

Become a Care Home Friend! Intergenerational Challenge



WEEK 3

This week we are thinking about what a care home is and who lives there.

Understanding care homes

Let's meet someone who lives in a **care home**:



This gentleman used to be a carpenter, which he loved. He also enjoyed woodwork. Germany is the best place he has visited.

When he got older, he found it harder to do certain things by himself, just like you might find it hard to do things without someone to help. He decided to move into a care home.

★ Think of an older person that you know. Do they find some things more difficult now they are older?

★ Can you think of some of the things people might need help with when they get older? Remember, everybody is different!

Older people might find it harder to...

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What is a care home?

★ **Care** is about supporting or looking after someone and providing what they need.

★ A **home** is where we live, where we feel safe and secure and happy.

There are nearly
18,000 care homes
in the UK

Sometimes older people choose to live in a care home. Here they can get the extra help that they need, for example help with cooking meals and getting dressed.

There are usually lots of older people that live together in a care home. Sometimes these people are known as residents.

Staff working in the care home help residents in their daily lives. This support means residents can keep doing the things that are important to them.

Here are some pictures from different care homes and thoughts from people who live there:



"I feel safe and have made lots of friends among the staff and residents"



"This is a place where I can do things I want... with nice food and a cup of tea!"



"The carers make the difference. If I am scared, they reassure me"



Activity: Exploring a care home

There are lots of different types of care homes. Let's watch the following video and look inside one.



★ Why is a care home important?

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★ What similarities and differences can you see between the care home and where you live?

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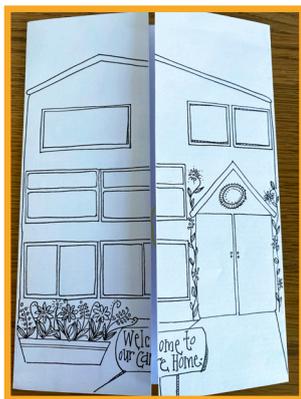
Activity: Create a Care Home

Can you create a 'fold-out care home' showing everything you've found out about care homes?

- 1 First, pick care home 1 or 2 and choose the matching template. You will use this template to make your own fold out care home.



- 2 Second, fold your care home template so the doors are touching.



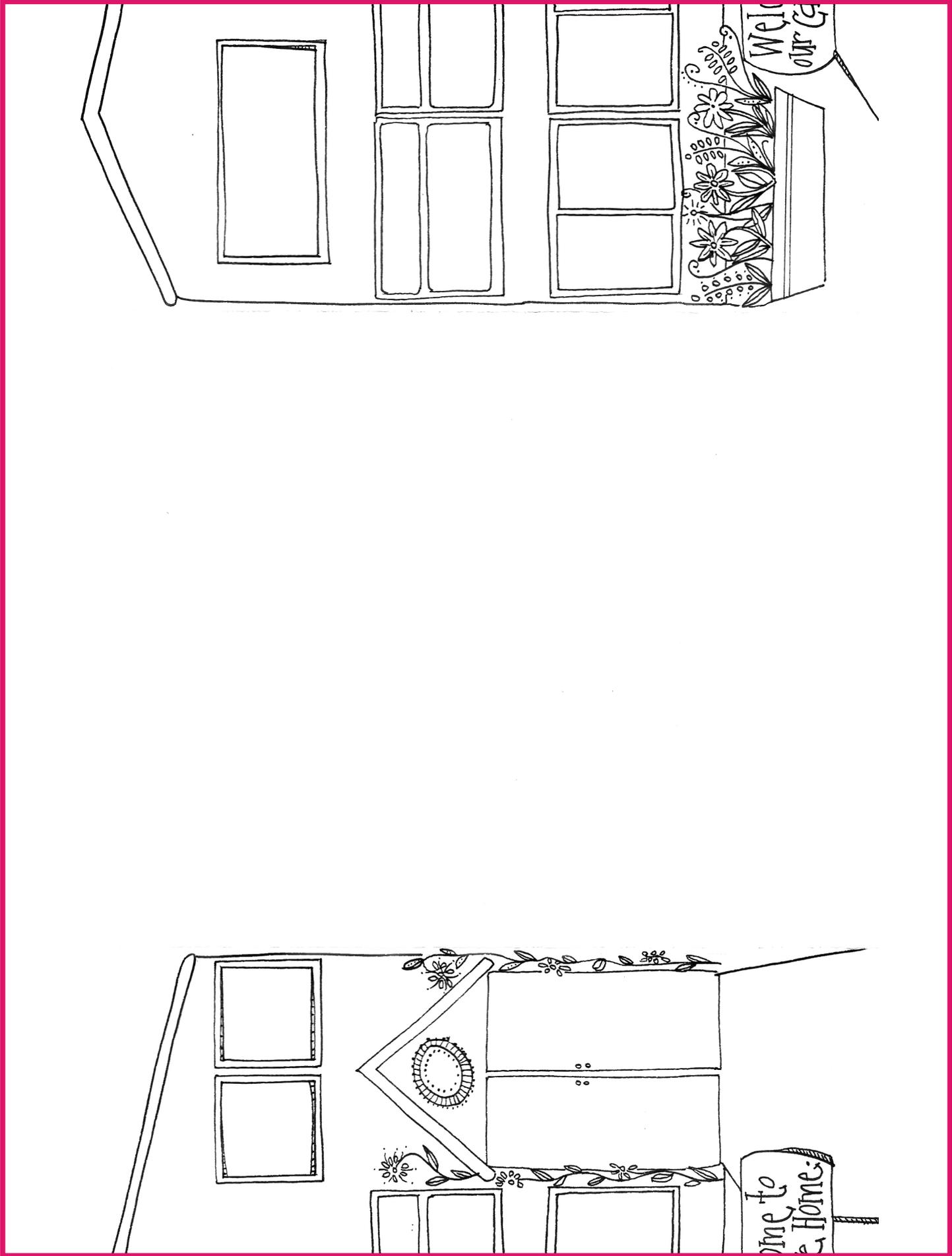
- 3 Thirdly, open the care home doors and inside write everything you have found out about care homes



- 4 Finally, colour in your care home!



Care Home Template 1



Care Home Template 2

