

Shall I stay at Home or Move House?

We produced this guide to help you consider the options that are available to you when you or someone you know is considering care. Please see our other leaflet “What Care Will Suit Me” to help you decide if you need care.

There are several forms of care.

- You can live at home and access care services
- You can live in sheltered housing and access care services
- You can live in a residential or nursing home

Let us look at the pros and cons for each option:

Staying in your own home:

For:

- ❖ Obviously it is your own home that you know and love
- ❖ Everyone knows where you are
- ❖ You can get care assistants that will attend to you in your home
- ❖ You can have other services come to the home such as meals on wheels
- ❖ You can get equipment for your home to help

Against:

- ❖ You are on your own most of the day except when carers pop in
- ❖ If you get poorly will you then be able to stay home?
- ❖ You can't always get the carers at the time you want to
- ❖ Heating and managing the house can be difficult
- ❖ What will happen if carers fail to turn up
- ❖ How well protected are you?

When living in your own home regular additional support such as day care or respite can help you manage for longer.

Moving to warden assisted sheltered accommodation:

For:

- ❖ It becomes your home
- ❖ You have more support in the back ground
- ❖ You can still have carers visit and all the same equipment as at home

Against:

- ❖ You have to move house
- ❖ You may still be isolated in between carer visits
- ❖ You may have to move if you get poorly
- ❖ Heating and managing the house can still be difficult

Moving to a Residential Home:

For:

- ❖ You will have more company
- ❖ Your quality of life should improve
- ❖ If you get poorly you can stay living at the home and won't have to move again
- ❖ You will be in charge of the care you get
- ❖ Your health may very well improve

Against:

- ❖ You will need to move house
- ❖ You may feel nervous at the prospect
- ❖ You will need to get to know new people

Weigh up the pros and cons. Trust your own intuition and go by how you feel about the choices.