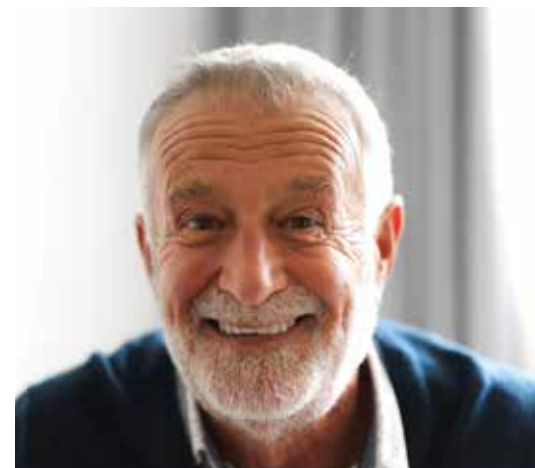


Your Guide to Later Life in **Gloucestershire** 2024/25

All the information and advice you need to navigate later life,
stay independent at home and connect socially



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At Principles we believe in creating a safe, supportive and stable environment as the foundation for a brighter future.

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Join the Age UK Gloucestershire Community

Would you like to receive occasional updates from us?

We would be happy to send you our updates, current advice, helpful information, and ways to get involved or support us.

We can post our popular Grapevine magazine and other helpful publications to you, free of charge. If you're online, for more regular updates you can also choose to receive our monthly email newsletter.

If you would like to keep in touch, just provide us with your details and tell us how you'd like us to contact you and we'll do the rest.

You can subscribe in any of the following ways:

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Embracing Later Life



More people are living longer and at Age UK Gloucestershire we feel this is something to celebrate and enjoy.

Our later years should be a time of comfort and happiness. Simple steps like nurturing friendships, pursuing interests, staying active and making healthy eating choices can all give us the best chance of enjoying the later life we want. Let's prepare for a future brimming with happiness and wellbeing!



My top tips to prepare for a happy later life

Age UK Gloucestershire Help Team Manager, Velda has this advice to help you plan for your best later life.

Stay Social and Active

Contact with other people is so important for our general wellbeing. Try to maintain those friendships and activities, or try new ones.

Find information about our activities and social groups on page 10-11.



Money Matters

Get your finances in order and make sure you are claiming any benefits or grants you may be entitled to. This can help pay for the support you need.

Our Help Team can check this for you and help you through the application process. See page 6-7



Your Home

Will your current arrangements at home suit your needs? Be open to looking at ways you could adjust things, so you can remain independent.

Our Help Team can tell you what is available and how you can access it. See page 6-7. Also, find out about Homesharing on page 8.



Getting Around

Try to maintain your ability to get around by exploring options, especially if you are unable to drive.

Talk to our Help Team about driving with confidence, Blue Badge applications and community transport. See page 6-7.



Understanding When You Need Help

There may come a time when you need more help. Accepting that support and knowing how to access it, means you will be able to remain safe and independent at home for longer.

Our Help Team can talk you through care options and how to access them. See page 6-7.



Make Your Wishes Known

Share with your loved ones what you'd like to happen if you were no longer able to make decisions or communicate yourself. It might be uncomfortable to think about, but having a plan can save a lot of future stress. Your wishes are clear and respected.

Where to start with Power of Attorney, RESPECT forms and more. We explain it all on page 12-13.



However carefully you plan, sometimes you might need extra help. If you need us, our Help Team is here for you and their service is provided free of charge. Call the Help Team on 01452 422660 or email helpteam@ageukgloucestershire.org.uk

Our Help Team



The first port of call for all aspects of later life

Our experienced and friendly team is here for you. Our range of support and impartial information can help you lead a safe, comfortable and independent later life. We have a vast range of specialist knowledge and with our guidance, you can make informed choices for you and your loved one, about all aspects of later life.

Here's how our Help Team can support you.



Do you feel lonely?

We'll tell you about social opportunities and activities near you and transport options to reach them.



Are you concerned about your health and wellbeing?

We can help you to navigate the social care system so you can find the right care path and funding for you.



Do you have enough money?

We provide a free benefits check, help you make your application and advise on steps to get your finances in order.



Will your current house meet your needs?

We can advise on housing options, support benefit applications and signpost to relevant organisations.



Are your affairs in order?

We can talk you through all the processes, such as Powers of Attorney, funding care, and we'll signpost you to relevant agencies.

Navigating Later Life

Benefit Advice and Checks

We want to ensure everyone is receiving the financial support they're entitled to, and the Age UK Benefit Calculator is a great way to find out your potential entitlements. It takes around 15 minutes to complete the form, it's free and it's anonymous. Visit: www.ageuk.org.uk/gloucestershire/calculator

If you are entitled to claim, we can help you through the application process. Sometimes claiming one benefit can be a gateway to other entitlements such as a Cold Weather Payment or free NHS dental treatment, so we definitely recommend checking.

Here's some information on a few of the benefits which could be available to you, and you can find out more detail by getting in touch with our Help Team.



“ Our Help Team supports around 5,000 older local people every year. ”

Signposting

Our Help Team is patient, knowledgeable and experienced.

If we don't have the answer, we'll always know someone who can help you and we'll put you in touch with most appropriate organisation for you. If you need help, make our Help Team your first port of call.

Attendance Allowance

If you're over State Pension age (66) and struggling with your personal care, you may be entitled to claim.

It isn't means-tested and the amount you're awarded is based on your needs.

It's up to you how you spend the money, but many people use it for things to help them remain independent at home.

Pension Credit

If you're living on a low income and are over State Pension age, you could be awarded this extra money to help cover your costs.

Even if you have other income, savings or assets you could still be entitled to claim.

Blue Badge

This allows you to park closer to destinations, reduce parking fees and extend timing restrictions.

It makes outings easier and helps you remain more independent and active.

You can use your Blue Badge even if someone else is driving.

Rita was awarded the Higher Rate Attendance Allowance of £101 per week, plus a 9 week back dated payment of £915. This enabled her to buy a lightweight stroller and employ a gardener to tidy up her overgrown garden. The continuing payments have allowed her to get to her weekly balance exercise class and social group by taxi. All of this has improved Rita's independence and been of great benefit to her physical and mental health.



Visit

www.ageuk.org.uk/gloucestershire/helpteam

to find financial support you may be entitled to

Community Drop-ins

www.ageuk.org.uk/gloucestershire/communitydropins

at locations across Gloucestershire

Call

Age UK Gloucestershire's Help Team on **01452 422660** for advice and information



Support to stay independent at home

Part of planning for later life is considering the support you might need to remain safe, comfortable and independent in your own home.

Our Help Team can provide the advice and support to help you find the solutions which are right for you, from adaptations and extra support at home, through to live-in help.

Contact our Help Team on 01452 422660

If you're finding it hard to manage in your own home, you may decide to move to where you can get more support. We can talk to you about all the options available, from sheltered accommodation and assisted living to residential care.

Questions often arise around the financial aspects of care. Our Help Team are experts and will guide you through the process of arranging a Care Needs Assessment (by Adult Social Services), discuss when you may need to contribute towards the cost of your care, as well as tell you about other grants and benefits which could be available to you.



Housemates Reinvented with Homeshare

Sharing a home brings so many benefits and can make a real difference to peoples' lives.

Homeshare brings together older people who have spare rooms, with people who need affordable accommodation, who are happy to chat and lend a hand. As a Householder, you welcome someone in to you share your home. Within the agreement, you will benefit from low-level support around the house and some company at home. As a Homesharer you're offered an affordable place to live and the opportunity to join a welcoming home.

Age UK Gloucestershire's Homeshare Team carefully matches people and oversees the whole arrangement, providing professional ongoing support.

To find out if Homeshare could work for you contact:
Call: Ramona, Homeshare Manager on 07760 419260
Email: homeshare@ageukgloucestershire.org.uk
Visit: ageuk.org.uk/gloucestershire/homeshare



Brian & Melba
happily Homesharing for 18 months



Take on Technology

Take on Technology with our Digital Champions

Technology is becoming a bigger part of everyday life and there's so much you can do online. Some older people are missing out, but our Digital Champions are here to help you unlock the mysteries of your tablet or Smartphone and support you to develop your digital skills safely and with confidence.

