

# Alternatives to Caring at Home

This section contains information on:-

**Options to consider**  
**Choosing a home**

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## Alternatives to Caring at Home

There may come a time when you and the person you care for feel they can no longer manage to live at home even with care and support.

Before making any decisions it is worth talking though the different options with everyone involved. If the person you care for lives with someone else the decisions will obviously affect him or her too.

If the Community Care or Child Care Teams have not been involved up to this point it is important to contact them, as they will be able to make an assessment of need and tell you what are the realistic possibilities in your area. One major factor may well be the amount of money you and the person you care for have.

Here follows a list of some of the possible options. There may well be other options and some of them may not be suitable for you but they can be used as a guide to start with.

### Options to Consider

1. The person you care for carries on living in their own home but with more help and support, possibly including adaptations to the home.
2. The person you care for moves into sheltered accommodation or housing that provides support.
3. The person you care for could move to live near you.
4. You could move to live nearer the person you care for.
5. The person you care for could move in with you.
6. You could move in with the person you care for.
7. The person you care for could move into a nursing or residential home.

## **Advantages and Disadvantages of the Different Options**

### Option 1

The person you care for continues to live in his or her own home.

#### **Advantages**

- may be what the person you care for wishes;
- independence related;
- familiar surroundings;
- less upheaval;
- friends and neighbours close by.

#### **Possible Disadvantages**

- risk of further illness or injury (the person you care for may be willing to accept some risk if they want to stay at home);
- not enough help available;
- loneliness (especially if the person you care for is housebound);
- family possibly too far away to visit frequently.

#### **Things to look into**

- the long-term outlook for the health of the person you care for;
- support services at home. See section 10 on Housing (particularly information on grants).

## Option 2

The person you care for moves into sheltered housing.

### **Advantages**

- independence retained;
- risk may be less if alarm system or warden on site;
- purpose built housing, easy to look after, all on the same level;
- no need to make alterations to existing home;
- possibly some communal facilities.

### **Possible disadvantages**

- unfamiliar surroundings;
- upheaval of moving;
- nuisance of having to sell present home;
- expense: depends on housing scheme, and whether buying or renting;
- possible waiting list;
- not available, or only available in the wrong area;
- possibly having to dispose of familiar objects/furniture.

### **Things to look into**

- Sheltered housing schemes in the area.
- Support services at home.

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### Option 3

The person you care for moves to live near you.

#### Advantages

- independence retained;
- family close by.

#### Possible disadvantages

- unfamiliar surroundings;
- upheaval of moving;
- loss of contact with friends and neighbours;
- difficulty of finding a suitable place;
- what happens if you have to move to a different area?

#### Things to look into

- Sheltered housing schemes in the area.
- Support services at home.
- Adapting the home.

### Option 4

You move to live near the person you care for.

#### Advantages

- independence retained;
- familiar surroundings;
- less upheaval;
- friends and family close by.

**Possible disadvantages**

- upheaval for you and your family;
- financial implications if you have to give up work;
- you may lose contact with your own support network;
- difficulty of finding a suitable place.

**Things to look into**

- housing and employment possibilities in the area you are thinking of moving to;
- support services at home;
- adapting the home.

Option 5

The person you care for moves in with you.

**Advantages**

- less risk if someone is always, or often, there;
- the person you care for may like to be cared for by his/her or 'their' own family;
- companionship for the person you care for.

**Possible disadvantages**

- loss of independence for the person you care for;
- upheaval of moving;
- stress for you and your family: you may feel you have no life of your own and/or be torn between the two;
- possible friction and bad feeling between you and the person you care for;
- your home may not be suitable.

### **Things to look into**

- support services at home;
- adapting the home;
- legal and financial considerations arising out of sharing a property.

### Option 6

You move in with the person you care for.

### **Advantages**

- familiar surroundings;
- less upheaval;
- friends and neighbours close by;
- the person you care for may like to be looked after by his/her own family.

