

Choosing the right home for you

Think about the location of the care home, for example is it close to family and friends so they can visit you.

Look for the CQC (Care Quality Commission) rating, the categories are:

- Outstanding
- Good
- Requires Improvement
- Inadequate

These are the areas they look at for each category:

- Safe
- Effective
- Caring
- Responsive to peoples' needs
- Well led

Once a location is chosen make a list of the homes in that area and what they can provide; whether you need residential (elderly frail) or dementia care; some homes offer both.

It is best to arrange a tour of the home(s) you choose, either in person or via an electronic link, for example Zoom.

Make a list of your personal requirements; everyone is different and you want a home that is right for you.

Some things to think about are:

- Is there convenient and sufficient parking for visitors?
- Does it have a pleasant and safe garden area for residents to use?
- Are there good local amenities: shops, church, park, and pub?
- Does the home have transport for taking residents out?
- Are there good links with the local community?

When you visit the home some things to look for:

- Were you greeted warmly and made welcome?
- Does the home look well maintained?
- Is the layout and décor welcoming?
- Does it have a neutral/pleasant smell?
- Is there a lot of hustle and bustle going on or are people going about their business in a warm and friendly manner
- Is there sufficient and good lighting

Visiting Checklist

Things to ask

Can I bring my own furniture and personal items	
Will my valuables be safe and will they be covered by insurance	
Can I have my own telephone with a separate number	
Is there internet access and would I have to pay extra	
Social activities in the home and outside the home	
Can visitors obtain a drink and a meal	
Is there a choice of menu	
Are snacks and drinks provided in between meals	
Will I be able to bring my pet to live with me or can my pet visit me	
Will I be able to practice my religion/faith	
Will I have choice about my daily life, for example when I can go to bed/get up, can I eat when I like	
Can I keep my present GP	
Will I be able to keep doing the things I like, for example gardening	
Access to other health services: chiropodist, dentist, optician, physiotherapist	
Are resident meetings held	
What qualifications do staff have	
How do you support residents who need help with hearing and sight	