Our support is one-to-one and tailored to your interests and needs, from emailing and browsing the internet, to shopping, online banking, how to pay for parking digitally and much more.

Our friendly volunteers will patiently guide you through making the most of your device, teaching you the things you'd like to learn. Building your IT confidence can enable you to more easily keep in touch with family and friends online.

The easiest way to access our digital support is to come along to our drop-in session at Gloucester City Library, which currently takes place every Tuesday from 11am-12. Our Digital Champion Volunteers are also often at our weekly social groups throughout the county, so you can enjoy a cuppa and chat with others whilst you learn. If you need help getting connected online, we can offer a home visit to help you with this too.

How to access support

Support from our Digital Champions is provided free of charge, so to find out how you can step into the digital age contact:

Call: Help Team on 01452 422660
Email: digital@ageukgloucestershire.org.uk
Visit: www.ageuk.org.uk/gloucestershire/digitalchampions



“ Step into the digital age ”





Making Connections

Your Social Circle

Maintaining a social life, staying active, having a sense of purpose and embracing a positive outlook are all things which contribute to living a fulfilling and happy later life.

Age UK Gloucestershire is here to help you expand your social circle and make those all-important connections that add vibrancy to your life.

At Age UK Gloucestershire, we offer a range of social groups and opportunities to connect. Our members often express how much they enjoy their time with us and look forward to each gathering.

Our Social Groups

Discover the joy of our thriving weekly groups that gather in community spaces across the county. Our groups meet in different venues ranging from libraries and community centres, to local pubs. Each group is shaped by the people who come along, their interests and the space in which they meet so there's something for everyone.

Whether you enjoy structured activities like quizzes and crafts or prefer casual chats over coffee, there's a warm welcome waiting for you. There's no need to book, just come along.

Joining one of our social groups can also help to connect you with some of the other services we offer you. Our Help Team may drop in with some advice, or our Digital Champion Volunteers may be there to offer IT advice and assistance.

Our Special Interest Groups

If you've ever wanted to try playing the ukulele, now's your chance! Our weekly ukulele group, now 20 members strong, welcomes all levels. Instruments are available for you to borrow. Additionally, our Ageing Without Children Group meets monthly and brings together people with the shared experience of ageing without, or without the support of children.

Our Activity Groups

Being active and mobile can really help as we age, so whatever your fitness level there's something for you. Join one of our gentle walking groups and enjoy the great outdoors at your own pace, in the company of new friends. We are developing new activities all the time, so keep an eye on our website for details, or subscribe to our e-newsletter or Grapevine magazine for regular updates (see page 37)

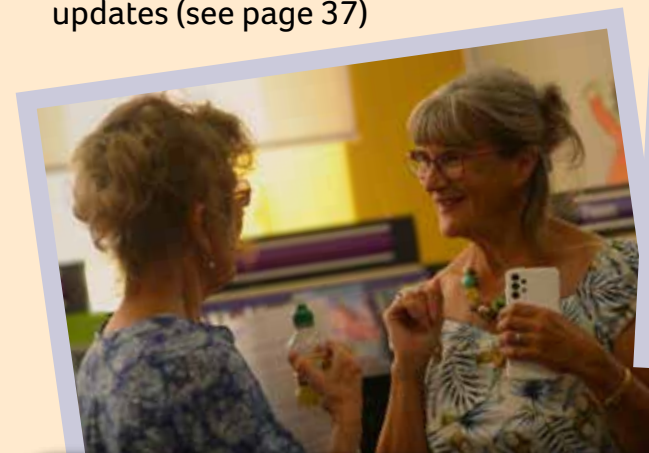
As well as our own groups, there's so much going on around the county and our Help Team has information about the wonderful range of opportunities to socialise and join in with activities.

Give them a call on 01452 422660 to find out more.

From knitting and creative groups, to walking sports and Men's Sheds, we're sure to know about something happening near you.



“
13 Age UK Gloucestershire Groups across the county
Join us today!
”



“I want my place to be more than just a pub, I want it to be at the heart of the community. I love having the Age UK Gloucestershire social group here. Numbers are growing each week and everyone brings fun, laughter and positivity with them.”

Luke, Landlord and Ye Olde Black Bear pub in Tewkesbury, hosts a weekly Age UK Gloucestershire social group.

For more information about social activities, when and where they take place, other ways to make social connections and how to access support from our Digital Champions Volunteers, visit: www.ageuk.org.uk/gloucestershire/socialgroups or call our Help Team on 01452 422600.



Planning for your Later Life

We all hope our retirement will be a time to relax and enjoy life to the fullest. But what about practical and emotional considerations?

Planning ahead isn't reserved for a certain age, it's never too early to give consideration to these important things.

Taking proactive steps now eases the path for your loved ones in the future and remember, you can always adjust your plans as life unfolds.

Engaging in these discussions early on is key. Whether it's about your living arrangements, the lifestyle you'd like to lead, or your preferences for care should the time come, conversations with your loved ones ensure that your wishes are heard and respected at every stage of life.

Even sharing your funeral wishes can provide clarity and peace of mind for those closest to you.

Initiating these conversations now ensures your wishes are documented, giving you confidence that should the need arise, those close to you understand your preferences when you might not be able to communicate them yourself.

Here, we explain some of the steps you could take now.



Lasting Power of Attorney

Securing a Lasting Power of Attorney (LPA) ensures that, should you become unable to, or choose not to make decisions on your own, a trusted individual can act on your behalf. You choose a person you trust as your attorney and give them the legal authority to make decisions for you.

An LPA covers decisions about your financial affairs, or your healthcare and it's never too early to have an LPA in place. We would recommend you consider setting one up before the need arises as it provides the assurance that, no matter what the future holds, you are protected.

You can contact your solicitor or visit the Government website below. There you'll find the instructions and forms you need to put your Lasting Power of Attorney in place.

www.gov.uk/power-of-attorney

Did You Know?

If you're married or in a civil partnership, it might come as a surprise that your spouse doesn't automatically gain the authority to handle your bank accounts, pensions, or make healthcare decisions on your behalf if you become unable to do so. The simple truth is, without an LPA, that authority won't be granted.



RESPECT Forms

Consider what you'd like to happen if you became seriously ill. It's important that medical professionals know how you want to be treated. If you have given your family Lasting Power of Attorney, they are often asked to make decisions on your behalf at what is already a very stressful time. It's important to note though, that having a RESPECT form in place certainly doesn't mean it will prevent you from receiving treatment.

You can discuss your preferences and complete your form with your healthcare professional now. Everything is noted down, so in an emergency, people can act quickly and in line with your wishes. Of course, you must ensure that those important to you know how to find this document, should they need to.

Your Important Documents

Gather your key documents together and keep them in a safe place. Share this location with someone you trust, such as a family member or the executor of your will. This makes things simpler for them when it matters most.

Your Online Accounts

It's worth thinking about what will happen to your digital accounts and profiles if you were no longer able to access them, or you pass away. Planning ahead can ensure your digital life is in good hands. The Law Society recommends creating a log of all your online accounts and leaving clear instructions about what you would like to happen to each one. You may want your social media accounts de-activated or have someone close to you retrieve photographs for instance. Don't forget about documents such as insurance or pension details stored online. Make sure someone you trust can access them if needed. Setting up joint email accounts can be a good way to share this important information.

For more helpful information, visit:
www.digitallegacyassociation.org



More Advice and Guidance

Age UK offers a helpful booklet packed with tips on approaching discussions about crucial matters like finances, housing arrangements, remaining in your own home, medical treatments, end of life care, funerals and even plans for your pets.

For a copy of our booklet and to discuss where to start with putting your plans in place, call our Help Team on 01452 422660.





Volunteer with us

Change a life, change yours – volunteer with us

Volunteering isn't just about giving your time and making a meaningful impact on others, it's about enhancing your life too. When you choose to volunteer with Age UK Gloucestershire, you're not just joining a team, you're becoming part of a movement to make our county a great place to grow older.

