



Most people would like to stay at home for as long as possible but may worry that asking for help will mean losing their independence.

Care Funding and Benefit advice can give real choice and control over where you live and the support you receive.



For help please
visit our website

Choosing Good Care

What do I need to know?

Often life changing decisions are made with little time and no previous experience of the care and benefit system.

It can be daunting, time consuming and confusing to claim benefits and understand the care system but we are here to help and the CQC regulates all care providers.



Helping you through the Care Maze



Care Navigators

Everyone is different, needs vary from person to person, family to family. It isn't always easy to accept support and you may be surprised at how much help is available to avoid a crisis and support your independence.

It is important to consider all of the options, although if you are not sure what they are it isn't easy

Types of Care

Care at home/Live in care
Shared Lives schemes
Extra care/assisted care/supported living/care and retirement housing
Residential Homes
Nursing Homes/Dual Registration
EMI/Specialist Dementia Homes
Specialist Rehabilitation or Faith settings



It's true what they say, 'prevention is better than the cure'. Care services don't have to be intrusive or specifically personal care, you may just want companionship or a hot meal, some cleaning, shopping or gardening.

Moving into a Care Home

Many things can lead to a move into a care or nursing home. It may be that a short stay is needed but if you are thinking about a permanent move consider the type of home and any possible future needs. How will the care be paid for? Can you get any financial help and is this the right type of care for you? Is it sustainable or will you have to move?