

Your 5 step guide to getting
"CLEAR ABOUT CARE"



Brookes Care Solutions Ltd
CARE & LEGAL SUPPORT

Welcome

Hello and welcome,

I'm Jodie, Registered Nurse and Founder of Brookes Care Solutions. I have over 25 years of care experience and have spent my nursing career managing nursing homes, in community palliative care and advising the UK courts on care packages.

I've created this guide for anyone who's ready to reduce the stress, overwhelm, and confusion that arises when you have to navigate an unfamiliar care system.

For so many of us, we already have busy lives, with jobs and families requiring our attention. We want our loved ones to have the care and support they need and deserve, but sometimes we don't know where to start, or struggle to find the time to organise everything.

If you can relate to this, then you're not alone, there are so many people in your situation, which is why I set up Brookes Care Solutions.



Are you ready to get clear about care?

LET'S BEGIN!



Jodie x

"CLEAR ABOUT CARE"

www.facebook.com/brookescaresolutions

Website: www.brookescaresolutions.co.uk

Getting Started

Firstly....

PRINT AND READ THROUGH THE GUIDE

It's difficult to think of our loved ones becoming more dependent on others or unable to care for themselves, but if there's one thing I have learned in 25 years of working in the care industry, it's this: some preparation now can save a lot of stress and heartache later on.

Make yourself a cuppa

FILL IN THE 5 SECTIONS

Work your way through this short guide at your own pace. It will help you to get clear about what sort of care might be needed, and how it will be paid for.

Feel reassured that although we never know exactly what life is going to throw our way, you are preparing as best you can.

Feel more prepared

FIND CLARITY AROUND THE NEXT STEPS TO TAKE

This guide is all about helping you to feel more prepared for the challenges ahead.

Congratulate yourself for addressing an issue that many people leave until they are at crisis point.

Ready to get started? Good, let's do it...



Getting Prepared

5 Steps To Getting Clear About Care

1 • CONSIDER HOW CARE WILL BE PAID FOR

Your local authority may pay for some or all of your care depending on your level of income (including pensions and benefits) and assets (including savings, but not the home you are living in). If you live in England and have assets over £23,250, you will be required to pay for your care fees. You can [request a care needs and financial assessment](#) from your local authority, this is free of charge.

Consider whether you are entitled to any benefits that you are not already claiming. **Not all benefits are means tested** so its worthwhile checking. You can check [benefit entitlements here](#).



NOTES:

2 • MAKE A LIST OF ALL THE TASKS THEY NEED HELP WITH.



This will be useful when talking to care providers such as home care agencies or care homes. It may be that your loved one needs support with cleaning or getting out and about in the community. In contrast, they may need help getting themselves washed and dressed in the mornings. Different care providers provide different services at different price points, so it is important to establish what type of support will be most useful to your loved one. If you have had a care needs assessment carried out, you can share this with care providers so that they have a clear idea of what is needed.

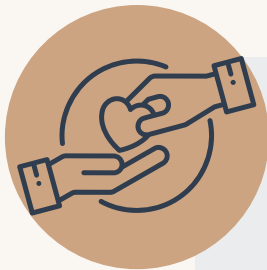
NOTES:

3 • CONSIDER HOW OFTEN THIS SUPPORT IS LIKELY TO BE NEEDED.

This is not always an exact science. You may decide to put in place the minimum amount of care you think is needed to maintain independence and safety. This can be trialled for a period of time and adjusted as necessary. In some cases, friends and family are able to contribute to care at weekends, reducing the need for paid care.



NOTES:



4 • CONSIDER “FREE OF CHARGE” OPTIONS

Use the Internet to search for relevant charities, volunteer agencies and day centres. If you have a social worker, they may be able to help you with the search for support. Alternatively, many areas now have social prescribers who can be accessed via your GP. Social Prescribers are really helpful and can signpost you to services that are available locally. If your loved one has a life limiting illness, your local hospice may be able to help with some of the care (usually in the latter stages).

You can search for hospices here [Hospice Care Finder | Hospice UK](#)

NOTES:

5 • SEARCH FOR CARE PROVIDERS IN YOUR CHOSEN AREA

Your local adult care social services department can usually supply you with a list of care providers. Alternatively, you can use an online care search engine such as [Care Home](#)

While these search engines can be extremely useful, bear in mind that they are unlikely to include every single care provider.

You can also use the [Care Quality Commission](#) website to search for care providers and read the inspection reports and ratings of each care provider.

This should be a great opportunity to whittle down your shortlist of care providers before contacting them directly to obtain costs and availability.



NOTES:



I really hope this simple guide has given you some ideas about how to get started finding the right care. However, there is far more to finding the right care than I can communicate in a short guide.

If you want expert eyes on your care finding journey, or you don't have the time to do it yourself, we can do it for you and relieve some of the stress.

We do not receive any incentives from care providers and offer a completely impartial service, with you at the heart of all we do.

At Brookes Care Solutions, we are passionate about helping people to find the care they need and deserve. We offer research only packages as well as care auditing and visiting services.

If you're ready to take the next steps, book a free no obligation 30 minute call with me here



[Book A Call](#)

Brookes Care Solutions finds the best available care for your older relatives or older clients by providing 'done for you' care, finding solutions across England and Wales.

FIND ME AT:

- www.brookescaresolutions.co.uk
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