We have several ways you can get involved, by sharing your time, skills and life experiences.

From supporting people to complete their Attendance Allowance or Blue Badge application forms, to helping at our social groups, or visiting someone when they come home from hospital. You could share your technical expertise by becoming a Digital Champion or join our Volunteer Task Force and support us at events or with one-off tasks when we need you. You'll be helping us to support local older people to navigate later life, remain independent at home and make important social connections.

Our volunteer team comprises wonderful individuals of all ages, backgrounds and experience. Whether you prefer a regular commitment, or can spare a few hours occasionally, we can make our opportunities fit around your schedule. Your contribution is always valued and together, we make a real impact in supporting older people in our community.

You can find details of all our volunteering opportunities by visiting www.ageuk.org.uk/gloucestershire/volunteering or email: volunteering@ageukgloucestershire.org.uk



“Join us today!”



“Volunteering has been life changing for me, I just love it!” - Anne



The Power of Positive Ageing



Here's a fascinating fact ...

people who hold positive attitudes towards their own ageing live on average 7.6 years longer than those with a more negative attitude! *

At Age UK Gloucestershire, we feel this is a compelling reason to champion positive ageing.

That's why a key part of our mission is to bring about a shift in people's attitudes and experiences.

Our aim is for everyone to share our positive view of growing older.

Why? Because negative attitudes towards age and ageing can have a detrimental impact on the health and wellbeing of older people. Holding negative views about our own age can create a belief that decline is inevitable, often becoming a self-fulfilling prophecy. It can hinder us taking steps to stay active, socially connected and positive.



“Let's celebrate the benefits of ageing together!”



Unfortunately, older people are often portrayed as dependent with an emphasis on deficits – the things that they can't do. However, did you know that 60% of people over 65 report that illness is not limiting their lifestyle? **

Another study shows that contrary to commonly held views, people are happier and more content as they get into their 7th, 8th and 9th decade and beyond... ***

*Reference LEVY, B., ... etc study (as per GLL version 5 page 14)

**Age UK (2019). Later Life Facts and Stats.

*** Blanchflower D.G.(2021) ... etc (as per GLL version 5 page 4)

* LEVY, B., SLADE, M., KUNKEL, S. & KASL, S. V. 2002. Longevity Increased by Positive Self-Perceptions of Aging. Journal of Personality and Social Psychology, 83,261-270.

Are you a Carer?



Carers' assessments

What to do when you first become a carer

If you provide care and support to an adult friend or family member, you may be eligible for support from your local council.

This support could include being offered money to pay for things that make caring easier. Or the local council might offer practical support, such as arranging for someone to step in when you need a short break. It could also put you in touch with local support groups so you have people to talk to.

The Care Act 2014 makes carer's assessments more widely available to people in caring roles. Local councils now have a legal duty to assess any carer who requests one or who appears to need support.

If you are a carer and you need some support, get in touch with the council covering the area where the person you care for lives. The council will be able to give you information and advice about how the assessment will work.

A carer's assessment is a discussion between you and a trained person either from the council or another organisation that the council works.

The assessment will consider the impact the care and support you provide is having on your own wellbeing, as well as important aspects of the rest of your life, including the things you want to achieve day-to-day.

It must also consider other important issues, such as whether you are able or willing to carry on caring, whether you work or want to work, and whether you want to study or do more socially.

The assessment could be done face-to-face, over the telephone or online.

The council will use the assessment to identify your support needs, and to discuss how these could be met. This might mean that the council will give you help or put you in touch with other organisations, such as local charities, that you can talk to.

Eligibility for care and support services

A carer's assessment looks at the different ways caring affects your life, and works out how you can carry on doing the things that are important to you and your family. It covers your caring role, your feelings about caring, your physical, mental and emotional health, and how caring affects your work, leisure, education, wider family and relationships.

Your physical, mental and emotional wellbeing should be at the heart of this assessment. This means that you can tell the council how caring for someone is affecting your life and what you want to be able to do in your day-to-day life.

When the assessment is complete, the local council will decide whether your needs are "eligible" for support from them. After the assessment, your council will write to you about their decision and give you reasons to explain what they have decided.



If you have eligible needs, your council will contact you to discuss what help might be available. This will be based on the information you gave them during your assessment.

If you do not have needs that are eligible, your council will give you information and advice, including what local care and support is available. This could include, for example, help from local voluntary organisations.

Before your carer's assessment

If you have arranged to have a carer's assessment of your needs, give yourself plenty of time to think about your role as a carer and note your thoughts down. You might consider:

- whether you want to continue being a carer
- if you were prepared to continue, what changes would make your life easier
- if there is any risk that you will not be able to continue as a carer without support

- whether you have any physical or mental health problems, including stress or depression, which make your role as a carer more difficult
- whether being a carer affects your relationships with other people, including family and friends
- if you are in paid work, whether being a carer causes problems at your work (such as often being late)
- if you like more time to yourself so that you can have a rest or enjoy some leisure activity
- if you like to do some training, voluntary work or paid work

Your decision to be a carer

When your carer's assessment is done, no assumptions should be made about your willingness to be a carer. This can be a very sensitive area, because many of us feel that we have a duty to those we care for.

LEAN ON ME

Care Services

Specialists in providing a safe and comfortable care service in the **comfort of your own home ...**

Lean On Me Care Services Limited was created with one vision.

We promote, offer, support and deliver high quality services for carers and people with care and support needs.

Whether you need very low level help around the home to higher level daily support, we can help! From preparing food, shopping and cleaning to medication administration, personal care and support with daily living.

We put your goals and expectations at the core of our services.

With our care plans developed with you, that are built towards promoting your independence and quality of life.

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Commission

We sometimes rule out other options because we feel we have no choice. You have the right to choose:

- whether to be a carer at all
- how much care you are willing to provide
- the type of care you are willing to provide

There may be some parts of the role that you find more difficult than others.

Take a step back and think about your role as a carer. This can be useful in the discussion you have during a carer's assessment. You may wish to ask in advance for the assessment to happen in private, so that you can speak freely. It is vital that it considers whether the role of a carer is affecting your health or safety.

Carers sometimes take on physical tasks, such as lifting and carrying, which can cause long-term health problems. Others can find that the stress of the role can lead to depression or other mental health problems. In some cases, safety can be an issue; for instance, because of the behaviour of the person they look after.



During your assessment, explain any mental or physical health problems you are experiencing. Social services will consider all aspects of your health and safety, including caring tasks that might put your health or wellbeing at risk.

Some of the things you might need help with include:

- support to ensure you're able to attend any medical appointments
- support if you need to go into hospital for an operation (including recovery after surgery) that you might have been putting off because of your caring commitment.
- training for you, such as safely lifting

A carer's assessment should also look at your own interests and commitments to see if and how they are disrupted by your role as a carer. If they are disrupted, a social worker could discuss with you whether some support could improve matters for you.

The assessment should look at:

- marriage or other such relationships
- friendships and community role
- paid employment or voluntary work
- interests, sport, leisure and hobbies
- time for yourself

One of the most important parts of your carer's assessment will be a discussion about your wishes concerning paid work, training or leisure activities.

The local council must consider the support you may need if you want to stay in your paid job or return to paid work. They must also consider the support you may need if you want to continue or start studying or training.



During and after a carer's assessment

If you are looking after someone, the local council will consider a broad range of issues that can affect your ability to provide care as part of their assessment of your needs. When assessing your needs, social services must consider whether your role as a carer is sustainable. The assessment is about your needs and therefore you should:

- have a reasonably detailed discussion about all the matters relevant to you
- have the assessment in private if you want to, at a convenient time and place for you
- get relevant information, including about welfare benefits you could claim and details of other services
- have a chance to identify the outcomes that you want; any services should be appropriate for you and meet your needs
- be given flexibility and innovation in identifying services that may meet your needs
- have an opportunity to give feedback about the assessment
- be told about any charges before services are arranged

Support planning for carers

After your assessment, you and the local council will agree a support plan, which sets out how your needs will be met. This might include help with housework, buying a laptop to keep in touch with family and friends, or becoming a member of a gym so you can look after their own health.

