

Information to individuals & families who are exploring types of care settings.

The time may come when living at home isn't safe or comfortable anymore. It's not an easy decision, but there are lots of housing options. Moving somewhere more suitable can make life much better for you. We hope the following information will help you understand the different types of care provided.

What is the difference between a Nursing Care Home and a Residential Care Home?

Both nursing and residential care homes provide care and support 24 hours a day, however the main difference is that a nursing home is able to provide a higher level of care. This also means that nursing homes can be significantly more expensive, depending on what type of care you need.

Nursing homes have qualified nurses on-site around the clock to provide medical care as needed whereas residential homes help people with personal care and support them to engage in physical activity.

Some residential care homes can cater for some nursing needs through special care facilities or visiting health professionals, they are mainly for older adults who are unable to live independently and manage their personal hygiene, medication and toileting or struggle with mobility.

Some homes are registered to care for both people in need of residential or nursing care.

Nursing Care Home:

Nursing homes are a place of residence for people who have significant difficulty coping with daily living and therefore are supported in the setting by skilled nurses who are available 24 hours a day.

Nursing care might suit people who:

- need intensive rehabilitative care (e.g. those who have suffered a stroke),
- people with physical disabilities (e.g. need a PEG feeding tube because they are unable to swallow or eat enough and require long term artificial feeding) or
- individuals with other long-term conditions.
- Specialist care facilities for those with conditions such as dementia, alcohol dependence etc.
- for the terminally ill, palliative care can also be administered in a nursing home.

Residents can expect to have regular social activities organised for them and regular visits from entertainers, GPs, dentists, physiotherapists and other providers can also be arranged.

Residential Care Homes:

A residential care home provides residential accommodation with both board and personal care for persons in need of personal care. Residential homes are designed for people who do not need 24-

hour nursing care but are unable to care for their daily needs and so cannot live independently. Residential care homes can offer emergency, respite, short term, long-term care and even palliative care to older people and young adults who stay in a residential setting rather than in their own home or family home. They are not considered to be medical facilities.

Residential care is offered to:

- older people and those aged 18-65 with physical disabilities,
- learning disabilities,
- mental health issues,
- alcohol/drug dependence or
- other care needs.

Depending on the needs of the resident, staff can also provide assistance with daily activities such as personal care, dressing and eating.

Residential care settings can provide residents with a furnished or unfurnished room, meals, housekeeping and laundry services. Individuals can have access to on-site facilities such as hair salons, cafes and gardens as well as opportunities to use amenities in the local community. Residents can expect to have regular social activities organised for them and day trips out into the community.

Residential care facilities can be provided to support those with conditions such as dementia.

Criteria for a Dementia Residential Placement:

- Resident requires supervision or the assistance of one carer for personal care interventions.
- Resident can mobilise independently with or without a walking aid and does not require assistance of a mechanical aid i.e., sara steady, standing hoist or full body hoist.
- Resident can eat independently and does not require assistance with meals.
- Resident does not have medical needs that would require nursing intervention i.e., insulin, oxygen.
- Resident is not experiencing distressed reactions that would require an enhanced, specialist unit.

Residential care settings are led by Senior Care Assistants who are not nurses, therefore a residential setting cannot:

- Take blood.
- Give insulin.
- Provide oxygen support.
- Use mechanical equipment such as a hoist.
- Make clinical decisions without consulting a GP first.
- Treat complex graded wounds.

Supported Living (domiciliary registered)

Supported Living can look differently for each individual, it is a personalised type of service delivery that is designed to meet your needs. Supported living services enable individuals with a disability to

live independently in their own home, with appropriate support to help them manage their own tenancy and achieve greater freedom and control in their lives. Support can be provided in a person's own house, their flat or in a shared living environment. Services can range from occasional visits from a support worker, flexible support during the day or in the evening, overnight and/or at weekends, right through to 24 hours a day. Some services might be shared if more than one person with support needs live together, for instance a couple sharing a flat.

A social worker or care manager can complete a referral form for Supported Living. A housing association will help you with your tenancy and you may be entitled to housing benefit to cover the cost of your rent. A care provider will look at your support needs separately to your housing needs; you will need an assessment by your local Trust which will determine how many hours of support you require and what this support should look like.

