

## 19. RESIDENTIAL CARE

A residential care home provides accommodation with meals and personal care for people who need assistance and supervision, such as help with dressing, washing, and administration of medicine. A nursing home provides a higher level of care where there are medical needs. All Nursing and Residential Homes must be registered with The Care Quality Commission. West Sussex County Council can provide advice and guidance on choosing a home, and subject to both a full assessment of the person needing care and a financial assessment, may provide financial assistance towards the cost of a place in a home. The decision for someone to go into a home is complex, and involves difficult financial decisions. There are a number of organisations that can provide information on this, and checklists that can be used to help select a home. Please contact CSS, Worthing & District on 01903 536378 (see Relatives Support Project entry in this section), or Age Concern West Sussex (Age UK) on 01903 731800 for a list of organisations who can help with information. Do not hesitate to visit several homes before you make a choice to ensure that all the needs of the person going into care are met. Most Residential and Nursing Homes will offer short term respite or convalescent breaks if they have a room available. Some are able to accept bookings in advance. [www.carehomesguide.com](http://www.carehomesguide.com) is a definitive guide to national care homes.

### CAREAWARE

[www.careaware.co.uk](http://www.careaware.co.uk)

CareAware is a non profit making public information, advisory and advocacy service specialising in elderly care funding advice in the UK.

### CHOOSING A HOME

The experience of relatives, friends or other carers can be useful and reassuring when choosing a home, and discussing the needs of the person to be cared for with the proprietor of the home is essential. Ask to meet staff and other residents, look at the cleanliness, menus, choice of activities offered, additional services available and the costs eg chiropody, hair dressing etc. For a booklet of all registered homes in West Sussex contact your local West Sussex County Council Help Desk (see section 1) or County Hall on 01243 777100.

### THE CARE QUALITY COMMISSION

[www.cqc.org.uk](http://www.cqc.org.uk)

The Care Quality Commission regulates health and adult social care services in England, whether they're provided by the NHS, local authorities, private companies or voluntary organisations. They hold a directory of registered homes.

### ELDERLY ACCOMMODATION COUNSEL

[www.housingcare.org](http://www.housingcare.org)

Maintains a nationwide database of all forms of specialised accommodation for older people including sheltered housing for sale or rent, care homes and close care schemes. Offers guidance, advice and detailed information to help people choose and fund the most appropriate type of accommodation or support.

### NHFA

[www.nhfa.co.uk](http://www.nhfa.co.uk)

NHFA is a commercial organisation which provides advice to all older people and their families, regardless of means, on all the financial implications relating to obtaining and paying for care.

## **RELATIVES SUPPORT PROJECT**

**01903 536378**

CSS, Worthing & District has information on residential care home and nursing care home vacancies (permanent and short break [respite]) and works closely with Worthing and Southlands hospitals to help carers find residential or nursing care places for the person being cared for. A full entry for this service is at the beginning of the Pack.

## **RELATIVES AND RESIDENTS ASSOCIATION**

**[www.relres.org](http://www.relres.org)**

A national organisation which provides information and support for those in or considering long term care, their relatives and friends, including advice on finding a care home, paying fees, concerns about care, and involving families and friends in homes.

## **STANHOPE LODGE**

Residential home for adults with learning difficulties.