### **Possible disadvantages**

- loss of independence for the person you care for;
- upheaval for you and your family;
- stress for you and your family; you may feel you have no life of your own;
- possible friction and bad feeling between you and the person you care for;
- the home of the person you care for may not be suitable;
- financial implications if you have to give up work.

**Things to look into**

- support services at home;
- adapting the home;
- legal and financial considerations arising out of sharing a property;
- future possibility of you being homeless if the cared for person's home has been sold to pay carers fees.

**Option 7**

The person you care for moves into residential or nursing home.

**Advantages**

- safety: someone is always there;
- round the clock care;
- good facilities;
- possible companionship;
- less disruption for you;
- enhanced independence for you

**Possible disadvantages**

- loss of independence for the person you care for
- unfamiliar surroundings;
- loss of contact with family, friends and neighbours;
- the person you care for may feel unwanted and unloved;
- family may feel guilty;
- expense;
- difficulty of finding a place in a home that will accept someone with the disability of the person you care for;
- difficulty of finding a home the person you care for likes;

### **Things to look into**

Residential and nursing homes in the area.

### **How Do You Find and Choose a Care Home**

The Social Care and Housing Department can give you information about the range of local homes to help you decide which care home will suit the person you care for.

If the assessment of need carried out by “Community Care” concludes that the person you care for needs to go into a care home then they will try, within certain limits, to place the person you care for in the home of their choice. If someone else like a relative, or friend is prepared to pay the balance you may choose a more expensive home.

### **Finding a Suitable Care Home**

You and the person you care for, can either look for a home yourself or ask the Community Care Team for help. You may also obtain advice from some local voluntary organisations such as Age Concern.

If the assessment of need concludes that residential or nursing care is appropriate the Community Care Team will:-

- give you information about various homes;
- help you visit any home you are considering;
- arrange a trial short stay in a home before you finally choose;
- show you the latest inspection report on how the home is run.

### **Choosing a Home**

You, and the person you care for, have the right to choose any home you like as long as the following apply:

- there is a place available;
- it is suitable for your care needs;
- the Community Care Division and the owner of the home can agree to ensure that you are properly cared for (this is already negotiated for homes in the Pembrokeshire area);
- the home does not cost more than the Community Care Division usually pay for the care needed.

### **Can the Person You Care For Enter a Home That Costs More Than the Community Care Division is Prepared to Pay?**

Yes, if someone else like a relative, friend, or charity is prepared to pay the difference for as long as the person is in the home.

### **Can the Person You Care For Move from One Home to Another?**

Yes, they can ask the Community Care Division to place them in another home. They have exactly the same rights to choose the new care home as they did for the first one.

### **If the NHS is making the Arrangements For The Care of the Person you Care For in a Nursing Home Can We Choose Which Home to Enter?**

Every effort should be made to listen to the person you care for and your wishes, however, because of the level of care involved, it is likely that NHS care can only be provided in a small number of nursing homes. It may not be possible therefore to meet your first choice.

### **Paying For Residential or Nursing Home Care**

Residential and nursing homes can be very expensive. The rules about paying for residential and nursing home care are extremely complicated. Therefore, the following information is just for guidance. The Community Care Division will always provide you with full details if you have to consider this option. Figures quoted in this pack can change each year so please check with Community Care or the Revenues Section.

### **Savings**

If you have savings or investments over £21,000 you will have to pay the full cost of residential or nursing home care (unless care is arranged by a Health Trust, in which case the Health Trust pays the full cost of the place). If your savings reduce to £21,000 and under, you can apply to the Community Care Division and ask for an early assessment. (Beware - this can happen quite quickly)

If the person you care for owns a house or flat, its value will be counted as part of their savings. However, this does not apply if:

- they are only going to be in a care home temporarily
- and/or if his/her spouse or another 'relative' who is aged 60, or under 16 or over and / or is disabled still lives there.
- the local authority has discretion to ignore the value of the home when someone else lives there depending on the circumstances.

For more information contact the Revenues Section (Collections) of the County Council on 01437 764551 who will be able to give you further details.

**Property**

Where the property charge cannot be paid immediately, the Council will allow residents to build up a debt.

