

5 Choosing a care home

The inspection reports about the home will give you a lot of important information about it so make every effort to see them. Ask the home for a copy or contact the Commission for Social Care Inspection for a copy – see page 8 for contact details.

Here are some questions you might want to ask when you're thinking about a place in a care home or a care home with nursing home.

The home...

- Can it cater for your own personal needs?
- What are the other residents like - will you get along with them?
- Can you afford to live there for a long time?
- Do you need to pay before you move in?
- If you need to go to hospital or take a holiday, will the home help you?
- What will you get for your money - will you have to pay extra for any facilities or social activities?





The home...

- Is there a secure place for your valuables?
- Are there rules on smoking?
- Are pets allowed?
- Does it feel like a friendly and caring place?
- Does it look and smell clean?
- Do the residents look relaxed, happy, confident and busy?
- Are the staff friendly and welcoming - do they pay attention to you?
- Are the home and grounds looked after and cared for?
- Where is the home? Can relatives and friends get there easily to visit you?
- Can your friends and relatives get there by bus? Are there shops nearby?
- Are visitors allowed at any time? How welcome does the home make them?

Your room...

- How many single/double rooms are there? How many bathrooms and toilets?
- Can you lock your bedroom door?
- Can you decorate your room as you wish? Can you take your own furniture?
- Can you have electrical equipment, such as a TV, in your room? Are there any restrictions on when or how you can use them?

Food and drink...

- What's the food like? Is the menu varied? Can you have a choice?
- If you have a special diet, will the home cater for your diet?
- Is there a kitchen where you can make your own snacks and drinks?
- Can you go out for meals or to the local pub?

The staff...

- How many staff are on duty during

the day and night time?

- What qualifications and experience do the staff have?
- If night care is offered, how do staff deal with calls? Remember that the person who answers your call may be talking to your friends or relatives in the future.

Personal needs...

- If you receive any medical help, how will this be arranged?
- Who is the local doctor? Can you keep your own doctor?
- Will somebody go with you to medical appointments, or help you with transport?
- Can you stay in bed if you feel like it? Can you have meals in bed?
- Can you go to sleep and get up when you like?

Cultural, ethnic and religious needs...

- How will the home meet your religious and cultural needs?





Cultural, ethnic and religious needs...

- If you wish to pray in your home or place of worship, how will the home help you to do this?
- Will the home help you to celebrate any important religious and cultural festivals?
- Will the home cater for your diet?
- Does the home have staff who can communicate in your chosen language, and can help involve you in daily activities?

Social...

- Does the home have an interesting and varied activities programme?
- Will you be able to continue with your own interests and hobbies? How will the home help you to do this?
- Does the home involve you in planning activities and entertainment?

6 Your rights in a care home

As a resident, you have a right to be in charge of your own life and to live as you would have done if you had stayed in your own home, as far as possible.

You have a right to:

- be treated as an individual - your feelings and experiences make you unique
- privacy and respect for your own living space
- complain if you are not happy, and to be given whatever help you need to complain
- be treated with dignity and respect for your cultural, religious, sexual, emotional and physical needs
- be involved in all plans for your future, to be able to look at all letters, notes and plans about you and be present at all meetings about you
- look after your own medicines and money matters, if you are able to, or to choose someone to do this for you
- be given help and support by properly-trained staff
- have your individual preferences and needs recognised
- have all information about you treated in the strictest confidence, unless you say it can be passed on to someone else
- make choices about all aspects of life in the home, while recognising the needs of other residents. This includes the right to take risks.





7 Paying for your care

If you have more than £21,000 in capital – that's savings, investments or property - you will have to pay your own fees in full if you move into a care home or a care home with nursing. In most cases, the Council will provide financial help if you need to sell your house or other property to allow you to pay care home fees. But we will have to recover from you any amount we have paid on your behalf from your assets.

If you have less than £21,000 in capital, you can get financial help from the Council if we assess that you need residential or nursing home care. For more information about the assessment process, please ask for a copy of our leaflet 'How we assess your needs and eligibility for adult social care services' – please see page 38 for how to contact us.

The Council has fixed, maximum amounts that it can pay for residential or nursing care. If you choose more expensive care, you will have to pay the difference - or, if you can't, someone else will have to pay the difference for you.

You can get a booklet from the Council about charging for residential or nursing care – please see page 38 for how to contact us.

8 A to Z of care homes

	Total number of beds	Care home	Care home with nursing	Old age	Mental disorder	Learning disability	Dementia over age 65	Dementia	Physical disability	Page number
Abbeylea Nursing Home	41	✓	41							33
Abbey Court Nursing & Res Home	40	✓	40							33
Alvaston Manor	26	✓	26							24
Amber Lodge	40	✓	34					6		33
Andrin House	37	✓	37							33
Annefield House	14	✓	14							24
Appletree House	31	✓	28					3		33
Arboretum House	38	✓	38							24
Arthur Neal House	25	✓	25							24
Ashberry Nursing Home	17	✓				17				33
Ashlea Hostel	22	✓			22					24
Aspen Court	40	✓	40							34
Aspen House Ltd	22	✓		22						24
Beaches Care Centre, The	74	✓	39			35				34
Beechwood	8	✓			8					25
Beech Lodge	15	✓	15							25
Birches, The	19	✓	19							25
Bramblebrook House	40	✓	40							25
Broadstone Close Care Home	9	✓			9					25
Brookfields	34	✓	34					5		34