An individualised care plan will be agreed between the Trust and the care provider, and this will be reviewed at least annually. This will include a unique and tailored 'personal support plan' for each individual, that outlines the type of support they receive, how much and how often.

Types of support:

- personal care – health and wellbeing, washing, preparing meals, medication
- running a home – maintaining a tenancy agreement, budgeting, paying bills
- healthy living – help with making healthy lifestyle choices
- household tasks – cleaning, laundry, cooking
- building links with the community – developing friendships, maintaining personal relationships, contact with family and friends
- leisure activities – socialising, going on holiday
- education and employment – identifying opportunities, applying for college or jobs, arranging training.

Respite Services

Respite or Short Breaks is a service provided to people who ordinarily live at home with their family, and is designed to give you a break from caring. It can include respite support for a few hours each week to overnight stays. These respite breaks can be both planned or unplanned depending on circumstances. Respite care can be provided as a result of your carer's assessment, while at other times is provided through a needs assessment for the person you look after.

Respite provides carers with some additional support so that they can take up new hobbies, go on holiday etc or to recharge their batteries. The aim of the short break for the person receiving this service is to provide them with a holiday or help them with independence skill building as preparation for longer term move on accommodation.

Respite service can be funded in a number of ways including direct funding from the Trust or direct payments from the carers. Some care homes offer short-term respite care.

Respite care could involve:

- Nursing care needs, such as catheter or continence support
- Personal care, including dressing, showering, and toileting

- Mobility support, helping your loved one move around the house
- Administering medication at the correct times
- Ongoing companionship and emotional support
- Cooking meals and fetching the food shopping
- Housekeeping, including washing and drying clothes
- Arranging visits out, for a break or to see family and friends

If, like most caregivers, you accepted the role as family caregiver without any formal training. Seeking respite care from others can bring a fresh pair of eyes to your daily routine and may offer tips on different ways to handle certain caregiving tasks.

Residential rehab

Residents receive rehabilitation or reablement as part of the Trusts Step up Step Down provision. Referrals are received from the multi-disciplinary teams and from hospital social workers. Often they are registered to provide care to only to those over sixty-five years old, it is worth checking if you need care for a younger person.

Residential rehab occurs when an individual is admitted for residential rehab (a period of 21 days??) to allow Occupational Therapy, Physiotherapy, District Nursing & Social Work to assess and review the individuals level of functioning, promote opportunity for the individuals level of functioning to improve and determine the level of community support that is required to facilitate discharge home or care setting.

Learning Disability Services

A definition of learning disability can be defined as “an arrested or impaired development of mind causing a deficit in social functioning”. This definition would cover a larger aspect of the community such as mental health, dementia as well as Learning Disability, therefore regulation can be an issue with reference to nursing homes.

If a person with a learning disability is unable to live independently at home or with the help of a family member or friend, an option is to move into a care home. Many residential and nursing care homes welcome people with varying degrees of learning disabilities, and some specialise in supporting people with learning disabilities, mental health problems and challenging behaviour.

Having a learning disability means that a person has difficulties in learning new skills, understanding and processing information as well as communicating and interacting with others. Learning disability care homes are often small in size as residents’ needs are often high, meaning they require frequent care, support and supervision. The level of care provided will depend on whether a resident has moderate, severe or profound and multiple learning disabilities. The aim is to support each resident to lead fulfilling, happy lives regardless of the challenges they face.

Like other care homes, residents with a learning disability receive support with daily tasks and personal care. They offer a safe space for people to live, with care services tailored to residents’

needs, preferences and goals. These homes often offer a wide range of activities to support residents to develop their skills. This could be anything from vocational, social, education and life skills to enable them to be more independent.

People who go into a care home for people with learning disabilities may have one or more of the following conditions:

- Autism Spectrum Disorder
- Asperger's Syndrome
- Down's Syndrome
- Williams Syndrome
- Rett Syndrome
- Prader-Willi Syndrome
- Cerebral Palsy
- Tourette's Syndrome
- Brain injury