




















Residential care







	<p>Most people prefer to live in their own home for as long as they can.</p>
	<p>If you need extra support to live independently, equipment and</p>
	<p>different types of support can help.</p>
	<p>For more information go to our pages on Equipment and gadgets and Help at home</p>
	<p>If you cannot live at home with support, you may need to live in a care home.</p>







	<h2>Care homes</h2>
	<p>Care homes usually have:</p> <ul style="list-style-type: none"> • a bedroom with a toilet
	<ul style="list-style-type: none"> • a shared room where everyone can sit
	<ul style="list-style-type: none"> • a dining room where you can eat
	<ul style="list-style-type: none"> • a shared garden
	<p>Services at care homes include:</p>







	<ul style="list-style-type: none"> • personal care such as help with washing and getting dressed
	<ul style="list-style-type: none"> • 24-hour medical care from trained workers
	<ul style="list-style-type: none"> • help with taking medicine
	<p>Not every care home provides nursing care.</p>
	<p>Nursing care is for people who need medical care and support 24 hours a day such as</p>
	<ul style="list-style-type: none"> • older people

	<ul style="list-style-type: none"> • people with disabilities
	<ul style="list-style-type: none"> • people with health problems that last a long time.
	<h2>Finding a good care home</h2>
 	<p>All care homes are registered with the Care Quality Commission (CQC).</p>
	<p>The CQC regularly visit care homes to check the standard of care.</p>
	<p>There are reports about care and support services on the CQC website that anyone can read.</p>
	<p>So you can check how good a care home is before you choose the one that is right for you.</p>

	<p>For information on care homes, go to the Care Quality Commission website.</p>
	<p>Paying for care homes</p>
	<p>Care homes can cost a lot, so get independent advice before you move into any care home.</p> <p>These 3 organisations can help:</p>
	<p>Money Helper</p>
	<p>Call 0800 138 7777</p>
	<p>Go to https://www.moneyhelper.org.uk/en</p>
	<p>Housing Care.org - for older people only</p>
	<p>Go to http://www.housingcare.org/</p>

	<h2>Citizens Advice Southwark</h2>
	<p>Drop in service – Monday to Friday 10AM to 2PM</p> <p>Peckham: 97 Peckham High Street, SE15 5RS</p> <p>Walworth: 6 – 8 Westmoreland Road, SE17 2AY</p>
	<p>Call 080 8278 7849</p>
	<p>Go to https://www.citizensadviceSouthwark.org.uk/</p>
	<p>You can pay for your stay at a care home by:</p>
	<ul style="list-style-type: none"> • renting your property and paying for your care with the rent money, if you are a home owner

	<ul style="list-style-type: none"> • selling your home, if you are a home owner
	<p>If you own a property you could defer payments and pay your care home costs later on.</p>
	<p>For more information go to our Deferred payments page.</p>
	<p>Support from Adult Social Care</p> <p>If you are paying for your stay at a care home,</p>
	<p>we can provide information, advice and support.</p>
	<p>For more information speak to your social worker.</p>

	<p>We will find a care home for you if:</p> <ul style="list-style-type: none"> • you qualify for support see our page Can we help with your care and support needs?
	<ul style="list-style-type: none"> • the support you need can be provided at the care home
	<p>We may pay for some or all of the costs.</p>
	<p>For more information go to our page Paying for your care and support</p>
	<p>We will help you to stay at the care home you like the most.</p>
	<p>Sometimes the cost of staying at the care home you like, is more than the cost of the support you need.</p>



When this happens someone else – a family member or friend – could pay a **top-up payment**.



Or you may be able to pay the **top-up payment** yourself.