

# CHOOSING YOUR CARE HOME CHECKLIST

## LOCATION

- Are you familiar with the area?
- Can the home be reached by your relatives and friends to make visiting easier?
- If you enjoy an active social life and going out in the evenings, is the home near to your friends and the places you like to go?
- Is the home on a bus route?
- Is the home near to the park, local shops, post office, and any other services you might need?

## LIFE IN THE HOME

- Do you know any of the other residents in the home?
- Do residents seem happy, cared for and interested in what is happening?
- Are residents' meetings held?
- What are meals like?
- Are special diets catered for?
- Is there a choice of food?
- Can I make drinks and snacks for myself?

### WHAT IS THE DAILY ROUTINE?

- For example, can I please myself about what time I go to bed and get up?
- Can I make private phone calls?
- Are there any restrictions on making or receiving phone calls?
- When can people visit and can they stay overnight?

## LEISURE ACTIVITIES

- Are outings and holidays arranged and is there an extra charge?
- Will the staff take me out if I want to go to the shops or out for a walk?
- Is a library service provided?
- What is the garden like?
- Will I be allowed to help in the garden or join in general household tasks?

## APPEARANCE

- Is the atmosphere homely and welcoming?
- Do I like the look of the home?
- Is it too luxurious or too basic?
- Is it too big or too small?
- Is it clean?
- Is there a lift?

## PERSONAL NEEDS

- Can I bring my possessions and furniture with me to make me feel more at home?
- Can I use my room any time of the day?
- Can I have a TV in my room?
- Is there somewhere to keep my valuables safe?
- Can I have my own telephone?
- Will my own doctor still be able to visit me in the home I choose?
- What happens when I have a hospital, dentist or optician's appointment?
- How often can I have a bath?
- Will I be encouraged to do things for myself?

## THE STAFF

- Does the person in charge make me feel at home?
- Are the staff friendly?
- Do the staff talk to the residents and how do they talk to them?
- How do staff and residents address each other?

## RULES AND RESTRICTIONS

- What is the policy on smoking?
- Would I be able to deal with my own money? If not, what arrangements are made?
- Are there any house rules, for example, about visiting times or returns from outings?
- Is alcohol allowed in the home?
- Can I bring my pet with me?
- Can I spend a trial period in the home before I decide?
- How long is the trial stay?
- Are there any extra charges for services such as laundry, hairdressing, chiropody?
- What happens if I become more dependent, for example, ill, incontinent, or lose my sight?

## OTHER QUESTIONS TO ASK

- Does the home offer day care to non-residents? (some homes do this)
- What would happen if the home could no longer meet my needs?
- What happens to my room if I am on holiday or in hospital?
- What would happen if illness meant that I could no longer manage any stairs to my room?
- How would I make a complaint?

### NOTES:

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