

Points to Consider before Moving to a Care Home

Location

- Is the home near where you want to be?
- Is public transport available?
- Is it easy for family or friends to get there to visit you?
- Is the home close to local amenities, such as shops, pubs, or places of worship?
- Are the surroundings likely to be noisy, now or in the future (new housing estates, etc.)
- What about the views?
- Is it in a safe area?

Care

- Does the home offer suitable care for your needs?
- What about future needs? Wheelchair, incontinence, mental confusion, terminally ill.
- Is adequate care available at night?
- Can residents have their own GPs?
- Are there visiting dentists, opticians, and chiropodists?
- Is a call system available in all rooms?
- Does each resident have their own personal care plan?

Accommodation

- Does the home look comfortable and inviting?
- Is it clean? Does it smell fresh?
- Are there lifts?
- Is it suitable for wheelchair users?
- Can you inspect the room you will be offered?
- Will you stay in the same room, unless a change is required for medical reasons?
- Will you have to share a room? If so, can you meet the other person first?
- What personal possessions can you take with you?
- Do the rooms have television and a telephone?
- Are the rooms en suite?
- Are the toilet and washing facilities clean and easily accessible?
- Is special equipment installed, such as grab-rails and bath hoists?
- Are pets allowed? Remember, although you may not want a pet, other people may have pets.

- Is there a separate sitting room and dining room?
- Is there a quiet lounge without a television?
- Is there a private room to take visitors?
- Is there guest accommodation, either at the home or nearby?
- Is there a nice outside area to enjoy the fresh air?
- What is the smoking policy?
- Is alcohol permitted?
- Can you choose when to get up and go to bed?
- If you have to go away or into hospital for a short time, will your room be kept for you?
- Can you adjust the heating/air conditioning individually?
- Does it feel safe and secure or can people wander into the home?

Facilities

- Are a variety of activities and outings available?
- Are there facilities for people with hearing/visual difficulties?
- Can valuables be secured and are personal possessions insured?
- Are the arrangements for laundry and room cleaning satisfactory?
- Is sufficient medical help available?
- Does someone bring library books?
- Can the home find you the time and space to pursue your present interests and hobbies?
- Does the home provide transport?

Catering

- Can you join residents for a meal as part of your visit?
- Is there a choice of menu?
- Are special diets catered for?
- Is the choice of food interesting, varied and good quality?
- Can you choose to take meals in your room if desired?
- May your visitors join you for refreshments or meals?
- Are meal times flexible?
- Is alcohol available if you would like it?

Daily living

- Do you know some of the existing residents?
- Are the staff friendly and caring?
- Do residents look happy and well cared for?

- Do staff receive training?
- Are there set times for getting up, going to bed, or having a bath, or can you choose?
- Are there smoking and non-smoking areas?
- Are visitors welcome at all times?
- Is there somewhere to see visitors in private?
- Is there a garden and can residents use it?
- Is there somewhere you can get privacy and peace and quiet, other than your bedroom?
- Can you help in the garden, help prepare meals, do your own laundry or help clean your own room if you want to?
- Can you follow your own religious preferences or practice?

Finance

- Who owns the home? Is it financially stable?
- How much are the fees?
- Is it clear exactly what is included in the weekly charges?
- Under what circumstances will fees alter or be reviewed?
- Are the fees affordable on a long term basis?
- Are the fees payable in advance?
- Will the home accommodate you on state support?
- Will the home provide a written contract of the care provided?
- Are the fees payable in the event of temporary absence, e.g., on holiday or in hospital?
- What notice is required if you wish to leave the home?

Special considerations for Spain

- What nationalities are the current residents?
- Do the administrative staff speak English?
- Do the nursing staff speak English?
- Are the nursing staff UK trained?
- Are the meal times the same as you are accustomed to?
- Is English language reading material available?
- Is there English language radio and television?