



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

Our independent advice can help you make informed decisions to give you real choice and control over where you live and the support you receive.



For help please visit our website

Finding 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 but we are here to help



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 that is easier said than done.

Types of Care

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 and support doesn't have to be intrusive or specifically for 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 the intention is short term stay or period of respite and this may be exactly what is needed but a crisis may not be the time to make permanent decisions.