It may be that the best way to meet a carer's needs is to provide care and support directly to the person that they care for, for example, by providing replacement care to allow the carer to take a break.

It is possible to do this as long as the person needing care agrees.

Your support plan should consider whether your situation is likely to change, but you may want to contact social services and ask them to reassess you if this happens.

Carer's assessments and hospital discharge

You might have a carer's assessment or a review of your support plan if the person you care for has been in hospital and is being discharged.

Carer's assessments and NHS continuing care

As well as care and support organised by the council, some people are also eligible to receive help from the NHS. This help may be a nursing service for people who are ill or recovering at home after leaving hospital. It could include things like changing the dressings on wounds or giving medication.

If you are eligible for this kind of help, a health professional such as your GP or community nurse should be able to tell you.

In exceptional circumstances, where an adult has a complex medical condition and substantial ongoing care needs, the NHS provides a service called NHS continuing healthcare. NHS continuing healthcare provides care and support in a person's home, care home or hospice.



Regain Your Independence with Affordable Stairlifts

Welcome to Affordable Stairlifts, your trusted and reliable source for stairlifts. Our company has a team of experienced advisors dedicated to sourcing the best stairlift products in the UK.

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Funding care

Care and support services in England have never been free. Most people have to pay something towards their own care and some will have to pay for all of the costs.

Your local authority (council) may cover some or all of the cost of care in some circumstances, but its help is “means-tested”. This means that who pays depends on what your needs are, how much money you have, and what level and type of care and support you require. For most people needing social care services, the first place to start is by asking your local authority for an assessment of your social care (care and support) needs.

If the local authority considers that you need support that it can provide, it may also carry out an assessment of your finances. This assessment will determine whether the local authority will meet all the cost of your care, or whether you will need to contribute towards your care cost or whether you will have to meet the full costs yourself.

Find out about support paid for by your local authority.

You might be eligible for the local council to pay towards the cost of your care if you have less than £23,250 in savings.

Exactly how much your council will pay depends on what care you need and how much you can afford to pay.

You will not be entitled to help with the cost of care from your local council if:

- you have savings worth more than £23,250
- you own your own property (this only applies if you're moving into a care home)

You can ask your council for a financial assessment (means test) to check if you qualify for any help with costs.

You can choose to pay for care yourself if you don't want a financial assessment

How the council pays for and arranges your care

If the council is going to pay towards your care, you'll get a personal budget. The amount will be worked out when the council makes a care and support plan with you.

You can choose to get your personal budget in 3 ways, as:

- a direct payment into your bank account each month for you to pay for your care – the council will usually ask for receipts to see you're spending your money on care
- the council arranges and pays for your care for you
- a mixed personal budget – the council arranges some of your care and you arrange and pay for the rest with a personal budget

You can speak to someone for advice on personal budgets by calling the Disability Rights UK Helpline free on 0330 995 0404.

How to arrange your care as a self-funder

- arrange and pay for care yourself without involving the council
- ask the council to arrange and pay for your care (the council will then bill you, but not all councils offer this service and they may charge a fee)

Find out what care you need

Even if you choose to pay for your care, your council can do an assessment to check what care you might need. This is called a needs assessment. For example, it'll tell you whether you need home help from a paid carer for 2 hours a day or 2 hours a week and precisely what they should help you with.

The needs assessment is free and anyone can ask for one.

How much will care cost?

Social care can be expensive. Knowing how much you'll have to pay will help you budget.

Paying for carers at home

A typical hourly rate for a carer to come to your home is around £20, but this will vary depending on where you live.

Having a carer who lives with you costs from around £650 a week. But it can cost as much as £1,600 a week if you need a lot of care.

Paying for a care home

There are 2 types of care home:

- residential homes have staff that help with everyday tasks such as getting dressed and supply all your meals
- nursing homes also offer 24-hour nursing care

Prices for residential care and nursing care will vary according to where you live and the type of care you need. For example, serious health problems like dementia and chronic obstructive pulmonary disease (COPD) can increase the cost.

Benefits can help with care costs

You may be eligible for benefits, like Attendance Allowance and Personal Independence Payment (PIP), which aren't means-tested. You can use them to pay towards the cost of your care.

Can I avoid selling my home?

You won't have to sell your home to pay for help in your own home. But you may have to sell your home to pay for a care home, unless your partner carries on living in it.

Sometimes selling your home to pay care home fees is the best option. But there may be other ways to pay care home fees if you don't want to sell your home straight away.

Releasing money from your home (equity release)

Equity release lets you take money that's tied up in your home without selling it. It's available if you're over 55.

The equity released from the value of your property may be able to be used to pay for care fees. However, you should consider which of these options best meets your needs, and what the overall costs to you will be. Before taking such significant financial steps as equity release, you might want to get independent financial advice.

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You can find information on equity release for care at home from:

- Which? www.which.co.uk/money/pensions-and-retirement/
- Money Helper's equity release information - www.moneyhelper.org.uk/en
- The Equity Release Council - www.equityreleasecouncil.com

If you're planning ahead, you may consider arranging an investment or insurance plan to fund your care. Again, it may be worth taking independent advice on financial arrangements before making major changes. Because of the new rules, there are likely to be more financial products emerging that are designed to help people pay for care. But you have to pay interest on the money you take out.

Renting out your home

You can rent out your home and use the income to help pay your care home fees.

A deferred payment scheme

A deferred payment scheme can be useful if you have savings less than £23,250 and all your money is tied up in your property.

The council pays for your care home and you repay it later when you choose to sell your home, or after your death. Ask your council if you're eligible for a deferred payment scheme.

You can get more information from:

- the Money Helper: deferred payment schemes
- Independent Age: guide to care home fees and your property

Get personal advice on care funding

The cost of care and support is likely to be a long-term commitment and may be substantial, particularly if you choose to go into a care home, or if you have care needs at an early age.

If you or a member of the family need to pay for care at home or in a care home, it's important to understand the alternatives. This makes advice tailored to your individual needs vital.

You can get advice from:

- your local authority – through an assessment of your care and support needs, as well as advice on which services are available locally
- financial advice from a qualified, independent source - there are independent financial advisers who specialise in care funding advice; they are regulated by the Financial Conduct Authority and must stick to a code of conduct and ethics, and take shared responsibility for the suitability of any product they recommend

Get expert financial help

You can get unbiased expert advice from a specialist care fees adviser. They'll help you compare all your options before you decide what's right for you.

Find a specialist care fees adviser in your area with:

- PayingForCare, a free information service for older people
- the Society of Later Life Advisers (SOLLA) on 0333 2020 454

What you can get for free

You might be able to get some free help regardless of your income or if you're paying for your care.

This can include:

- small bits of equipment or home adaptations that each cost less than £1,000
- NHS care, such as NHS continuing healthcare, NHS-funded nursing care and care after you have been discharged from hospital

If your savings run out

If your savings fall below £23,250, your council might be able to help with the cost of care. Contact your local council about 3 months before you think your savings will drop to below £23,250 and ask them to reassess your finances. Councils provide funding from the date you contact them. You won't be reimbursed if your savings are less than £23,250 before you contact them.

Care services in your home

If you need help around the home, a good option is to have a care worker come in to your home to help you.

Types of homecare

Homecare comes in many forms and has many names used to describe it, including home help, care attendants and "carers" (not to be confused with unpaid family or friends who care for you).

Homecare can suit you if you need:

- personal care, such as washing or dressing
- housekeeping or domestic work, such as vacuuming
- cooking or preparing meals
- nursing and health care
- companionship

Homecare can be very flexible, in order to meet your needs, and the same person or agency may be able to provide some or all of these options for the duration of your care:

- long-term 24-hour care
- short breaks for an unpaid family carer
- emergency care
- day care
- sessions ranging from 15-minute visits to 24-hour assistance and everything in between

If you already know what you want, you can search NHS Choices directories for:

- local homecare services and agencies
- a list of national homecare organisations
- services that can help you stay safe and well in your home on a long-term basis; these services, often known as "supported living services", can include financial, help with medication, advocacy, social and practical support
- a place to live in a family who will care for you, known as "shared lives services" or adult placement services

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PLEASE NOTE:

The figures quoted are accurate at the time of going to press, however this information may change at any time.

