

Choosing a Care Home - Checklist

Choosing a Care Home

When the time is right, some people with Dementia may need to move into a care home. Some people have illnesses or disabilities that mean they need extra support and care. If it has become difficult to stay at home, it is important to choose the right place to live as care homes can be very different to each other.

It is important to remember that either you or your local authority are likely to be paying for care, so shop around and don't accept something that isn't right for you. A good care home should treat their residents with: **dignity** and **respect**. It should also give as much **independence** as possible to each resident, treat every resident as an **individual** and **improve the quality of their lives**.

Below is a simple checklist of things to consider to help you make up your mind. When you visit a possible care home, always talk to the manager, staff and other residents, ask as many questions as you need to and take a good look around.

If you visit more than one care home, you can print out a checklist for each and then compare them later.

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Name of Care Home

Where is the care home?

Is the home in a quiet area – away from traffic noise etc?

Is the care home close to your family and friends (visitors)?

Can visitors find the care home and get to it easily?

Are there shops, pubs, nice places close by for residents who can go out with visitors etc?

Are there any gardens or outdoor areas to enjoy?

Does the care home feel nice to you?

Is the home clean, well-decorated and furnished?

Do I feel welcome / was I greeted well by staff?

Does the home smell pleasant / fresh?

Your room

Are the bedrooms large enough, pleasant and clean?

Can I make my room my own space – furniture and possessions etc?

Is there enough light in the rooms?

Can you have your own room or might you have to share?

Would my room be my own private space?

Can visitors sit in your room?

Is there enough storage?

Can residents keep pets in their room?

Would my room have en suite toilet?

Would my room have en suite washing area?

Would my room have en suite bath / shower?

Would my room have a TV?

Would my room have a phone?

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Communal / living areas

Are there different areas to sit or entertain visitors?

Is there a communal TV area?

Is there a nice dining area?

Is there an area where the activities are held?

Are there covered smoking areas outside?

Is there a safe garden area?

Meals and refreshments

Can I get drinks whenever I want?

Is food prepared fresh on site?

Is there a choice of food at mealtimes?

Can the home cater for my special diet?

Could staff help me eat if I need them to?

Does the menu look tasty and healthy?

Can I have a snack if I feel like it?

What is the home like for residents?

Are the residents clean, dressed and look well cared for?

Are the residents engaged, chatting or involved in activities?

Do the staff speak nicely to the other residents?

Can I get around the care home?

Are all areas of the care home easy to get around?

Can I get around with my wheelchair / frame etc – if you use one?

Could I be dropped off close to the front door?

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Staff

- Does the manager know about dementia care?
- Is the manager friendly and helpful?
- Are the staff well trained in care and dementia care?
- Do the staff seem happy in their work?
- Do the staff treat residents with respect?
- Do the staff seem to really care?
- Are the staff happy to chat and talk with residents?
- Would the staff find out about my habits, likes, dislikes and interests?

Health and care

- Can the staff help me with my medicines?
- Does the home feel safe?
- Can I call for help at any time?

- What end-of-life options are there?
- Would the staff help and support my family during difficult times?
- Does a GP, nurse or doctor visit regularly?
- Can the care staff help me with going to the toilet, washing and dressing?
- Does each resident have a care plan?
- Could my care plan be regularly updated if required?
- Would my family be consulted / involved in my care plan?

Any extra questions I need to ask?

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