require in a new house that will meet your needs –

- Number of rooms – do you need an extra bedroom for a carer or for medical reasons?
- Do you require a property with no internal stairs?
- Bathroom – shower or bath?
- Do you need space for a wheelchair or help from carers?
- What type of kitchen do you need – layout and lighting can make a difference;

2. Choosing the right house for you

So you've decided that moving may be right for you. Now you want to check out the options.

There are 3 aspects to choosing a home –

- The right house and location – semi-detached, flat, terrace, bungalow – what



- What type of outdoor space – do you need car parking? Do you want a garden or just somewhere small to sit and have a few plants.
- Steps to the front door – you may require a ramp or handrails
- On a bus route, near amenities and community facilities.
- Near to family and friends or being able to get out to see them.

Money Matters

- Think about the costs of the house – rent and Council Tax.
- What does the heating cost to run?
- If living in a communal building – are there any shared costs or service charges, and what are they?

Housing options

The most common options are –

- Buying a property;
- Renting from Midlothian Council;
- Renting from a Housing Association;

- Renting from a private landlord;
- Move in with family;
- Owning a property but releasing money to use for adapting or improving it.

Midlothian Council incentive to move scheme

Midlothian Council offers a grant of £1500 to Midlothian Council tenants who move to a smaller property, by 2 bedrooms or more, owned by the Council through normal letting or by a mutual exchange. This grant payment is designed to encourage Midlothian Council tenants living in under-occupied situations to downsize and release family sized accommodation. Any tenants with an outstanding debt owed to Midlothian Council will have this offset against the grant before any payment is made.

For further information regarding this scheme please contact Midlothian Council's Housing team on 0131 271 3394.



Accommodation choices

There are several types of accommodation which offer different levels of support according to your need.

These are –

- Mainstream housing – General housing of any size or layout.
- Amenity housing – Usually ground floor accommodation located near amenities and public transport. Age 55+
- Wheelchair Housing – Purpose built or adapted fully accessible properties for wheelchair users.
- Retirement housing – Self contained flats with some housing support from staff during office hours and 24 hour community alarm service, all at an additional small cost relative to the individuals' specific needs. Age 60+
- Sheltered housing – Traditional Warden serviced flatted accommodation. Age 60+

- Very sheltered housing – Designed to meet the requirements of individuals who need some additional care and support to live independently. Meals provided. Community alarm used outwith office hours. Age 60+
- Extra Care housing – All the features of Very Sheltered but with the addition of onsite care staff and flexibility to increase / decrease care packages as a tenant's needs change. 60+
- Care /Nursing Home – 24 hour care provided by Nursing and Care for individuals no longer able to live independently.

Please see our separate guide on supported accommodation in Midlothian for more detailed information on what is available in Midlothian specifically.



3. Making the move

Reducing what you have

If you are moving to a smaller house or just to a different house it is a good idea to only take with you the things that you need and are important to you. There is no point in paying a removal company or asking family and friends to help you move boxes of items and furniture that you no longer need or want.

Clearing out what we have can sometimes be more than difficult than usual, even for people who are used to having a clear out. Some possessions bring back lots of memories – it can be hard letting go of the past. Making a big change in our lives can be very stressful and emotional, and clearing things out is part of that.

How to sort it out

- Start in plenty of time. It can take time to go through things and decide what you want to keep and what you don't want anymore.

- Do it in stages.
- Have company – that way you can stop and chat and remember things.
- Stop and have a break if you get tired or upset. Don't push on just because you've decided to finish a room or cupboard before you stop.

There are things you can do if you can't decide and feel there is not enough time to do it slowly –

- Ask family or friends to keep some boxes for you.
- There are storage companies where you can hire secure storage space for your belongings.

What to do with the things you no longer want

There are a number of different ways of dealing with the things that you no longer want –

- Family and friends – you may want to pass some things on to loved ones.
- Charity shops
- Projects that pass furniture

and household items on to people who need them.

- Selling items – through local press, cards in shops or internet sites such as Ebay and Gumtree.

Looking after yourself during the move

Physical wellbeing –

- Pace yourself – Take care not to get too tired or give yourself problems by trying to do too much.
- If you have a long term health problem talk to your GP or Health Team about how to cope during the move.
- Get help with lifting and carrying.

