

**RETHINK
CARE**

TYPES OF CARE

**AN OVERVIEW OF THE TYPES OF CARE THAT
MAY BE SUITABLE FOR YOUR CLIENT**

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TYPES OF CARE

Care takes many forms, from informal care carried out by a spouse, other relative or friend, to more formal care provided by a professional carer at home or in a care home.

The type of care a person requires normally depends on the reason why they need care.

For example, a client with a degenerative neurological condition may require specialist assistance in a residential setting. Alternatively, physical help needed as a result of reduced mobility or frailty may be provided in the client's own home, probably after it has been adapted.

When providing advice on care funding, it's important to understand exactly what care/support is required, how much it is likely to cost, and whether this cost is likely to increase in the future.

In the following section, we outline the key types of care that your client may need, and the impact this might have on your advice.

A move into a permanent residential care home is not always the only or most appropriate way to meet a person's need for care or support. Services that enable people to stay in their own home include domiciliary care, meal provision, and aids and adaptations to the home.

Innovations such as stair lifts, sensors, community alarms, assistive technology and other specialist aids are also available.

Provision of better information and advice, advocacy and community support can all help a client stay in their home and enjoy a better quality of life.

The local authority's adult social care/social services may be able to arrange appropriate care and support services including prevention services such as reablement. Some of these are free, others may be subsidised or means-tested, such as grants for adaptations to a home.



**WHEN PROVIDING ADVICE ON CARE FUNDING,
IT IS IMPORTANT TO UNDERSTAND EXACTLY
WHAT CARE / SUPPORT IS REQUIRED**

CARE AT HOME OPTIONS

If a client wants to stay in their own home, some changes may be necessary to allow this. They may include:

- Adapting a home
- Moving to a more suitable property.

If staying in their own home isn't possible other options are:

- Living with family or moving nearer to supportive relatives
- Moving to sheltered, retirement, extra care or assisted living housing
- Moving to a care or nursing home.

In addition to arranging care and support services, the local authority may also be able to help with minor adaptations to a property, provide aids, or organise an occupational therapy assessment or a means-tested grant.

Home Improvement Agencies (HIAs), also known as care and repair or staying put agencies, are local not-for-profit organisations. They're set up to help older or disabled home owners and private tenants arrange and pay for repairs, improvements and adaptations to their homes.

Many HIAs also offer additional services such as a handyman, help with gardening, checking home security or preparing for coming home from hospital.



**FOR SPECIALIST HOUSING ADVICE
AND HELP FINDING AN HIA, CALL FIRST
STOP ON 0800 377 7070**

ALTERNATIVES TO CARE AT HOME

Extra care/assisted care/supported living/care villages

These supportive or sheltered homes promote independent living. They can provide varying care and support services and may be privately rented, shared ownership, owned properties or have a social landlord. They can be in a variety of settings including a family home, such as in the case of a shared lives scheme.

Care homes

If your client needs more help with day-to-day care, these homes have care assistants but don't provide health/nursing care.

The average cost of a residential care home was £31,200 per annum in 2016. However, the cost varies hugely across the country, between care homes, and depends on the level of care required.

Care homes with nursing

If someone has needs that include a medical element, then a home with registered nursing staff may be required. A nursing home often has a higher staff/resident ratio and may be a more suitable option for those with greater needs.

The average cost of a care home with nursing care was £37,752 per annum in 2016. Again, this cost varies hugely across the country, between care homes, and depends on the level of care required.

Specialist homes

Many care homes provide specialist support for specific conditions.

EMI is the abbreviation for Elderly Mentally Infirm. Homes with this status provide a more specialist care provision in a secure environment which may be necessary for some residents with dementia type behaviours/needs.

Other care homes specialise in rehabilitation or supporting particular illnesses or disability, including neurological conditions such as acquired brain injury (ABI) and multiple sclerosis (MS).

It may also be possible to find a home for a specific group of people. For example, there are Royal British Legion care homes for serving and ex-service people and their dependants.

Temporary/respite care

A temporary stay in a care home for a short period may give a carer a break, and/or help a person recover after an illness or following a hospital discharge. If you think someone, or a carer, would benefit from having some respite care, ask your local authority for a care needs/carer's assessment.

THINGS TO CONSIDER

1

Understand your client's needs

- what level of care is needed?
- what are your client's objectives?

2

Is your client receiving the right level of care?

- is your client paying for unnecessary nursing care that might not be supported by the local authority?

3

Consider how your client's care needs are likely to change

- how long is care likely to be needed?
- is your client suffering from a degenerative condition, where more specialist care will be required later?

USEFUL TIPS

Local authorities can complete a care needs assessment free of charge and regardless of means.

To avoid long delays, make sure your client has full mental capacity or the correct Legal Power of Attorney in place.

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