

Choosing Your Care Home

3,000 care homes have provided the information we need to describe them fully, and to understand which sorts of people might be happiest living in them. As you browse through homes, click **[View more details](#)** whenever it's offered. As well as 2 pages of information about the home, you will find our **lifestyle classification** symbols:

If this sounds like you . . .

- I find day-to-day life an effort and I'd like to live in a home where I feel comfortable and I can take it easy.
- I see my needs as quite simple and mostly physical; it would be nice to be catered for, have my hair done or have someone to chat to.
- I'm not that concerned about lots of activities or facilities; I like to be left to go at my own pace and not feel pressured to 'join in'.
- I'm happy to fit in with routines and I like a fairly peaceful and undemanding environment.
- Most of all I want to feel like I am living in my own home and not a hotel.

Look for this . .



If this sounds like you . . .

- Sometimes I feel vulnerable and anxious so I'd like to live in a home where I know I'll always feel safe and taken care of.
- I find day to day living quite stressful, especially all those decisions and I'd really like to be able to relax, knowing the staff are getting on with looking after me, even if my care needs might increase in the future.
- I like well-ordered routines and I don't want to be consulted about every little detail but I would like to feel I could take my lunch in my room if I want to.

Look for this . .



If this sounds like you . . .

- I may need a fair bit of help but still see myself as quite an independently-minded person and I'd like to live where I can still come and go as I please, where I'm left to my own devices, to say when I want meals and what I want to eat; when I get up and go to bed.
- I like the idea of a home being like a hotel – offering me a wide choice of things to do and being willing to offer new things, if residents ask for them.
- The little details are important to me because I like polished standards.

Look for this . .



If this sounds like you . . .

- I like to make my own decisions about things that affect my life and I'd like to live in a home where I'm very involved in decisions about the care I receive and the environment I live in.
- I don't think I'd like to be 'organised' but my ideal home would encourage residents' to try new things, even those with the greatest needs.
- I'm quite sociable and would enjoy a lively, busy and stimulating community - but I have my own hobbies to keep up too!
- I not particularly concerned about living with a mixture of other people so long as I have my privacy and I can choose what I want to do.

Look for this . .

