

# Become a Care Home Friend! Intergenerational Challenge

Care  
Home  
FaNs  
Intergenerational  
Linking

## 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:



When a person gets older, they might choose to live in a **care home**, like the gentleman above.

This gentleman used to be a carpenter and enjoyed woodwork. Germany is the best place he has visited.

When he got older, he found it harder to do certain things by himself, so he decided to move into a care home.

#### Group discussion

What do you know about care homes already?

## Who lives in a care home?

People who need extra support in their daily lives might choose to live in a care home. Care homes usually have a group of people living there together.

There are nearly  
18,000 care homes  
in the UK

These might include people who have had accidents, have health problems and/or people with additional needs. Older people might also choose to live in a care home so that they can get extra help with certain things, for example preparing meals and getting dressed.

People living in care homes are sometimes called residents. Staff working in the care home help residents to lead as full a life as possible. Some care homes also have nurses there at all times.

There are chances for people living in care homes to be on their own, be with others and be involved in different activities. They are supported to keep doing the things that are important to them.

For the person living in the care home, it is their **home**.

★ Why do you think care homes are important?

Here are some thoughts from people who live in different care homes:



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



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



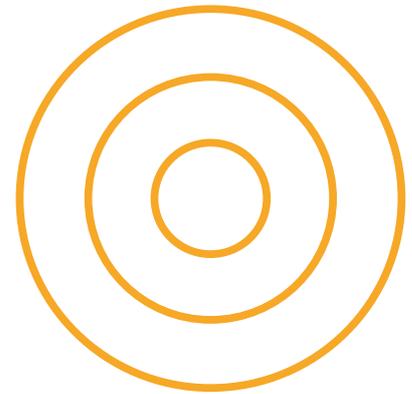
"This is a place where I can do things I want... with nice food and a cup of tea!"

## Activity: Helping Hands

Let's think about the different kinds of support **you** might need in your life.

On a separate piece of paper, draw 3 circles round each other.

- ★ In the middle circle list the people who you often need help from
- ★ In the next circle list people who you sometimes need help from
- ★ In the outer circle think of things you do for yourself every day without any help



Now repeat the exercise, but imagine you are an older person. Who is in their 3 circles? What can they do without any help? Remember, everybody is different!



## Types of care home

There are different types of care homes which provide different kinds of support to the people living in them.



### **Residential care homes**

Residential homes provide 24-hour care and support to those living there. They are safe places where people are looked after according to their needs, enabling them to keep living full and meaningful lives. Each person will have their own bedroom in the care home and there are communal areas, for example a lounge, where people can interact and spend time together. 'Residential' means people living there treat the care home as their home.



### **Nursing homes**

Nursing homes are very similar to residential care homes, but they also have at least one qualified nurse on site at all times to provide nursing care. People living in nursing homes usually have more complex health needs for example specific conditions or disabilities and need the added nursing support.



### **Specialist care homes, e.g. dementia**

Some homes provide specialist care, where staff are trained to care for people with a specific medical condition. This often includes caring for people living with dementia (approximately 70% of people living in care homes are living with some form of dementia) and means that staff are more experienced in dementia care.

## Activity – care home quiz

Join Mary for a quiz about care homes!



- 1 How many care homes are there in the UK?
  - a) Less than 5,000
  - b) 10,000
  - c) More than 15,000
  
- 2 How many of these care homes are specifically for older people?
  - a) About 4,000
  - b) About 7,000
  - c) About 11,000
  
- 3 Approximately how many people live in a care home in the UK?
  - a) 200,000
  - b) 500,000
  - c) 750,000
  
- 4 What proportion of care homes are nursing homes?
  - a) About a third
  - b) About half
  - c) About three quarters
  
- 5 What percentage of people living in a care home have dementia?
  - a) About 50%
  - b) About 70%
  - c) About 90%

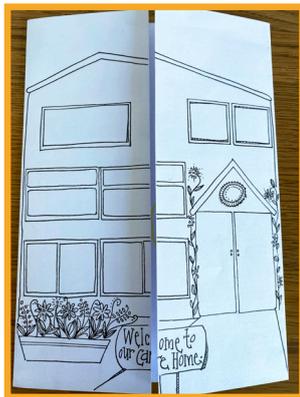
## Activity: Create a Care Home

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.



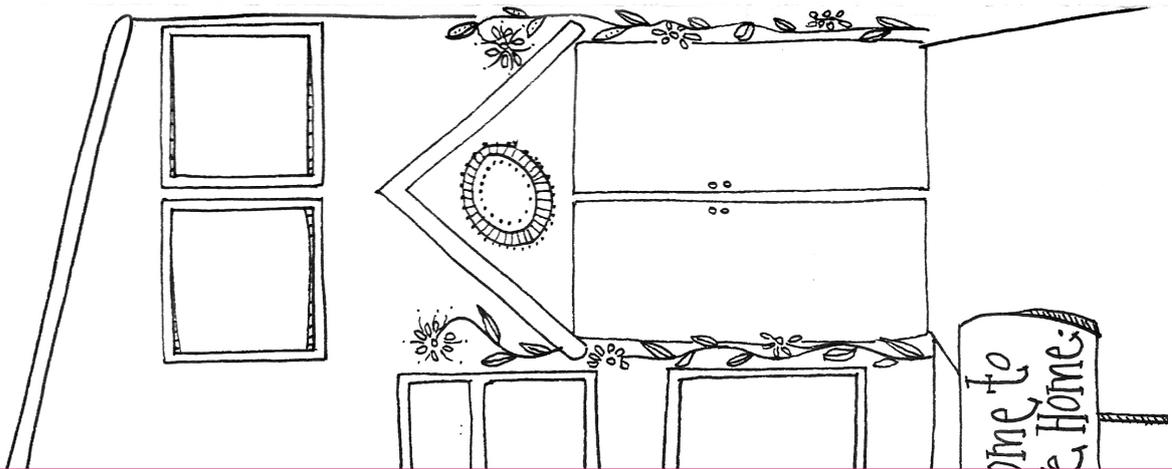
- 3 Thirdly, open the care home doors and inside write everything you have found out about care homes



- 4 Finally, colour in your care home!



# Care Home Template 1



# Care Home Template 2

