



## Things to consider when moving to a care home

If you have chosen to move to a care home, either following an assessment by a social care worker or as a person funding their own care, it can feel like a big decision. Care homes may be an option if you cannot manage at home and other housing options are not right for you. Even though living in a care home will mean compromises about your daily routine, you will get the care and support you need and people often find companionship as well.

### Different types of care homes

- Residential homes provide living accommodation, meals and personal care if required.
- Nursing homes provide medical nursing care as well as the same services as residential homes.
- Some homes provide specialist care for dementia, mental health conditions or physical disabilities.

All care providers in the United Kingdom must be registered with the Care Quality Commission (CQC). The CQC inspects care homes and looks at the quality and safety of the care provided. The inspection reports are available from the care home or the CQC website at [www.cqc.org.uk](http://www.cqc.org.uk).

### Choosing a care home

It is important to find a care home that is right for you. It is advisable to visit the care homes you are considering before making a final choice and you can often ask for a trial stay to see what you think.

It may help to think of some questions to ask when you visit and it is a good idea to take paper and a pen with you so that you can make some notes. The Care Choices booklet contains a useful checklist of questions you may wish to ask such as:

- Does the home organise any outings?
- Can visitors join you for meals?
- Can you decide when to get up and go to bed?

The checklist can be found here at [www.carechoices.co.uk/checklists](http://www.carechoices.co.uk/checklists).

When you visit a care home staff will ask you and any other visitors for their names. They may also ask you to shut doors behind you for safety reasons.

Visitors may be asked to leave any room at any time. Please do not be offended as this could be for several reasons, e.g. to respect the privacy of residents whilst staff help them.

You may find the behaviour or appearance of residents unusual or upsetting. Behaviour is often a result of an illness or condition and residents will be supported by care home staff where required. If you are at all concerned please speak to your social worker or the care home manager.

### **Support during the move**

If you have a social worker, they will support you during your move to the home and help you with care needs assessments, support plans and financial assessments. They will advise you of relevant paperwork you will need to take or complete which may include:

- copies of any [Lasting Powers of Attorney \(LPOAs\)](#) if applicable;
- forms for the home so they can gather information about your likes, dislikes and your wishes (this can also be completed by a family member or friend if you find it difficult to do);
- medical documents (e.g. Do Not Attempt Resuscitation [DNAR] form).

If you do not have a social worker, the staff at the home will advise you of what needs to be completed and when.

You may also find the following factsheets helpful

- How to find the right care and support
- The financial assessment
- Charging for residential and nursing home care
- Third party payments for residential and nursing home care

For more information about services please go to [www.mylifemycare.com](http://www.mylifemycare.com).

To download a copy of this factsheet:  
[www.poole.gov.uk/adultsocialcarefactsheets](http://www.poole.gov.uk/adultsocialcarefactsheets)



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