

## Care in a care home:

May be privately owned, or run by a charity or local authority. The main options are:

- residential homes
- residential home with nursing
- extra care/sheltered housing
- supported living
- retirement village/community

**Residential homes** without nursing  
Cost about £38,000 per annum locally

**With nursing support** this rises to over £45,000 per annum.

**Live in care** is a possibility and for a couple, it may work out cheaper, and allow you to remain in your home and community.

**NHS Intermediate care** is explained on the leaflet which is available at Dartmouth Medical Practice and online at:  
<https://www.torbayandsouthdevon.nhs.uk/uploads/25250.pdf>

## Useful numbers and links:

- Care Direct – 0345-155 1007
- Dartmouth caring - Signposting and advice – 01803-835384
- Carers Direct Helpline – 0300 123 1053
- Home Instead - 01803 611630
- Bay Care -01803-710002
- Advent Nursing Services – 01803-866414/770684
- Quality care – 01803-696197
- [www.ageuk.org.uk/information-advice/care/arranging-care/care-homes/](http://www.ageuk.org.uk/information-advice/care/arranging-care/care-homes/)
- [www.new.devon.gov.uk/care-and-health/adults](http://www.new.devon.gov.uk/care-and-health/adults)

## Care Guide



### Arranging care

To make an informed choice about your care, you will need to find out how much you will have to pay, and what support you may get from Devon County Council. Before offering support, the Council will undertake a *care needs assessment*. The Council will also make a financial assessment of your means. These assessments will be used to work out what your care needs are and how the Council can best help you.

NHS Intermediate Care is provided free by the NHS but is limited to short term medical needs, up to three weeks.

A care needs assessment is designed to ensure that you have an active role in explaining what support you need. For example, you may wish to stay in your own home and you just want some extra support to help you to do this.

### Will I need to pay?

In England in 2018-19, if you have capital assets greater than £23,250, you will need to pay for your own care, until your assets drop below this figure.

### How do I get a care needs assessment?

Contact the adult social services department of your local council and ask for one. Explain that you need some help at home and ask for a *social care needs assessment* **0345-155 1007**

### Types of care

Care takes place in a home—your own home, or that of a family member.

### Social Care and support may include:

- equipment
- help in your home
- community support and activities
- day centres
- home adaptations
- residential care
- financial support
- information and advisory services
- advocacy
- support for carers

Devon County Council and Dartmouth Caring are able to provide you with information and advice on what services are available in your local area.

**Domiciliary/Personal care** includes assisting client around the house, bathing, toileting, cooking, etc.

**Privately sourced:** 2 hours care/day costs approximately £200/week, (£10,500 per annum). Paying for yourself allows you to choose the care agency and carer. You can buy care support even when you are not assessed as “needing” it, and only your own finances affect how much care you can have.

**State sourced:** The costs will be met by the Council but you will have less choice of what care you receive, where and how your support is provided.

**Health care:** the provision of nursing support you may need, in addition to the personal care described above and any NHS Intermediate Care you may be receiving (e.g. from the District nurse – see separate leaflet on Intermediate Care.)

**Privately sourced:** 2 hours nursing care/day costs approximately £280/week (£14,500 per annum).

**State sourced:** The costs will be met by the Council but, as with personal care, you will have less choice of what care, where and how your support is provided.