



## CHOOSING A CARE HOME

### Information for Patients and Relatives



**What is this leaflet for?**

This leaflet is for people, who after being assessed, require residential or nursing home care, but are not eligible for Continuing NHS Health Care.

We aim to help as many people leaving hospital to go back to their own homes. It seems that due to your new circumstances living at home independently is no longer possible. This booklet aims to give you information and guidance on what to do to find a care home that can meet your needs.

Choosing a care home can be overwhelming. We are here to help and support you in making your decision on which care homes can meet your needs. We will keep in touch with you during the process. Once you have made a decision, we will ensure that arrangements to move to your new home are made as swiftly as possible.

Your Care Co-ordinator will discuss this leaflet with you and will be your first point of contact.

**Care Co-ordinators Details**

Please enter here telephone numbers and other contact details -

Your Care Co-ordinator will keep in regular contact with you to find out which home you have chosen. A meeting will be arranged within a week to agree the final arrangements for your discharge. The Care Home will be asked to confirm that they can meet your needs. This may involve either you travelling to the home, if you have not already done so, or a hospital based assessment by a Care Home representative.

Please contact your Care Co-ordinator at any point during these weeks to discuss progress and problems.

**Who will help me?**

Your Care Co-ordinator, family, carer, Local Authority and members of the ward or community team will be available to help you make your decision and give you advice.

If you need further support, you might be able to access an advocacy service to support you in making a decision.

### **What do I do if I am having difficulties?**

If you are having difficulties you should discuss them with your Care Co-ordinator.

### **What do I do if I am unhappy with the assessment conclusion or the process of choosing a care home?**

You can ask us to reconsider the assessment that has been made, or the service that has been provided. Please ask your Care Co-ordinator to look again at the assessment. If you are not satisfied, we have a more formal complaints procedure.

You can obtain more information about our complaints procedure from our staff or pick up a leaflet from the ward.

### **What happens if circumstances change?**

Your move to a care home need not be permanent. Older people who stay longer in hospital are less likely to regain their confidence and independence. This may mean that they are likely to move permanently into a care home.

Your needs will be assessed at various intervals, usually within 2 months of moving and again after 12 months. If you feel that your needs should be assessed at a different time, please contact your local Social Services and request to be re-assessed.

### **Will I have to pay for a care home placement?**

You may have to pay some or all of the cost of living in a care home. There is a national set of rules for working this out. How much you have to pay will depend on your circumstances. You will be expected to pay something out of your regular income. The rest will depend on your finances. When working out your contribution towards the costs, the following will be taken into account:-

- your income (pensions, benefits, etc.)
- your savings
- your assets (the value of your home, unless a spouse, partner or close dependent relative will continue to live there, or your move into residential care is only temporary)

The value of your home will not be taken in to consideration for the first 12 weeks following your move into a care home. This will give you time to reassure yourself that you are happy with the decisions you have made. The Local Authority will pay any short fall during this 12 week period.

You need to be aware that some care homes require that you pay a top-up fee. Ask your Care Co-ordinator to explain top-up fees to you.

### **What do I need to do to find a care home for myself?**

You will need to look around at a range of appropriate care homes that can adequately meet your needs and decide which one you would like to live in. If you cannot do this yourself this can be done by your partner, family/carer or advocate. Your social worker will provide you with details of all the homes that are available to you together with current vacancies.

We will ask you to choose three care homes. These will be your first, second and third choices, one of which must have a vacancy. If there is no vacancy in the home of your first choice you will be asked to move to the home with a vacancy as an interim arrangement.

### **Will I be able to move into the care home of my choice?**

Whilst you are in an interim home your care needs will be reviewed and you can have more time to consider your future. Your care co-ordinator will be available to help you to move to your first choice of home as soon as practicable.

### **Why should I make a list of three homes?**

We ask you to choose three homes. One of these homes should have a vacancy to which you can move into for the following reasons:-

- In your new circumstances you will be more comfortable in a care home. Care homes are designed as homes for people to live in, where you can have your own room with your possessions around you and where your everyday living needs can be met, for example, shopping, social events and day trips.
- Your hospital has been designed to look after people with acute illnesses over a short period of time. To be able to care for everyone, the hospital needs people who have finished their medical treatment to make way for others who are just starting theirs.

## **The next few weeks**

### **Step 1**

Your Social Worker will advise you about the Care Homes in your area that are able to support your care needs. You will be sent a summary of your needs identified in your assessment, known as the 'Statement of Aims'. Talk to your family, begin thinking about what your individual needs are e.g. location, friends, transport.

Gain information about care homes that meet your needs.

### **Step 2**

You and/or your carer/family should visit some of the care homes that you feel fit your needs. Take your Statement of Aims with you and discuss them with the staff to see if the home can meet your needs. Also, see if you like them, gain a feel for the atmosphere of the place, talk to the residents, are they happy? Could you get along with them? Is the home accessible to public transport?

Your Care Co-ordinator will contact you to see how you are getting on. Please feel free to contact your Care Co-ordinator at any time to discuss any problems.

### **Step 3**

Talk to your family, discuss the information you have gained, is there anywhere that you feel is right for you? Do you need to explore other avenues?

## Step 4

Have you reached a decision? Remember if your 1<sup>st</sup> choice is not available right now you can go to 2<sup>nd</sup> choice and move to your 1<sup>st</sup> as soon as it becomes available.

If you move into a nursing home in Wales and have been assessed as needing nursing services from a trained nurse whilst living there, the National Health Service will make a contribution towards your nursing home fees.

Your care co-ordinator / Social Worker will give you additional leaflets, which will give you more detailed information surrounding financial implications.

### CHECKLIST

Care Co-ordinator issued you with leaflet and explained process	<input type="checkbox"/>
Gained information about care homes in my locality from local authority	<input type="checkbox"/>
Visited care homes that were appealing	<input type="checkbox"/>
Made a list of 3 care homes that I liked and at least one of them has a vacancy	<input type="checkbox"/>
Received a phone call from your Care Co-ordinator	<input type="checkbox"/>
Re-visited the 3 care homes on my list	<input type="checkbox"/>
Prioritised the care homes in to 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> choice: Remember one of them <b>MUST</b> have a vacancy.	<input type="checkbox"/>
Confirmed my choices with Care Co-ordinator	<input type="checkbox"/>
Meet with Care co-ordinator/ Social Worker to finalise arrangements for discharge	<input type="checkbox"/>