



# CHOOSING A CARE HOME

Caring for a loved one living with dementia can be very stressful and overwhelming. If you find that you can no longer manage on your own, it is important to admit this and look at your options. A care home can provide 24 hour, specialist care which you may not be able to provide. Do what is best for you both.

(Adapted from [www.ageuk.org.uk](http://www.ageuk.org.uk))

## WHAT TO LOOK FOR:

- Are the buildings and grounds well maintained?
- Is it in a location you could visit often?
- Does the home feel inviting? What is the visiting policy?
- Is there wheelchair access and railings?
- Does the staff seem welcoming and happy?
- Is the home clean and does it smell fresh?
- Are the rooms a comfortable temperature?
- Do the rooms seem personal and comfortable?

## QUESTIONS TO ASK STAFF

- How do the staff get to know about residents' lives and experiences?
- Is there a manager or senior member of staff on duty at all times?
- Is there enough staff for residents during the day, at night and at weekends? Are there other residents living with dementia?
- Can residents choose if they have a male or female carer?
- How are staff trained, how often and by whom?
- What is the home's emergency policy?
- Is there a GP that examines residents often?



## CARE QUESTIONS

- Are residents and their families involved in decisions about their care?
- Do the bathroom facilities meet your needs?
- How does the home support those with sensory impairments or dementia?
- How does the home let family or friends know if a resident is taken ill?
- Can the home offer support for end-of-life care?
- What security arrangements are in place to make sure residents are safe?
- Does the home use signs or pictures to show where things are?
- Can residents choose their routine, such as when they get up and go to bed or shower?

## SOCIAL QUESTIONS

- Is there a mix of female and male residents?
- Are there activities for the residents?
- Do staff read to those with poor vision?
- Are there lounges or social areas with furniture arranged to allow small groups to socialise?
- Are young children welcome?