

**FOR IMMEDIATE RELEASE: Tuesday 8 February 2011**




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**HANDBOOK ON CHOOSING, PAYING FOR AND LIVING IN A CARE HOME AVAILABLE FREE FOR OLDER PEOPLE, THEIR FAMILIES AND CARERS**

Counsel and Care, the national charity working with older people, their families and carers, is today (Tuesday 8<sup>th</sup> February 2011) promoting its *Care Home Handbook*, which is available free for older people, their families and carers, and involved professionals. Supported by the Department of Health, this 56-page handbook provides vital information for anyone who may be considering care in a care home. This includes people who are planning for or making decisions about their future care, people who are supporting someone they care for and also care professionals, including local council social workers and care managers, who are exploring options on behalf of someone they advise.

The *Care Home Handbook* sets out clearly the rights that a person has, the choices they can make depending on their situation, and the control and independence they should be able to retain throughout. It guides the reader through the different options available for funding care and gives advice on how to choose a care home that suits a person's individual needs.

The *Care Home Handbook* covers the following areas:

-  who can help you to decide what would be the best care for you
-  getting your needs assessed by the local council
-  what alternatives there may be to going into a care home

- choosing the right care home for you
- who will pay your care home fees?
- will you have to pay anything yourself?
- living in a care home
- how to make a complaint if things go wrong at any stage
- where to go for further help and advice.

Peter Watt, Chief Executive of Counsel and Care, said: “Whether you pay for your own care or are funded by your local authority, finding and paying for a care home can be a real worry for older people, their families and carers. Navigating your way through the complex maze of funding and choices available can be difficult. The Care Home Handbook is there to help answer all of your questions and provide a clear way through.

In these challenging times when access to and the cost of care in care homes is expected to become more difficult for older people we are very grateful to the Department of Health for funding this new version of the guide.”

A recent advice service user said: “I called the advice line as my mother was very ill and I wasn’t sure whether she might need to move in to a care home and I had no idea where to start. Someone from the advice team referred me to the Care Home Handbook and the information contained really helped resolve the problem my mother was experiencing, all the contacts addresses and phone numbers are so helpful. Now my mother is in a good care home and we felt that we got the best advice to make an informed choice. I am recommending both this book and your advice service to various friends with similar problems.”

**-ENDS-**

## NOTES TO EDITORS

1. The *Care Home Handbook* is available free of charge.

It can be downloaded from:

<http://www.counselandcare.org.uk/category/category-publications/pdf/care-home-handbook> or a hard copy can be requested. To order a copy, telephone Counsel and Care's dedicated publication orderline on **020 7241 8522** or email your request with your name and full postal address to: [sharon.ridsdale@counselandcare.org.uk](mailto:sharon.ridsdale@counselandcare.org.uk).

As a bonus, those ordering hard copies of the Handbook will receive free of charge a copy of our 2007 publication *Your Care Home: is it up to standard?*

Please note, we will ask those who can afford it to make a contribution towards postage and packing.

2. For more details on Counsel and Care's work with local authorities contact Rebecca Shaw, Development Manager on 020 7241 8534 or [rebecca.shaw@counselandcare.org.uk](mailto:rebecca.shaw@counselandcare.org.uk)
3. Counsel and Care has produced a wide range of accessible publications aimed at older people, professionals and policy-makers. To order any of our publications, log on to our website to view our publication order form: [www.counselandcare.org.uk/influence/publications/](http://www.counselandcare.org.uk/influence/publications/). If you wish to order by telephone, please call us on our publication orderline: 020 7241 8522.
4. Counsel and Care is a national charity working with older people, their families and carers to get the best care and support. Advice on issues affecting older people can be obtained by calling 0845 300 7585 or emailing [advice@counselandcare.org.uk](mailto:advice@counselandcare.org.uk).
5. More information about Counsel and Care can be obtained from [www.counselandcare.org.uk](http://www.counselandcare.org.uk)