A 'legal charge' will be placed on the property to ensure the debt is paid, e.g. on the sale of the property.

**Income**

The cared for person's income (up to the cost of the home's charges minus a small allowance for personal expenses) must go towards the charge of the home. The Community Care Division then pays the balance.

**If you find all this confusing, don't worry. The Revenues Section (Collections) will help you and for extra help and advice you can also contact your nearest Citizens Advice Bureau or Age Concern.**

**Living with the Decision**

Balancing everybody's needs and wishes is never easy. Remember there is often no perfect solution. Whatever option you and the person you care for choose, there are bound to be times when you regret it and feel you have made the wrong decision. The important thing is to be happy in your own mind that you and the person you care for considered all the options and made the best decision in the circumstances at that time.

## **Contacts - Section 4**

### **Age Concern Pembrokeshire**

A charitable organisation that helps older people in Pembrokeshire. Providing information, befriending, hospital homecoming and odd job services through volunteers.

2a Holloway  
Haverfordwest  
SA61 2JL

☎ (01437) 769972

### **Care Standards Inspectorate for Wales**

Provides details of long or short term private and local authority residential homes.

First Floor  
Meyler House  
St Thomas Green  
Haverfordwest  
SA61 1QP

☎ (01437) 769111

### **Citizens Advice Bureaux**

19 Cartlett  
Haverfordwest

☎ (0845) 1202939

10 Meyrick Street  
Pembroke Dock

☎ (01646) 683805

**Hospice Information**

Information about home nursing and respite care for people with cancer or terminal illness.

Hospice House  
34-44 Britannia Street  
London WC1 9JG

☎ (0870) 903 3903

E mail: [info@hospiceinformation.info](mailto:info@hospiceinformation.info)

**Independent Living Fund**

These funds provide money for you to employ private personal assistance. For further information please contact:

Independent Living Funds  
PO Box 7525  
Nottingham  
NG2 4ZT

☎ (0845) 601 8815

E-mail: [funds@ifl.org.uk](mailto:funds@ifl.org.uk)

**Leonard Cheshire Foundation**

Provides residential care in over 80 homes for people with disabilities and care at home services for people in their own homes.

Rex Barker, Director of Services  
30 Millbank  
London SW1P 4QD

☎ (0207) 8028200

Fax (0207) 8028250

### **Paul Sartori Foundation/Hospice Care**

The foundation is a lead specialist provider of palliative care in Pembrokeshire.

Nurses Team

31 Haven Road

Haverfordwest SA61 1DU

☎ (01437) 763223

Fax: (01437) 765755

E-mail: [enquiries@paulsartori.wales.org](mailto:enquiries@paulsartori.wales.org)

### **Pembrokeshire Care and Repair 2000 Ltd**

The agency works with older people, and people of any age with a disability who need advice about housing options if they are owner occupiers, or live in privately rented accommodation. Help is given to consider what housing options may be the most appropriate in individual circumstances and advising on grant applications. If there is a decision to proceed with a housing grant application, the agency can assist with a grant application. Help is also given to find suitable building contractors. Where help is required with a Disabled Facilities Grant, the service is offered in consultation with the Community Occupational Therapists.

Meyler House,  
St. Thomas' Green,  
Haverfordwest

☎ (01437) 766717

Hours: Office hours Monday to Friday, 9.30 am to 4.30 pm.  
Answerphone at all other times

Referrals: Accepted from all sources provided the person being referred is aware of the referral

**Pembrokeshire Community Alarm Service - “Piper Lifeline”**

An emergency telephone service with special features to suit people with a visual impairment, hearing impairment, or with mobility/other disabilities.

Community Alarms Liaison Officer

Haverfordia House

Haverfordwest SA61 2DN

☎ (01437) 764551

Pembrokeshire County Council

Social Care and Housing

County Hall

Haverfordwest

SA61 1TP

☎ (01437) 764551

website: [www.pembrokeshire.gov.uk](http://www.pembrokeshire.gov.uk)

Relatives and Residents Association

Offer support and information for people going into residential homes

☎ (0207) 3598136