



# CONSIDERATION CHECKLIST

*We hope you find this checklist helpful in your search for a suitable care home.*

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*Advice and help on all aspects of care home selection.*



Website: [www.nhs.uk/CarersDirect/guide/practicalsupport/Pages/Carehomes.aspx](http://www.nhs.uk/CarersDirect/guide/practicalsupport/Pages/Carehomes.aspx)



Website: [www.scie.org.uk](http://www.scie.org.uk)



Part of the Social Care Institute For Excellence  
Website: [www.findmegoodcare.co.uk](http://www.findmegoodcare.co.uk)



Website: [www.payingforcare.org](http://www.payingforcare.org)  
Phone: 0808 208 9994



Website: [www.lancashire.gov.uk](http://www.lancashire.gov.uk)  
Phone: 0845 053 0000



The regulatory body for Care Homes  
Website: [www.cqc.org.uk](http://www.cqc.org.uk)  
Phone: 03000 616161

# CHECKLIST OF CONSIDERATIONS WHEN CHOOSING A CARE HOME



## *Management & Day to Day Running Of the Home*

- Are there enough staff on duty day and night and are they appropriately trained with relevant qualifications e.g. NVQs?
- Is there a clear complaints procedure, and can you have a copy of it?
- Is the home classed as being in the elite 'BAND 1' by both Lancashire County Council and Black pool Borough Council?
- Are there satisfactory arrangements for laundry and room cleaning?
- Are there regular visits from hairdressers, dentists, opticians, chiropodists, physiotherapists etc?
- Does the home feel safe and secure?
- Does the home hold regular residents' meetings to allow you enable you to have a voice and an input into the way you live?

## *Your Private Space*

- Is the room a good size?
- Are there en-suite facilities?
- Can you adjust the heating and open the windows?
- Will you be able to watch television, enjoy satellite television, make a private phone call or have access to the internet if you choose to do so?
- Can you bring some of your own belongings to make your room more personal?
- Is there a lockable facility in the room for the safe keeping of money and valuables?
- Are you allowed a lock on the door if you want one?

### *The way you live*

- Are residents encouraged to remain as independent as possible?
- Will you have access to all the specialist equipment you need?
- If you have a particular medical condition, can your needs be met?
- Is there a variety of activities and outings and are these planned?
- Does the home provide entertainment from outside professional sources as well providing in-house entertainment?
- Does the home have plenty of books for you enjoyment?
- Are the staff friendly, caring and interested in the residents?
- Do residents seem active, alert, happy and well cared for?

### *Your freedom to choose*

- Can you choose when to get up, what time to go to bed and when to have a bath? In other words, would YOU be in charge of your life, rather than have someone making decisions for you based on their convenience?
- Is there a nutritious, wholesome menu with an alternative option for your enjoyment?
- Are the menus regularly rotated to ensure you have a good variation of food options?
- If you have special dietary requirements, will these be catered for?
- Does the home prepare food freshly on the premises or do they buy readily prepared meals? What about desserts?
- Are there facilities for you to have a snack or drink as and when you want?
- Is alcohol available if you would like it?
- Can meals be eaten in areas other than the dining room?
- Can you help in the garden if you wish to?

- Can you practice your religion? Will the home make arrangements on your behalf to facilitate this?

*Family, Friends, 3rd Parties & the Local Community*

- Are you able to arrange a trial visit?
- Does the home accommodate respite clients as well as permanent clients?
- Are there regular events that your friends and relatives are invited to?
- Will visitors be welcomed at all times?
- Will you be able to entertain visitors in your own room?
- Will you be able to go on outings with visitors?
- Can residents still see their own GP?
- Is the home part of the surrounding community?

*Take the time to look at each home in detail and check to see if it meets the standard you expect. By finding answers to as many of your questions as possible, you should be able to find a home that's right for you.*