For accurate up-to-date information please contact either:

Age UK Gloucestershire on 01452 422660 or Gloucestershire County Council Adult Social Care on 01452 426868

If you believe that you might benefit from some help at home, the first thing to do is to contact your social services department to ask for an assessment of your care and support needs. To contact social services, go to GOV.UK: find your local authority.

If you are eligible for homecare services, the local authority may provide or arrange the help themselves. Alternatively, you can arrange your own care, funded by the local authority, through direct payments or a personal budget.

If you have chosen direct payments or a personal budget, or you aren't eligible for local authority help and want to get care privately, you can arrange it in several different ways.

Independent homecare agencies

If you use an independent homecare agency, you or the person you're looking after has to find the care agency and pay them.

The agency will provide a service through a trained team of care workers, which means you may not always have the same person visiting



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your home, although the agency will do its best to take your choices into account.

Independent homecare providers are regulated by the Care Quality Commission (CQC). Homecare agencies must meet CQC's national minimum standards and regulations in areas such as training and record-keeping.

The CQC has the power to inspect agencies and enforce standards.

Homecare agencies must vet homecare workers before engaging them by taking up references and carrying out Disclosure and Barring Service (DBS) checks on potential employees. Homecare agencies can also:

- take over the burden of being an employer – for example, payroll, training, disciplinary issues and insurance
- train their homecare workers through national qualifications and service-specific training
- replace workers when they are ill, on holiday or resign
- put things right when they go wrong

An agency will want to see you and the person you're looking after so that they can assess your needs. This also means that a joint decision can be made about the most appropriate type of care and support. You can find out more from the UK Homecare Association.

What are the disadvantages of using a homecare agency?

The main disadvantage is the cost of using an agency. The agency will charge a fee on top of the payment made to the care worker to cover their running costs and profit. You normally

have to make a regular payment to the agency, which includes both the worker's earnings and the agency's fee.

Questions to ask when using a homecare agency

The fees some agencies charge can be quite high. Before deciding to go ahead with an agency, you should ask questions about the fee and what it covers, including:

- Does the agency check references?
- What training and supervision do they provide?
- What is their complaints policy?
- Who will be responsible for insurance?
- Is there any out-of-hours or emergency contact if needed?
- Will they be able to provide staff if your own care worker is ill or away? (If an agency contracts to provide care every day, it must ensure that it does.)

Homecare from charities

Charities such as Carers Trust can provide home help and domestic assistance services. The Carers Trust supports carers by giving them a break from their caring responsibilities through homecare services.

Marie Curie Nurses can provide practical and emotional support for people near the end of their lives in their own homes.

Hiring a personal assistant (P.A.)

You can hire a "personal assistant" to act as a homecare worker for you. Personal assistants can offer you all that you'll get from an agency worker, but you'll also get the continuity, familiarity and ongoing relationship with your assistant. However, if you employ a personal assistant, you will then have the legal responsibility of an employer. This will include arranging cover for their illness and holidays.

GOV.UK has more information on becoming an employer, while Which? Elderly Care also has advice on employing private individuals.

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HOME CARE AGENCIES

Postcode	Name	Address	Town/City	Phone number
GL1 1DL	Multilink Care Management	Southgate House	Gloucester	01452 930291
GL1 1JJ	Clear Care	38 Brunswick Road	Gloucester	01452 226136
GL1 1PX	Direct Source Healthcare	Eastgate Street	Gloucester	07940 252861
GL1 1UB	Karva Care Services	Southgate House	Gloucester	07963 516914
GL1 1UN	Arriva Care Services	29 Brunswick Square	Gloucester	01452 501552
GL1 2RU	Bluebird Care	The Island	Gloucester	01452 414952
GL1 3AJ	State Care Solutions	31 Worcester Street	Gloucester	01452 699670
GL1 3AJ	Option Care	31 Worcester Street	Gloucester	07789 475993
GL1 3AJ	Afya Care	31 Worcester Street	Gloucester	01452 930355
GL1 3EJ	Raystra Healthcare	1 Alvin Street	Gloucester	01452 238262
GL1 3NU	Lean On Me Care Services	40 London Road	Gloucester	07958 649933
GL1 4SY	Care at Home	113 High Street	Gloucester	01452 300025
GL2 2AB	Care 1st Homecare	Telford Way	Gloucester	01452 642452
GL2 2AT	First4Homecare	Waterwells Drive	Gloucester	01452 346905
GL2 4AL	Acorn to Oak Homecare	Olympus Park	Gloucester	01452 345134
GL2 4NZ	Crossroads Care	10 Sabre Close	Gloucester	01452 302542
GL2 4WL	Severn Sunrise Homecare	52 Curtis Hayward Drive	Gloucester	01452 904009
GL2 5DR	Elite Home Care	34 Kaskelot Way	Gloucester	08448 001130
GL2 5FD	Nightingales Home Care	Spinnaker Road	Gloucester	01452 310314
GL2 8DN	Agincare	Newent Road	Gloucester	01452 943281
GL2 8EY	Radis Community Care	Maisemore	Gloucester	01452 305628
GL2 8EY	Flexicare Home Services	Maisemore	Gloucester	01452 306296
GL2 9QL	Alina Homecare	Staverton	Gloucester	01242 903713
GL3 1DL	Broomfield Care	Innsworth Lane	Gloucester	01452 730888
GL4 3GG	Helping Hands	Ambrose House	Barnwood	01452 226024
GL4 3HX	Nash Healthcare	Corinium Avenue	Gloucester	01452 346576
GL4 3HX	Rehoboth Health & Home Care	Corinium Avenue	Gloucester	07427 333614
GL4 3HX	Home Instead	Corinium Avenue	Gloucester	01452 341975
GL4 3HX	Gloucester Homecare	Corinium Avenue	Gloucester	01452 549495
GL5 1QJ	Penna Homecare	Slad Road	Stroud	01453 756227
GL5 2HL	Bluebird Care	3B Nelson Street	Stroud	01453 757937
GL5 2JT	Helping Hands	Union Street	Stroud	07772 880205
GL5 4EX	Gannicox CIC Domiciliary Care	Whittington House	Stroud	07979 935359
GL6 0AG	Corinium Care	George Street	Stroud	01453 839290
GL6 9EY	Horsfall House Homecare	Windmill Road	Stroud	01453 886381
GL7 1LF	Careful Care	114 Watermoor Point	Cirencester	01285 640420
GL7 1QD	Helping Hands	31 Castle Street	Cirencester	01285 708223
GL7 3AD	The Care Net	5 High Street	Lechlade	01367 705081
GL8 8JG	Prestige Nursing	Church Street	Tetbury	01666 503020
GL11 4HY	Network Healthcare Professionals	14-16 Long Street	Dursley	01453 519240
GL12 7BX	TLC Support Services	43 Long Street	Wotton-under-Edge	01453 844080
GL13 9BE	Excellence in Care	19 Canonbury Street	Berkeley	01453 511991
GL14 2AB	Crossroads Care	Belle Vue Road	Cinderford	01594 823414
GL14 2SE	Caremark Herefordshire	15 High Street	Cinderford	01432 367672
GL18 1AH	Easy Living Solutions	10 Broad Street	Newent	01531 820556
GL20 8BT	La Vie En Rose Ltd	18 Ashchurch Road	Tewkesbury	01684 439564
GL20 8SD	NSF Health	Oakfield Close	Tewkesbury	07403 316439
GL50 1HR	Retain Healthcare	8 Ormond Terrace,	Cheltenham	01242 262700

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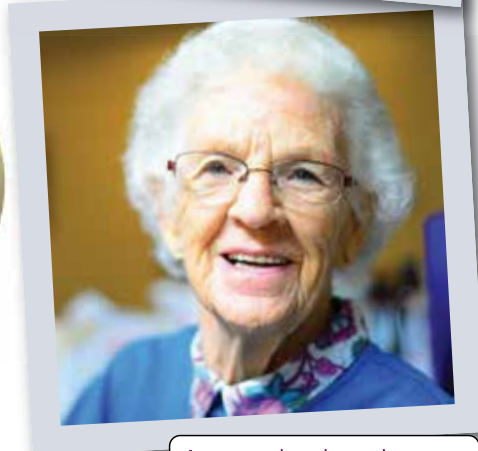
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Safeguarding vulnerable groups

The Disclosure and Barring Service (DBS) makes decisions about who is unsuitable to work or volunteer with vulnerable adults or children. It makes this decision based on information held by various agencies and government departments. The service decides who is unsuitable to work or volunteer with vulnerable adults or children.

