

# Care Home Guide: Before You Move



# Who we are

**Age Scotland is the national charity for older people. We work to improve the lives of everyone over the age of 50 so that they can love later life.**

**Our vision** is a Scotland where everyone can love later life.

**Our mission** is to inspire, involve and empower older people in Scotland, and influence others, so that people can make the most of later life.

**Our three strategic aims** are to:



**Help older people to be as well as they can be**



**Promote a positive view of ageing and later life**



**Tackle loneliness and isolation**

# How we can help

**We know that growing older doesn't come with a manual. Later life can bring changes and opportunities to your life and you may need to know about rights, organisations and services which are unfamiliar to you.**

That's why we provide free information and advice to help you on a range of topics including benefits and entitlements, social care, legal issues such as Power of Attorney, housing and much more. All of our guides are available to download for free from our website, or you can contact our helpline team to have copies posted to you for free.

The Age Scotland **helpline** is a free, confidential phone service for older people, their carers and families in Scotland looking for information and advice.

Later life can bring times when you just need someone to talk to. Our **friendship line** is part of our wider helpline and older people can call us for a chat. We're here to listen, provide friendship and offer support.

## For information, advice and friendship



**Call us free on: 0800 12 44 222**  
**(Monday – Friday, 9am - 5pm)**



**Visit [agescotland.org.uk](https://www.agescotland.org.uk)**  
**to find out more.**



# Introduction

This guide provides a checklist of things you might need to think about, and people you should contact, before you move into a care home. Everyone's situation is different so it might be that not every point applies to you - just use this as a general guide of things to consider before you move. This guide may also be useful if you are making arrangements because you have Power of Attorney for someone.



# Things to do

## Your House

If you own your own home, the value of your house may be included in the council's means-tested financial assessment for care home funding, or it may be disregarded. This depends on whether you live alone or who has been living with you in the house. See Age Scotland's **Care Home Guide: Funding** for more information.

If you plan to sell your home see Age Scotland's **Housing Options** guide for information about how to do this.

If you plan to rent out your home, get advice from your local **Citizens Advice Bureau** about the issues and responsibilities involved in being a landlord or see their advice website **[www.citizensadvice.org.uk/scotland](http://www.citizensadvice.org.uk/scotland)**.

If you rent your home you will need to give your landlord notice that you are moving out. The period of notice you need to give will be detailed in your tenancy agreement.



## Legal

When you know you are moving to a care home, it can be a good time to get all your affairs in order. This might include:

- **Writing a will.** A will allows you to decide what happens to your money and possessions when you die. Although you can write a will yourself it is advisable to use a solicitor as problems can arise after your death if there are mistakes or if the will is not entirely clear. If you already have a will, make sure it is up-to-date. See Age Scotland's factsheet **Making your will** for more information.
- **Setting up a Power of Attorney.** Power of Attorney is a legal document in which you give someone else the authority to make specific decisions about your life if you were to need help, or lose the ability to make decisions for yourself. A Continuing (financial) Power of Attorney can work straight away or only if you become unable to make or communicate decisions yourself; it's your choice. A Welfare Power of Attorney can only come into effect if you lose the ability to make or communicate decisions for yourself. See Age Scotland's **A guide to Power of Attorney in Scotland** for more information.
- **Writing an Advance Directive.** An Advance Directive allows you to record any medical treatments that you **do not** want to be given in the future, in case you later become unable to make or communicate decisions yourself. It is also sometimes called a Living Will. Talk to your doctor if you would like to make an Advance Directive. See Age Scotland's **Advance Directives** factsheet for more information.
- **Paying for care.** There are a lot of things to consider if you are paying for some or all of your own care costs, especially if you have a partner or own property. See Age Scotland's **Care Home Guide: Funding** for more information or phone the **Age Scotland helpline** on **0800 12 44 222** for advice.



- **Managing your money.** If you have savings, it is important to check that they are invested as well as they can be. See the **Money Advice Service** website [www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk) or call them on **0800 138 7777** information about how to get independent financial advice.

