



## **Homeshare: Transforming the Lives of Two Generations**

Age UK have also reported that 17% of older people have less than once weekly contact with family, friends and neighbours and a need for help with practical household activities that isn't being met through council services.

51% of all people aged 75 and over live alone (ONS, 2010) and that can lead them to feel lonely and isolated. These factors can affect older people's mental and physical health.

On the other hand, with rents and house prices in the capital sky rocketing in recent years, young professionals and graduate students are having a hard time affording the living cost of London.

Because of this, [Novus – The London Carers' Centres Consortium](#), runs the scheme Homeshare and made it their mission to tackle loneliness by helping people help each other.

The Homeshare scheme is transforming the lives of two generations, the elderly generation in need of companionship and support at home and the young generation looking for affordable accommodation in London.

Homeshare matches elder people (Householder) that need companionship and help around the house with young people (Homesharer) looking for accommodation and willing to help 10 hours a week to a Householder.

The scheme has been running for over a decade in the UK and has helped hundreds people from both generations during these years. Householders and Homesharers give a monthly contribution to the charity to help cover the costs of the matching process, vetting, monitoring and to ensure that the scheme becomes self-sustainable.

The monthly contribution represents less than 25% of the cost either of the parties would incur in they were paying for regular rents or support services at home.

Two participants in the programme, Mr B and Miss P explain how the programme works for them and why other London residents should seriously consider at least investigating the programme further, if not signing up.

Mr. B, who is the Householder, says one of his reasons for signing up was that after suffering a stroke a couple of years ago, he wanted to keep his independence "I really valued my independence, but it was getting harder for me to cope all on my own and I needed the security of knowing that someone else was in the house to help me out. I didn't need a live in carer or a residential care home, what I needed was a helping hand here and there and to keep my independence. When I heard about the Homeshare scheme I knew it was perfect for me and after taking time to understand my needs they matched me with my Homesharer Miss P"

Miss P's reasons for signing up as a Homesharer were different to Mr B's but the scheme meets both their needs perfectly, Miss P explains: "I like to live my life helping people and at the same time it has been hard for me to secure a full time job.



The Homeshare scheme fits my needs perfectly as I love helping people and I enjoy caring, sharing and making a positive difference to the Householders's life. I help Mr. B with cooking, light housework and just being there for company. In the times we are now living in, it is a great way to support each other and I also benefit by having a lovely home to live in at an affordable price."

Both Mr B and Miss P were pleased with the matching service offered. "Novus Homeshare has been good and check us regularly to make sure we are fine.

Homeshare ticks all the boxes – it is an ideal and affordable live-in support plan for older people and it works well for anyone needing that little bit of extra support or company in the home.

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