If someone who is barred from working with children or vulnerable adults is working, volunteering or trying to work or volunteer with these groups, they are breaking the law. They could face a fine and up to five years in prison.

Employers must apply for an enhanced DBS check (formerly known as a CRB check) when taking on new employees or volunteers to work with vulnerable adults or children.

This includes a check of the barred lists. If an organisation fails to make the relevant checks, they can be penalised.

If an organisation dismisses an employee or volunteer for harming a child or vulnerable adult, they must tell the DBS.

The DBS must also be notified if any employee or volunteer harms a child or vulnerable adult, but isn't dismissed because they leave voluntarily. If their organisation does not tell DBS, they will be acting illegally. Questions can be answered by the DBS call centre on 0870 909 0811.

Employing a care worker on a private basis

If you employ a care worker privately, you will not be obliged to use the DBS scheme, but you can use it if you choose to. You need to ask social services or the police to make the checks on your behalf. The care worker must have already applied to be vetted, and must consent to the check.

If you have concerns about the suitability of someone you employ privately to work with a vulnerable adult or child, you can ask social services to investigate the matter. They can refer the worker to the ISA on your behalf.

Manual handling

If you need help to move, or you need someone to lift you (such as getting out of bed or getting on to the toilet), this can put the person doing the lifting at risk of injury. This "manual handling" can result in back pain and in the most serious cases, permanent disability if not done correctly.

The law says that employers must take reasonable precautions to ensure their employees don't do any manual handling that carries a risk of them being injured. This applies to you if you directly employ a personal assistant to care for you (but most likely will not if you hire someone through an agency). It is particularly important to consider insurance in this situation. This would cover any risk of the care worker injuring themselves, as well as any risk of them causing an injury.



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GL50 3DA	Cott's Care Solutions	3 Royal Crescent	Cheltenham	01242 371048
GL50 3ER	Your Life	Jenner Court	Cheltenham	01242 571704
GL50 3HW	Windrush Care	305 High Street	Cheltenham	01242 226020
GL50 3SH	Helping Hands	Jessop Avenue	Cheltenham	01242 854557
GL51 0SQ	Hope Care Service Agency	Pilgrove Way	Cheltenham	01242 382888
GL51 6PN	Care at Home	Hatherley Road	Cheltenham	01242 242061
GL51 6PN	Caremark Cheltenham & Tewkesbury	Hatherley Lane	Cheltenham	01242 370797
GL51 7SE	Unique Senior Care	92 Edinburgh Place	Cheltenham	01242 279659
GL51 7SU	Brighter Home Care	Cassin Drive	Cheltenham	01242 375003
GL51 8HF	Merit Care	Alstone Lane	Cheltenham	01242 300380
GL51 8PL	Accolade Support & Care	Gloucester Road	Cheltenham	01242 308008
GL51 8PL	Expeditions Living	Gloucester Road	Cheltenham	01242 308510
GL51 9TX	Person Centred Care	9 Manor Park	Cheltenham	01242 321123
GL51 9TX	Comfort Call	MacKenzie Way	Cheltenham	01242 574594
GL52 3PW	SW Domiciliary Care	Cleeve Hill	Cheltenham	01242 672022
GL52 7YU	Adelfi Care Services	156 Sapphire Road	Cheltenham	01242 384825
GL52 8RN	Alpha Care Services	Church Road	Cheltenham	01242 702708
GL53 9NS	Home Instead	Penhill Offices	Cheltenham	01242 513203
GL54 2BY	Principles Recruitment Care	Sherborne Street	Cheltenham	07475 470044
GL54 2QB	Cotswold Carers	Ellis Road	Cheltenham	08006 343471
GL55 6HR	Campden Home Nursing	Aston Road	Chipping Campden	01386 840505

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Care homes

If you're looking for a residential care home, there's a huge variety of options available. There are permanent care homes for older people, homes for younger adults with disabilities, and homes for children. Care homes may be privately owned or run by charities or councils. Some will be small care homes based in home-like domestic dwellings, while others will be based in large communal centres.

One of the first options you have to consider when choosing residential care is whether you need the care home to provide nursing care, or just standard personal care.

Consider other options for care first

Going into a care home is a major commitment for your future – it involves changing where you live and potentially committing to paying a considerable amount of money for your ongoing accommodation and care needs.

Before you opt for a move to a care home, you should think about other less disruptive – and potentially less costly – options, including:

- home care
- help to live independently at home

You should also consider whether you really need the amount of care on offer at a care home, and look at alternatives such as "extra care" housing schemes or warden-controlled sheltered accommodation. These options offer independence with an increased level of care and support.

Personal care or nursing care?

Care homes for older people may provide personal care or nursing care. A care home registered to provide personal care will offer support, ensuring basic personal needs are taken care of. A care home providing personal care only can assist you with meals, bathing, going to the toilet and taking medication, if you need this sort of help. Find care homes without nursing.

Some residents may need nursing care, and some care homes are registered to provide this. These are often referred to as nursing homes. For example, a care home might specialise in certain types of disability or conditions such as dementia. Find care homes with nursing.

Choice of care home

The law says that where the local authority is funding accommodation, it must allow a person entering residential care to choose which care home they would prefer, within reason.

Social services must first agree the home is suitable for your needs and it would not cost more than you would normally pay for a home that would meet those needs.

Local authority help with the cost of residential care is means-tested. You are free to make your own arrangements if you can afford the long-term cost. However, it is worth asking the local authority for a financial assessment, because it might pay some or all of your care costs.

In the financial assessment, the local authority can only take into account income and assets you own. The local authority cannot ask members of your family to pay for the basic cost of your care. Read more about local authority funding for care and funding your own care.

If you choose a care home that costs more than the local authority usually expects to pay for a person with your needs, you may still be able to live in the care home if a relative or friend is willing and able to pay the difference between what the local authority pays and the amount the care home charges – this is known as a "top-up" fee.

However, if their situation changes and they are no longer able to pay the top-up, the local authority may have no obligation to continue to fund the more expensive care home place and you may have to move out. It is worth thinking about this potentially difficult situation when deciding on care home options.

Do not cancel your tenancy or sell your home until the final decision has been made by the local authority. The value of your home must not be included in the local authority's means-testing until 12 weeks after you've confirmed that the care home placement will be permanent.



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Cheltenham, GL54 1BX



6 December 2023

The Orders of St John Care Trust is a not-for-profit charity. Registered charity No. 1048355. Registered in England and Wales with company no. 03073089. Registered office: Eyre Court, Whisby Way, Lincoln LN6 3LQ.

297.1/122023

The Care Act 2014 is changing how people are able to pay for their own care, introducing the right for you to ask for the local authority to pay for the cost of your care while you try to sell your home. This is known as a "deferred payment scheme".

Choosing a care home if you're funding your own care

If you are funding your own care, you have a great deal of options, and you will need to do a lot of research on which care home provides the best options for you in terms of its cost, location, services, and a host of other potential factors. Read on for tips on choosing your care home.

Choosing a care home if you're having care provided by the local authority

After a needs assessment from social services, you will be provided with a care plan, which should make clear whether you need residential care and what other options, if any, might be available and most appropriate based on your needs.

Even if you're unlikely to be eligible for financial help with residential care home fees, it could still be worth involving social services. The needs assessment, and information they provide, are likely to be very helpful in making decisions about care.

