

INFORMATION GUIDE FOR CHOOSING CARE

The guide is intended as a starting point to aid the decision making process when choosing appropriate care and is not intended to replace any formal discussions you may be having. **A list of organisations and websites providing further information can be found overleaf.** You do not have to complete the form if you do not wish to do so; the boxes are provided merely to help clarify your thinking.

SECTION A

You may find it helpful to read the information below before completing Section B.

Residential and nursing care homes

Residential care homes

Residential care homes provide accommodation, meals and personal care. This includes help with washing, dressing, toileting, help getting up from bed and chairs. Community nurses will carry out any nursing tasks.

Nursing homes

Nursing homes provide the same service but have Registered General Nurses present at all times to supervise nursing tasks. Residents are usually more dependent than those in residential care.

Specialist Dementia units/homes

Specialist Dementia units/homes provide a safe environment with specially trained staff who are able to give expert dementia care and support.

Alternatives to care homes (independent living)

There are many alternatives within the community that may be more suitable and would help you or someone you care for to remain at home. (See overleaf for definitions and contact details.)

- Telecare
- Telehealth
- Domiciliary care
- Carers
- Post-hospital support
- Reablement
- Sheltered housing
- Extra care housing

SECTION B

B1 Is a residential or nursing care home necessary?

- Yes No Unsure*

If Yes, go to C1

SECTION C

C1 What is important to you when choosing a care home?

- Cost of care home
- Proximity to family/friends
- Location (e.g. urban/rural)
- Size of care home - large or small
- Accessibility within the building (lifts etc.)
- Ratio of staff to residents
- Ownership - chain or independent

Other points to consider when visiting a care home

- Inspection reports by Care Quality Commission
- Staff qualifications (what training/specialist training is given to staff?)
- Staffing levels - daytime, nighttime, weekends
- Quality of care provided
- Locked door policy (for those with advanced dementia)
- Care home environment
- Cleanliness/state of repair
- Friendliness/openness of manager/other staff
- Activities/facilities available for residents
- Do residents appear happy/engaged/active?
- Is there a residents'/friends association?

C2 Will you or someone you care for be paying for care or will financial support be required?

- Paying for own care
- Require financial support
- Unsure**

** If you need further clarification on what is required you may wish to discuss this with your GP, other healthcare professional, social worker or other support worker. You may also wish to contact the Adult Social Care Helpdesk at Gloucestershire County Council on 01452 426868.*

*** Information on paying for care can be found at www.guide2care.com/generalinfo/fundingcare.php*

Further information is available from a number of organisations. Please see overleaf for contact details.

FURTHER INFORMATION

DEFINITIONS

Carers

A carer is someone who looks after a friend or relative of any age with a physical or mental illness, disability, learning disability or frailty who needs support to live at home

Further information: Carers Gloucestershire

Domiciliary care

Also known as home care, domiciliary care is a range of care services received in the home to help a person cope with disability or illness and become or remain independent for as long as possible

Further information: Gloucestershire County Council

Extra care sheltered housing

Extra care housing is a type of sheltered housing that can offer extra care and support available 24 hrs a day. It can be ideal for people who are less able to manage on their own

Further information: Housing Care and First Stop

Independent living

Alternatives to care homes

Further information: Gloucestershire County Council

Help to Live at Home Guide: <http://edition.pagesuite-professional.co.uk/launch.aspx?referral=mysuite&refresh=n17P02AzkZ15&PBID=8e456f19-b267-40f9-bf46-156747649a5e&skip>

Post hospital support

Provides reassurance and practical support to help a person get back on their feet for up to four weeks following discharge from hospital

Further information: Age UK Gloucestershire

Reablement

Reablement can help support a person at home, so that they avoid going into hospital or help them to regain their independence and confidence after a hospital stay

Further information: Gloucestershire County Council

Sheltered housing

Sheltered housing gives residents aged 60+ the opportunity to live somewhere with their own front door and keep their independence, but have the security of help and advice at hand when needed

Further information: Housing Care and First Stop

Telecare

Equipment and services that support safety and independence in the home. Equipment can sense risks such as smoke, floods and gas, can remind someone to take medication and even call for help if they fall

Further information: Gloucestershire County Council

www.gloucestershire.gov.uk/telecare

Telehealth

Covers the electronic exchange of personal health data from a patient at home to medical staff at hospital or similar site to assist in diagnosis and monitoring, e.g. heart problems or diabetes

Further information: NHS Gloucestershire

ORGANISATIONS

Age UK Gloucestershire

Fact sheet, care homes, finding the right care home
01452 422660 www.ageuk.org.uk

Alzheimers Society

Fact sheet "Putting care right: Your guide to choosing a care home" 01452 386283 www.alzheimers.org.uk

Care Home

www.carehome.co.uk

Care Quality Commission

Care home inspection reports available
03000 616171 www.cqc.org.uk

Carers Gloucestershire

01452 386283 www.carersgloucestershire.org.uk

Carewell

<http://www.solnetwork.org.uk/newsdetails.asp?newsID=1946>

Dementia Web

0845 1204048 www.dementiaweb.org.uk

Directgov

www.direct.gov.uk/en/CaringForSomeone/CareHomes/DG_10031516

Elderly Accommodation Counsel

Housing Care and First Stop Advice
<http://www.eac.org.uk/about.aspx>

Gloucestershire Care Providers Association (GCPA)

01242 662056 www.gcpa.co.uk

Gloucestershire County Council

Reception: 01452 425000
Adult social care helpdesk: 01452 426868
www.gloucestershire.gov.uk/carehomes
www.carechoices.co.uk/region/Gloucestershire

Gloucestershire Local Involvement Network (LINK)/ Healthwatch Gloucestershire

01452 528491 www.gloslink.org.uk

Good Care Guide

www.goodcareguide.co.uk

GRCC (Village & Community Agents scheme)

01452 528491 www.grcc.org.uk/village-agents

GUIDE & PALS

08000 151548 www.guide-information.org.uk

Housing Care and First Stop

www.housingcare.org/sheltered-housing/area-1-gloucestershire.aspx

NHS Choices

www.nhs.uk

NHS Gloucestershire

Works in partnership to improve public health and is also responsible for buying high quality healthcare for local people from a range of providers 0300 421500 www.nhsglos.uk

2gether NHS Foundation Trust

Mental Health services for Older People provides mental health inpatient and community services for people with dementia of all ages 01452 894000 www.2gether.nhs.uk

Social Care Institute for Excellence

www.findmegoodcare.co.uk