



Selecting a Care Home

Day to Day Life

- Are there telephone facilities you can use in private?
- Can you access the internet, either in your room or on a shared computer?
- Are books and newspapers available?
- Does a mobile library visit?
- Does the home arrange outings to the shops, entertainment venues or places of worship?
- Are there any physical activities such as exercise groups or gardening?
- How will you be told about upcoming events?
- Are you encouraged to stay active and do as much as you can for yourself?
- Are external doors kept locked?
- Can you go outside for fresh air when you want to?
- Are you allowed to make choices about your daily routine?
- Will you be able to rise and go to bed when you choose?
- Can you choose which clothes to wear each day?
- Are there any restrictions on visiting times or numbers of visitors?
- Where can you spend time with your visitors?
- Are there facilities for visitors to stay overnight?
- Are young children welcome?
- Is the home right for your cultural and religious needs?
- Are there members of staff who speak your language?
- Can the home meet your dietary needs?
- Are there other residents from a similar background to you?
- Is there a choice of food and when and where it can be eaten?
- How are special diets catered for?
- Can you prepare food and drink for yourself?
- Do existing residents enjoy the food and can you try it?
- Are details of the complaints procedure readily available?
- Are you encouraged to give feedback?
- Is there a residents' committee?
- Do you have access to advocacy services?