

Get Care Wise

A simple guide to help you
make confident decisions
about older people's care
for yourself or a loved one



Remember the acronym 'CARE':

Clarify terms

Agree when and how you'll take action

Research your options

Evaluate regularly

Who this guide is for

For most of us, making care decisions is a difficult process. We are often thrown into the deep end, rushed to sort support for ourselves or an older loved one. No course, handy manual or advisor to help.

This guide is for anyone who wants to feel better equipped to make care decisions.

It is for those who notice with some unease how their loved ones' age or health is starting to impact their independence. And for those who fear they are not coping as they once did.

This guide encourages us to lean into the discomfort, listen to our instincts and start getting care wise, early. It offers an accessible way into the world of care – an easy-to-remember checklist of steps, from learning common terms to starting key conversations.

Why we've made this guide

1 in 4 people who made care decisions for a loved one felt they had to act "at point of crisis" and felt "lost and confused."*

At Greensleeves Care, we believe everybody should have the opportunity to make confident and empowered decisions that help them, and their families, feel good about care.

So we've produced this guide as part of our 'Get Care Wise' campaign. Find out more at: greensleeves.org.uk/GetCareWise

*Survey by Greensleeves Care, Dec 2023

Useful resources

AgeSpace.org

Independent information and advice on care for older people.

Age UK

Support on all aspects of ageing, including care options.

Care Quality Commission (CQC)

Latest ratings and reports for services directly from the care regulator.

Dementia UK

Free and impartial advice on everything from diagnosis to care.

Directories of care services

Carehome.co.uk, homecare.co.uk, Lottie, Autumna, TrustedCare and others offer information, reviews and ratings for care services.

Gov.uk

More on social care, funding and to find your local authority.

Greensleeves Care Advice Centre

Information on everything from funding your care to moving into a care home.

Society of Later Life Advisers

Help with choosing a financial advisor.

Greensleeves Care

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This guide is intended for informational purposes only and should not replace professional advice.