Emotional & mental wellbeing –

- Plan ways to reduce stress such as going for a walk or listening to music.
- Preparing for and moving itself can bring back memories and be quite emotional. Even if you are confident that it is the right move for you, you need to be ready for the mixed emotions you might feel.

- If you or someone else gets anxious about change and upheaval, work out what will be easiest for them.

Being forgetful

- Plan ahead if you or someone else who is moving has difficulty remembering things.
- Make as many lists as you need.
- Use photographs to help you remember what is in the boxes or where things go for example. Photographs and labels on doors and cupboards in the new house can also help you get settled in and find where things go.
- It may be easier if someone who gets confused or forgetful is staying with someone else for the day of the move or the few days either side.

Needing more support

- Think about any changes you want to make to the new house to make life easier for you or anyone else who will be living there. If possible get any building work or changes to the house done before you move in.



- Find the new Health Centre and Social Work Team, where you can get care and support in advance. Talk to them about the move and how to transfer to the new team if you are moving to a different area.
- If you or someone else has Home Care, or any other support such as lunch clubs or befriending, talk to these services about how they can help you through the move.
- Some removal companies might give reduced rates to Senior Citizens. It is worth asking and negotiating a price.
- There are some national associations for removal companies. Member removal companies have to meet certain standards including good working practices, safe transportation of goods and insurance.

Community groups, friends & family

There are also community groups who help people move home, especially older people or people who need a bit of extra support for other reasons. Some people also have family and friends who can help.

There are lots of reasons for using someone you know –

- The cost is less
- It can be good to have people you know if you find any change upsetting or confusing.

Finding people to help you move

Removal companies –

- Ask people you know and trust for recommendations of removal firms they have used.
- Ask for a written quote or estimate and get them to break it down so you can decide what you want them to provide. Ask them to include information about what it covers, for example some removal firms won't insure boxes you have packed yourself.



Getting ready for the move

- Put essential things like medication and equipment you need in a brightly coloured bag or box and label 'DO NOT PACK'
- Pack a few essential things to take with you such as a kettle, cups, tea and coffee, milk and sugar.
- Plan something easy for your first meals – breakfast next morning as well as your tea on the evening of the move.
- Ask a friend or relative to look after your pet and get them to keep it until after you have moved.

Settling in

The move to your new house doesn't end when your furniture arrives at your new property. You still have to make it feel like your home.

- Ask friends or family to help you over the next few days with tasks such as moving furniture into the positions in your new home where you want them to go.

- Take some time to get your pictures and ornaments out where you want them to go. You can use photographs of the old house to help get positions right if this is important to you, such as when someone has slight memory problems.



Checklist: Telling people you are moving

Use this list as a starting point. You will have other people to add. Make your own list.

Who?	Contact details, any useful notes	Done?
Bank or building society		
Inland revenue		
Credit cards		
Store cards / catalogues		
Rental / hire purchases		
Pension		
Savings		
Life insurance policies		
National insurance		
Social security		
Contents insurance		
Buildings insurance		
Services		
Electoral register		
Council tax		
Water		
Electricity		
Gas		
Telephone land line		
Mobile		
Satellite / cable/ internet		
Post office mail re-direction		

4. Further information and useful contacts

In this section you will find a more detailed list of services, information and organisations that may be helpful.

It is not a comprehensive list but contains some of the more common sources of information, advice and help.

We have provided details of a number of useful websites. If you don't have internet access you can get help from several places in Midlothian including all Libraries and Citizens Advice Bureau local offices.

Getting help to stay in your own home

If you need help to stay in your own home because of a disability or ill health, then you may be able to get help from the council.

You will need an assessment to decide if you are eligible for

care and support. You will be asked questions to find out what you need help with. If you are you could be offered financial assistance to pay for this. You can ask the council to arrange the care and support for you or you can choose your own services, as long as they meet your needs. This is called Self Directed Support.

If you are not eligible for care and support they may be able to direct you to other services that you can use, including voluntary service and paid support. If you want to use the paid support you will need to pay for this yourself.

If you are already getting help from the council and you are moving house, you may be able to make some changes to the support that you get so that you are supported to stay in your new home.