## Forwarding post

You might want to organise for any post sent to your old address to be forwarded to your new address.

This can be done through the Royal Mail, either online ([www.royalmail.com/personal/receiving-mail/redirection](http://www.royalmail.com/personal/receiving-mail/redirection)) or at any Post Office. A redirection will make sure you don't miss any important post if you have forgotten to tell anyone about your change of address. There is a charge for this service.

## Belongings

Firstly you should decide what you would like to take with you to the care home when you move. The care home may provide you with a list of things to bring. You should be able to bring in most personal items that you would like. If there is a favourite big piece of furniture you would like to take, ask the care home if they would be able to accommodate it. It is a good idea to label clothes and other belongings to prevent any mix-ups.

Next, decide what you'd like to happen with the things you are not taking with you. You might want to give these to friends or family members, donate them to a charity shop or sell them.

The Recycle for Scotland website has information about donating, recycling and selling the things you no longer need on their website [www.recycleforscotland.com](http://www.recycleforscotland.com).



# Who to tell

You will need to notify a number of companies and organisations that you are moving. These may include:

## Utilities and Contracts

- gas supplier
- electricity supplier
- local council (for a final council tax bill)
- internet provider
- TV licensing
- insurance provider (home, contents, car, travel etc)
- phone company (including mobile phones)
- HMRC for income tax
- anyone else you have a contract with (e.g. subscriptions to magazines or online retailers).

If no one will be living in your house, you will need to provide your gas and electricity suppliers with a final meter reading on the day you move out so they can send you a final bill and close your account.



## Money

- any banks you have an account with
- and building society or credit union you have an account with
- credit card providers
- Department for Work and Pensions
- private or occupational pension companies.

## Health

- GP
- dentist
- optician
- any other health and care services such as hospital outpatients and home care services.

## Other

- Driver and Vehicle Licensing Agency
- the National Entitlement Card (bus pass) department of your local council
- library
- the electoral register department of your local council
- Friends and family

Once all this is organised you can relax, knowing that you have taken care of all your affairs and can look forward to moving into a comfortable new home. Moving into a care home can be the start of a positive new life; there will be no need to worry about utility bills or household chores, you will have company whenever you would like it and trained staff are always on hand to help.

# How you can help

## Our vision is a Scotland where everyone can love later life.

All the information and advice we provide is free and completely impartial and in helping people access their rights and entitlements, it can be life changing.

We are an ageing population and more people than ever are coming to us for support. You can help us be there for those that need us most.



### Make a donation

No matter how small or large, donations make a massive difference and help us continue our important work.

- ▶ Call **03330 15 14 60**
- ▶ Visit **age.scot/donate**
- ▶ Text **LATERLIFE** to **70085** to donate £5.\*



### Fundraise

Whether it is having a bake sale, running a marathon or knitting small hats for the Big Knit, there are so many ways to raise vital funds to support our work. To find out more, call **0333 323 2400** or visit **age.scot/fundraise**.



### Leave us a gift in your Will

By choosing to leave us a gift in your Will, you can help Age Scotland to continue being there for vulnerable older people in the years to come. To find out more, call **0333 323 2400** or visit **age.scot/legacy**.

\* Texts cost £5 plus one standard rate message

# Let's keep in touch



## Sign up to our newsletter

Our regular newsletters by email contain details of our campaigns, services and how you can support our work.

Sign up today by visiting [\*\*age.scot/roundup\*\*](https://age.scot/roundup)



## Follow us on social media

Our social media channels are a great way to keep up to date with our work and issues that affect older people.



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[\*\*@AgeScotland\*\*](https://twitter.com/AgeScotland)



[\*\*@age\\_scotland\*\*](https://www.instagram.com/age_scotland)



[\*\*/AgeScotland\*\*](https://www.linkedin.com/company/AgeScotland)

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**Contact us:**

**Head office**

0333 323 2400

**Age Scotland helpline**

0800 12 44 222

**Email**

info@agescotland.org.uk

**Visit our website**

www.agescotland.org.uk

**Follow us on social media:**

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