Tips on choosing a care home

- Check the most recent inspection report to see how well the care home is doing and if there is anything of concern. You can get inspection reports by searching for the care home on the Care Quality Commission website
- Consider the location of a care home. Is the care home near family and friends? Are there shops, leisure or educational facilities in the area? Is the area noisy?
- Is the care home focused on the residents' individual needs, or do they insist that residents adapt to their routine?
- What arrangements are there for visitors? Can residents come and go as they please, as far as it is safe to do so? Are staff able to help residents to go out? Are outings arranged?

- What involvement would you have in the care home? How would you communicate with staff? Are there any support groups or regular meetings?
- If safety and security are issues, what arrangements or supervision can the care home provide?
- Will the care home meet your specific religious, ethnic, cultural or social needs?
- Will the correct diet be provided? Will the right language be spoken? Will there be opportunities to participate in religious activities? Do they allow pets?
- When you are choosing accommodation it may be a lifelong decision, so you may want to think about planning for end of life care at the same time.
- You might also want to check what people who have used the care home say about it from online feedback and review services, such as those put together on NHS Choices Website.
- Ask for a temporary stay in the care home before you decide. Temporary stays in care homes can also be arranged in certain circumstances, such as after a stay in hospital.

A good care home will:

- offer new residents and their families or carers a guide (in a variety of accessible formats) describing what they can expect while they're living there
- have staff who have worked there for a long time, know the residents well, and are friendly, supportive and respectful
- employ well-trained staff, particularly where specialist care such as dementia nursing is required
- involve residents, carers and their families in decision-making
- support residents in doing things for themselves and maximising their independence
- offer a choice of tasty and nutritious food, and provide a variety of leisure and social activities taking residents' needs into account
- be a clean, bright and hygienic environment that's adapted appropriately for residents, with single bedrooms available



Looking at care options and homes for a loved one can be an emotional, exhausting, and daunting decision.

At The Lakes Care Centre in South Cerney, we get it, and we're here to help.

Our caring team takes the time to get to know each resident and their loved ones to ensure the care, support and experience we provide is specific to them.

Perhaps, you'd like a hobby to be reflected in our weekly activity plan? Or a favourite meal you'd like our chef to add to our delicious freshly made menu? Or even the opportunity to book our private dining room for a special family occasion? We pride ourselves on making sure we tailor to the individual.

We're a charity

The Lakes Care Centre is part of The Orders of St John Care Trust (OSJCT) which is a not-for-profit charitable organisation. This means that we reinvest back into our residents, team members and care homes.

Want to find out more?

Call **0128 560 1362**
Visit osjct.co.uk/TheLakes
Facebook/[TheLakesCareCentre](https://www.facebook.com/TheLakesCareCentre)

Where to find us:

The Lakes Care Centre,
Spine Road East,
South Cerney, GL7 5TL



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- respect residents' privacy, modesty, dignity and choices
- be accredited under the Gold Standards Framework for end of life care

An unsatisfactory care home might:

- have a code of practice, but not adhere to it
- fail to take into account residents' needs and wishes, with most decisions made by staff
- let residents' care plans become out of date, or fail to reflect their needs accurately
- have staff who enter residents' rooms without knocking, and talk about residents within earshot of other people
- deny residents their independence – for example, by not allowing someone to feed themselves because it "takes too long"
- have staff who don't make an effort to interact with residents and leave them sitting in front of the TV all day
- be in a poorly maintained building, with rooms that all look the same and have little choice in furnishings

- need cleaning, with shared bathrooms that aren't cleaned regularly

If you move into a care home

When you go into a care home, make sure the management and staff of the home know about your condition, disability and other needs. They may have some of this information already – for example, if the local authority has set up the placement after a care needs assessment.

Moving home can be unsettling at the best of times, so when you move into a care home, it's good to have it planned in advance and have family or friends around you when you move to make you feel more comfortable.

You should also:

- contact the benefits office, if you have one (including disability benefits, as these can be affected by care home stays)
- make sure other services at your previous address have been notified

- let friends and family know your know contact details and when you might feel up to receiving visitors

Rights of care home residents

The Care Quality Commission (CQC) is the regulator of health and adult social care in England, whether it's provided by the NHS, local authorities, private companies or voluntary organisations. Under existing rules, independent healthcare and adult social services must be registered with the CQC. NHS providers, such as hospitals and ambulance services, must also be registered.

The registration of organisations reassures the public when they receive a care service or treatment. It also enables the CQC to check that organisations are continuing to meet CQC standards.

Standards for care homes are outlined on the CQC website. These standards are underpinned by regulations governing the quality and safety of services.

The regulations are enforceable by law – the CQC can enforce fines, public warnings, or even suspend or close a service if they believe people's basic rights or safety are at risk.

Care home closures

Care homes will sometimes close. This can be because the owner decides not to carry on providing the service in that location (for instance, if they retire), or because the home has been sold or failed to meet legal standards. Proposals to close a care home can obviously cause great distress. If the care home is operated by the local authority, it has to follow a consultation process with residents and families.

It may be best to get specialist legal advice in this situation. You can find an appropriate solicitor through the Law Society.

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All our properties are thoughtfully designed, stunningly modern and situated in beautifully tended private grounds, and there are friendly faces everywhere, from your neighbours to our on-site staff.

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- Tailored personal care[^]

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Hawkesbury Place, Fosseyway, Stow-on-the-wold, Gloucestershire, GL54 1FF
Watson Place, Trinity Road, Chipping Norton, Oxfordshire, OX7 5AJ

CALL 0800 310 0788 OR VISIT MCCARTHYSTONE.CO.UK/COTSWOLDS

*Ts&Cs apply. Example price shown at both 75% and 50% share, with monthly rent. Other shares available. Qualifying criteria apply. Prices correct at time of print. See mcarthystone.co.uk/shared-ownership for more details. Selected developments only. [^]Extra charges may apply. Amenities vary by development.

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 Purchase 50% Share £140,000*
 Rent on 50% Share £321pcm

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PUTTING CARE BEFORE PROFIT



“ We are in care for the right reasons – not for profit. ”

We are a charity and have been caring for people in Gloucestershire since 1946.

Providing day care, respite, assisted living, residential and nursing care for people with a wide range of needs. With specialist knowledge of dementia and end of life care.

We promise a safe and secure 'home for life' with activity, fun and laughter.

AT LILIAN FAITHFULL CARE WE PROUDLY:

- Put residents' needs and wishes at the heart of all we do
- Treat everyone with dignity and respect
- Support residents to be independent and become part of the community
- Provide a varied programme of exciting activities and regular day trips
- Ensure there is always quality and nutritious food and drink to enjoy
- Have long standing friendly and compassionate care teams

Get in touch today for advice on you or your loved ones' care needs. For more information on our care and services visit www.lilianfaithfull.co.uk

