

# Selecting a care home

Choosing the right care home is one of the most important decisions you can make for yourself or for loved ones, and it can be one of the most difficult.

When visiting a potential care home, it is important to ask as many questions as needed to gain an accurate picture of day-to-day life at the home. We have compiled a list of some of the main points to consider:

- What are the facilities like?
- What is included in the cost of your fees?
- Is the home equipped to handle a variety of needs?
- Is it fully wheelchair accessible?
- Are special needs (i.e., hearing or sight impairment) catered for?
- Are there communal lounges as well as quiet areas?
- Do the bedrooms have ensuite facilities?
- Are residents permitted to bring belongings from home to personalise their rooms?
- Do the bedrooms include a fire alarm and nurse call system?
- Are residents encouraged to retain their independence?
- What activities and entertainment are provided?
- What additional services are available, such as hairdressing and physiotherapy?
- How flexible are the residents' routines - i.e., are there set mealtimes, bedtimes and visiting hours?
- Will visitors be permitted to join residents for meals or outings?
- What kind of food is served and are special dietary needs catered for?
- Are members of staff appropriately trained?
- Is the environment friendly and inviting?
- Can I keep my own doctor?
- Are residents able to bring pets with them?
- Do residents seem happy and alert?

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