- You will need to check whether your service provider can continue to support you in your new home.
- In some circumstances the service provider may not be able to provide support at your new address, for example if you are moving to



an area they don't operate in. If this happens you will need to make plans for a new service at your new address.

- It is important that you plan well in advance to make sure that you have the right support when you move.

If you want to get in touch with Midlothian Council's Social Work Department for a Needs led assessment then you can call them on:

Tel: 0131 271 3900 or email: swccenquiries@midlothian.gov.uk

Independent advice and information about Self Directed Support (SDS)

The Lothian Centre for Inclusive Living is a user controlled organisation which supports disabled people, people with long term conditions and older people to live independently in their own communities and offers advice on all aspects of SDS.

Contact: Lothian Centre for Inclusive Living, Norton Park Centre, 57 Albion Road, Edinburgh EH7 5QH

Tel: 0131 475 2350 • Website: www.lothiancil.org.uk

Citizens Advice Bureau – Their offices have information about SDS. Full contact details for CAB can be found at the end of the guide.

Shelter Scotland – Shelter Scotland provides information about SDS, other benefits and housing. If you live in Sheltered housing or other supported housing or are thinking about moving to that type of housing, this website explains what you may be entitled to. www.scotland.shelter.org.uk



Getting help to make changes and adaptations to your home

Whether you are a Council tenant, home owner or in rented accommodation, if you are having difficulty getting around your house because of health or mobility problems you may be able to get help with special equipment or adaptations to your home.

Midlothian Council will provide advice on:

- Adaptations to meet the needs of a disabled person
- Energy efficiency
- Repairing or maintaining your home

Financial help may be available for people who have been assessed as needing essential adaptation work or repairs done to their home.

Contact – Midlothian Council Social Work Department and ask for an assessment to find out if you are able to get assistance with an adaptation.

Midlothian Council Social Work Department

Fairfield House, 8 Lothian Road, Dalkeith, Midlothian EH22 3AA

Tel: 0131 271 3394 • Email: swccenquiries@midlothian.gov.uk

The Citizens Advice Bureau (CAB) also know about different grants, allowances and other financial help for people who are having difficulty getting around their house because of health or mobility problems. Full contact details for CAB can be found at the end of the guide.

Getting help and advice about your housing options

These sources of advice are all free and open to everyone.

Midlothian Council Housing Team – The Council can provide



advice and information to homeowners and to people who rent their homes – Council tenant, Housing Association or private landlord. You can talk to a Housing Officer either at the Housing Team office in Dalkeith or request a home visit.

Contact: Midlothian Council Housing Team

Buccleuch House, 1 White Hart Street, Dalkeith, Midlothian EH22 1AE

Tel: 0131 271 3394 • Email: Housing.enquiries@midlothian.gov.uk

East Hub Housing Advice – The East Housing Options Hub is a website that helps you explore all your housing options. It provides:

- ✓ A self assessment tool which will generate a personalised housing action plan detailing housing options matched to your needs.
- ✓ A property search portal allowing you to search for good quality private rented accommodation

The website also provides useful information on housing related issues including:

- Council Housing
- Private renting
- Sheltered, supported and Amenity housing
- Adaptations
- Home ownership
- Disrepair
- Mortgages
- Debt
- Benefits
- Employment
- Homelessness

Website: www.eastscotlandhousingoptions.co.uk

Housing Options Scotland – They can help you work out your finances and housing options based on your own personal circumstances. This includes looking at what you need in your new home, your finances, other allowances that you may be entitled to and other help and support for you in your own home. They will provide you with a written report with follow up phone calls so that you can ask questions about the suggestions and options in their report.

Tel: 0131 247 1400

Website: www.housingoptionsscotland.org.uk

Citizens Advice Bureau – The local CAB can provide a comprehensive range of information and support to help you work out your housing options, what you can afford, who to talk to in the council and getting help with benefits, other allowances that you might be entitled to and getting help from social services if you are eligible. They can help you with phone calls and talk to people on your behalf. They can help you with any form filling that you want help with. They will meet you and family members. Full contact details at the end of the guide.

Other Services

There are a number of local organisations who can provide information and advice about a wide range of topics including money worries, debt management, housing issues, benefits, help and support for carers and services for older people.