NURSING HOMES

Postcode	Name	Address	Town/City	Phone number
GL1 1AN	Park View	Park View	Gloucester	01452 671499
GL1 3LE	Chapel House	Horton Road	Gloucester	01452 500005
GL1 3PH	Magdalen House Nursing Home	London Road	Gloucester	01452 386331
GL1 3PL	Wotton Rise Nursing Home	140 London Road	Gloucester	01452 303073
GL2 4WD	OSJCT Chestnut Court	St James	Gloucester	01452 720049
GL3 4EX	OSJCT Millbrook Lodge	Moorfield Road	Gloucester	01452 863783
GL4 4QQ	Saintbridge House	189 Painswick Road	Gloucester	01452 300307
GL4 6SX	Brunswick House	119 Reservoir Road	Gloucester	01452 523903
GL5 4JE	Cotswold House	Church Road	Stroud	01453 752699
GL5 4SP	Scarlet House	123 Westward Road	Stroud	01453 769810
GL6 6LS	Resthaven Nursing Home	Pitchcombe	Stroud	01452 812682
GL6 6UL	Richmond Village	Stroud Road	Stroud	01452 813902
GL7 1JR	OSJCT Paternoster House	Watermoor Road	Cirencester	01285 653699
GL7 1TX	Elm Grove Care Home	Somerford Road	Cirencester	01285 653057
GL7 2ED	Ashley House Care Home	118 Trafalgar Road	Cirencester	01285 650671
GL7 4AH	Hyperion House	London Street	Fairford	01285 712349
GL7 5DT	Hunters Care Centre	Cherry Tree Lane	Cirencester	01285 653707
GL7 5TL	OSJCT The Lakes Care Centre	Spine Road East	Cirencester	01285 314141
GL8 8DG	Kingsley House	Gumstool Hill	Tetbury	01666 503333
GL8 8FH	Upton Mill Care Home	Mercer Way	Tetbury	01666 336600
GL10 3BZ	Moreton Hill Care Centre	Standish	Stonehouse	01453 826000
GL10 3RT	Oldbury House Care Home	Bristol Road	Stonehouse	01453 791513
GL11 5HA	Holly Oak Care Centre	Holly Drive	Dursley	01453 541400
GL11 5HA	The Hollies Nursing Home	Drake Lane	Dursley	01453 541400
GL12 8RA	Pennwood Lodge	Wotton Road	Wotton-under-edge	01453 521522
GL15 5BB	OSJCT Rodley House	Harrison Way	Lydney	01594 842778
GL16 8QE	OSJCT The Coombs	The Gorse	Coleford	01594 833200
GL17 0DR	Forest Court Care Home	Bradley Court Road	Mitcheldean	01989 750775
GL17 9BW	Euroclydon Nursing Home	Hawthorns	Drybrook	01594 543982
GL20 8HZ	Magnolia House	Grange Road	Tewkesbury	01684 850111
GL20 8US	Ashchurch View	Ashchurch Road	Tewkesbury	01684 858900
GL50 2NR	St Faith's Nursing Home	Malvern Road	Cheltenham	01242 240240
GL50 3EL	Sandfields	St Georges Road	Cheltenham	03333 210921
GL51 0BG	Wentworth Court	Village Road	Cheltenham	01242 263334
GL51 4UL	Badgeworth Court	Badgeworth	Cheltenham	01452 715015
GL51 6BL	Whittington House	58 Whittington Road	Cheltenham	01242 259260
GL51 6PN	Richmond Village	Care Home	Cheltenham	01242 474333
GL51 7DP	Monkscroft Care Centre	Shelley Road	Cheltenham	01242 321111
GL52 2DG	Windsor Street Care Centre	35-37 Windsor Street	Cheltenham	01242 545150
GL52 3PW	Malvern View Care Home	Cleeve Hill	Cheltenham	01242 672022
GL52 6YL	OSJCT Grevill House	279 London Road	Cheltenham	01242 512964
GL52 7ZN	Bishop's Cleeve Care Home	Bishops Cleeve Care Home	Cheltenham	01242 358911
GL53 7GA	Thirlestaine Park Care Home	Humphris Place	Cheltenham	01242 505560
GL53 9ER	Lilleybrook Care Home	Pilley Lane	Cheltenham	01242 225790
GL54 1EJ	Newlands Nursing	Evesham Road	Stow on the Wold	01451 870077
GL54 3PQ	Northleach Court	High Street	Cheltenham	01451 861447
GL55 6DR	Mill House	55 Sheep Street	Chipping Campden	01386 848990
NP16 7LF	Castleford House	Castleford Gardens	Chepstow	01291 629929



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Yes, please contact me by phone 

My phone number is

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Please return this slip and send to:
Age UK Gloucestershire, Henley House, Barnett way, Barnwood, Gloucestershire, GL4 3RT

Age UK Gloucestershire Reg Charity No 1111773

GV 23/24

We all dream of growing older comfortably in our home, surrounded by family and friends but this is not a reality for all. Social isolation, financial hardship, deteriorating health and feeling ‘othered’ on account of age are daily struggles experienced by many older people living in Gloucestershire.

As a local independent charity, we’re working hard to support older people, their families and carers. We do this by providing invaluable services, support and advice.

Make a difference, please donate today



<p>£5</p> <p>will help fund our Grapevine Magazine.</p>	<p>£10</p> <p>can provide four information guides and factsheets</p>	<p>£30</p> <p>can help support an older person to claim the benefits they need.</p>	<p>£75</p> <p>can support a social group event, reducing social isolation.</p>	<p>£100</p> <p>can provide a warm pack to an older person to keep them warm through wintertime.</p>
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Donate online by credit / debit card at ageuk.org.uk/gloucestershire/donate

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I enclose a cheque donation of £ payable to Age UK Gloucestershire

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RESIDENTIAL HOMES

Postcode	Name	Address	Town/City	Phone number
GL1 1AN	Park View	Park View	Gloucester	01452 671499
GL1 2QX	Cathedral View	Archdeacon Street	Gloucester	01452 303248
GL1 3HW	Guild House Residential	2A Denmark Road	Gloucester	01452 525098
GL1 3PX	Horton House Residential	1 Horton Road	Gloucester	01452 524615
GL1 4BG	Great Western Court	33a Millbrook Street	Gloucester	01452 423495
GL1 5AJ	Bramble House	96a-98 Stroud Road	Gloucester	01452 521018
GL1 5LF	Cavendish Care Home	301 Stroud Road	Gloucester	01452 521896
GL1 5PA	Chestnut Residential	20 Podsmead Road	Gloucester	01452 546204
GL2 0RZ	Avalon Residential	17 Barnwood Road	Gloucester	01452 417400
GL2 7EE	The Old Vicarage Residential	Church End	Frampton-on-Severn	01452 740562
GL2 7HE	Wisma Mulia	Bridge Road	Gloucester	01452 740432
GL2 9BD	Redlands Acre	35 Tewkesbury Road	Gloucester	01452 507248
GL3 2JE	Parton House	Parton Road	Gloucester	01452 856779
GL4 0BD	The Knoll	335 Stroud Road	Gloucester	01452 526146
GL4 6SB	Westbourne Care Home	190 Reservoir Road	Gloucester	01452 506106
GL6 0DB	The Steppes Residential	Cossack Square	Stroud	01453 832406
GL6 6EP	More Hall Convent	Randwick	Stroud	01453 764486
GL10 2AD	Regency Retirement Home	52 Regent Street	Stonehouse	01453 823139
GL10 2JY	Fieldview	Pearcroft Road	Gloucester	01453 791320
GL11 6AS	Yercombe Lodge	Stinchcombe	Dursley	01453 542513
GL13 9BE	Canonbury Residential	19 Canonbury Street	Berkeley	01453 511991
GL15 4EB	Sydenham House	High Street	Blakeney	01594 517015
GL17 0LJ	The Old Rectory	School Lane	Longhope	01452 831135
GL17 0LL	Longhope Manor	Church Road	Longhope	01452 830291
GL18 2DB	Hill Ash House	Ledbury Road	Dymock	01531 892980
GL19 3EA	The Laurels	Main Road	Gloucester	01452 901243
GL50 2DT	Faithfull House	Suffolk Square	Cheltenham	01242 514319
GL50 3BT	Astell House	Overton Park Road	Cheltenham	01242 529012
GL51 0SF	Royal Court	Fiddlers Green Lane	Cheltenham	01242 221853
GL51 4XA	Chargrove Lawn	Shurdington Road	Cheltenham	01242 862686
GL51 7AD	Dalkeith	285 Gloucester Road	Cheltenham	01242 522209
GL51 7EL	Bredon View	24-26 Libertus Road	Cheltenham	01242 525087
GL51 9TA	Knightsbridge Lodge	Knightsbridge Green	Cheltenham	01242 680168
GL52 3AU	Bay Tree Court	High Street	Prestbury	01242 236000
GL52 6TB	Oakhaven Residential	136-140 Hales Road	Cheltenham	01242 528377
GL52 6YJ	Nazareth House	London Road	Cheltenham	01242 516361
GL53 0BN	Hampton House	94 Leckhampton Road	Cheltenham	01242 520527
GL53 9AX	Charlton Kings Care Home	Moorend Road	Cheltenham	01242 521812
GL54 1FG	Edwardstow Court	Edwardstow Court	Cheltenham	01451 799100
GL55 6SJ	Four Seasons	Back Lane	Chipping Campden	01386 438300
NP16 7LE	Castleford Lodge	Castleford Hill	Chepstow	01291 408151

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