

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



## Care home checklist

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.

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

## Own home checklist

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.



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