VOCAL Midlothian Carer Centre – Support for carers.

30/1 Hardengreen Business Estate, Dalhousie Road, Dalkeith EH22 3NX
Tel: 0131 663 6869 • Email: Midlothian@vocal.org.uk

Living It Up Midlothian – provides a range of information about local groups and events. Website: www.livingitup.org.uk

ALISS – A Local Information Service for Scotland

This website has lots of links to local groups in your area as well as other parts of Scotland and is updated from local sources of information on a regular basis.

Website: www.aliss.org

The British Red Cross – Provides information about locally run groups and offers services such as befriending.

Tel: 0131 338 5700 • Website: www.redcross.org.uk

Midlothian Voluntary Action (MVA) – Supports community organisations.

4/6 White Hart Street, Dalkeith, Midlothian EH22 1AE
Tel: 0131 663 9471 • Website: www.mva.org

Forward Mid – Voluntary organisation for disabled people in Midlothian.

4-6 White Hart Street, Dalkeith, EH22 1AE
Tel: 0131 663 9471 • Website www.forwardmid.org.uk

The Midlothian Older People’s Directory – Produced in partnership by MVA and Midlothian Council provides information on services and activities in Midlothian that older people have told us are important to them and is available in all Midlothian libraries or from MVA.

The Midlothian Disabled People’s Directory – produced in partnership with Forward Mid (the recognised group for people with disabilities in Midlothian) and Midlothian Council, this directory provides information on services and activities in Midlothian that disabled people have told us are important to them and is available in all Midlothian libraries or from Forward Mid.

Money Matters

There are some useful websites to give you ideas about maximising your income and making your money go further.

Money Extra – www.moneyextra.com

Money Saving Expert – www.moneysavingexpert.com

Citizens Advice Bureau (CAB)

The local CAB staff provide a range of information and support. In Midlothian, offices are located in Dalkeith and Penicuik, with outreach services in various other locations (please see CAB website www.cas.org.uk for further details of locations and times.

Penicuik Branch – Please call to make an appointment

14a John Street, Penicuik, Midlothian EH26 8AB
Tel: 01968 675259

Dalkeith & District Branch – Drop in and appointment (call or check website for times)

8 Buccleuch Street, Dalkeith, Midlothian EH22 1HA
Tel: 0131 660 1636

Midlothian Council Website

www.midlothian.gov.uk

COMMUNICATING CLEARLY

We are happy to translate on request and provide information and publications in other formats, including Braille, tape or large print.

如有需要我們樂意提供翻譯本，和其他版本的資訊與刊物，包括盲人點字、錄音帶或大字體。

Zapewnimy tłumaczenie na żądanie oraz dostarczymy informacje i publikacje w innych formatach, w tym Braillem, na kasecie magnetofonowej lub dużym drukiem.

ਅਸੀਂ ਮੰਗ ਕਰਨ ਤੇ ਖੁਸ਼ੀ ਨਾਲ ਅਨੁਵਾਦ ਅਤੇ ਜਾਣਕਾਰੀ ਤੇ ਹੋਰ ਰੂਪ ਵਿੱਚ ਪ੍ਰਕਾਸ਼ਨ ਪ੍ਰਦਾਨ ਕਰਾਂਗੇ, ਜਿਵੇਂ ਕਿ ਬਰੇਲ, ਟੇਪ ਜਾਂ ਵੱਡੀ ਛਪਾਈ ਸਾਮਲ ਹਨ।

Körler için kabartma yazılar, kaset ve büyük nüshalar da dahil olmak üzere, istenilen bilgileri sağlamak ve tercüme etmekten memnuniyet duyarız.

اگر آپ چاہیں تو ہم خوشی سے آپ کو ترجمہ فراہم کر سکتے ہیں اور معلومات اور دستاویزات دیگر شکلوں میں مثلاً بریل (بڑا چھاپا) کے لیے آڈیو، بڑے حروف کی لکھائی، ٹیپ، میپ، ریڈیا سے حروف کی لکھائی میں فراہم کر سکتے ہیں۔

Contact 0131 270 7500 or email: enquiries@midlothian.gov.uk

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