Choosing care for yourself or a relative is a big decision.

Your feelings are good indicators when choosing a care home. Also consider:

- Do residents seem involved and content?
- Do staff appear caring and attentive?
- Can a care plan be agreed and changed easily to suit your needs and preferences?
- Is there a registered manager?
- Check the current Care Quality Commission report for the service.
- Is it clear how to make a complaint or raise a concern?
- What are the costs?
- Look at the West Sussex Care Guide, available in your local library.

www.westsussexconnecttosupport.org/choosingcare
Choosing care for yourself or a relative is a big decision.

What you should look for when choosing personal care in your own home:

- Check the current Care Quality Commission report for the service.
- Is there a registered manager?
- Can a care plan be agreed and changed easily to suit your needs and preferences?
- Is it clear how to make a complaint or raise a concern?
- What are the costs?
- Look at the West Sussex Care Guide, available in your local library.

Own home checklist

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