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Residential Care
Explained

Brave Decisions. Better Lives.

What is **Residential Care?**

Residential care provides accommodation, personal care, support, and around-the-clock assistance for people who can no longer live safely or comfortably in their own home.

A residential care home offers a safe, welcoming environment where people can receive help with daily living while maintaining as much independence as possible.

Residential care is designed for individuals who may need support with tasks such as:

- Increased falls or mobility concerns
- Difficulty managing personal care independently
- Memory loss or confusion affecting daily life
- Loneliness or social isolation
- Increased reliance on family members for support
- Concerns about safety at home

Every person's situation is unique, and moving into residential care is a personal decision that should be made with the individual and their family wherever possible.

When Might Someone Need **Residential Care?**

Deciding whether residential care is the right option can feel overwhelming. Many families begin exploring care when a loved one is finding everyday tasks increasingly difficult or when their needs can no longer be safely met at home.

Some signs that residential care may be worth considering include:

- **Increased falls or mobility concerns**
- **Difficulty managing personal care independently**
- **Memory loss or confusion affecting daily life**
- **Loneliness or social isolation**
- **Increased reliance on family members for support**
- **Concerns about safety at home**

Every person's situation is unique, and moving into residential care is a personal decision that should be made with the individual and their family wherever possible.

What Support is Available in a **Residential Care Home?**

Residential care homes provide support tailored to each person's individual needs.

This can include:

Personal Care

Support with washing, dressing, grooming, continence care, and maintaining personal hygiene.

Medication Support

Assistance with managing and administering medication safely.

Meals and Nutrition

Nutritious meals, snacks, and drinks tailored to dietary requirements and personal preferences.

Activities and Social Opportunities

A range of activities, events, hobbies, and outings designed to promote wellbeing, confidence, and enjoyment.

Housekeeping and Laundry

Cleaning, laundry, and maintenance are all taken care of, allowing residents to focus on enjoying daily life.

Emotional Wellbeing

A supportive environment where relationships, companionship, and emotional health are valued.

What is **Daily Life Like?**

Every resident has their own routines, interests, and preferences. Residential care is about supporting people to live fulfilling lives rather than simply meeting care needs.

A typical day may include:

- Enjoying meals with friends and other residents
- Taking part in activities and events
- Spending time with family and visitors
- Relaxing in communal or private spaces
- Accessing local community activities where appropriate

Residents are encouraged to remain independent and continue enjoying the things that matter most to them.

How is Residential Care Different from Nursing Care?

Residential care homes provide personal care and support but do not have registered nurses on-site 24 hours a day.

Nursing care is designed for people with more complex health needs who require regular clinical support from qualified nurses.

If you're unsure which option is most suitable, care providers can help assess needs and explain the different types of support available.

How is **Residential Care Funded?**

The cost of residential care depends on individual circumstances, care needs, and financial assessments.

Funding may come from:

01 **The individual paying for their own care (self-funding)**

02 **Local authority funding**

03 **NHS Continuing Healthcare funding in some circumstances**

04 **A combination of funding sources**

Understanding care fees can be complex, and it's always advisable to seek professional guidance regarding funding options.

Questions to Ask When **Choosing a Care Home**

When visiting a care home, consider asking:

- How are care plans developed and reviewed?
- What activities and social opportunities are available?
- How are residents involved in decision-making?
- What are visiting arrangements?
- How are dietary requirements managed?
- What training do staff receive?
- How does the home support residents' independence?

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We're Here to Help

Finding the right care can feel like a big step, but you don't have to navigate it alone. Taking the time to understand your options, ask questions, and visit different services can help you make an informed decision with confidence.

If you're exploring residential care for yourself or a loved one, our team is always happy to provide guidance and answer any questions you may have.

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Need support? Contact our friendly team to discuss your care options and arrange a visit.