

# Let's Talk

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## Elderly long-term care



Our parents bring us up and do everything for us when we are children, so it can come as a shock when they start to require care themselves. As people age or develop disabilities, you may need to ask for help to care for elderly loved ones. For most people this will happen as they reach retirement age, but for others it can happen at a younger age.

A big decision you and your loved ones may have to make is about whether they will receive care at home or whether they will move into a residential care home.

Your first step may be to ask your local council social services department for a care needs assessment. This will identify what type of support your loved one may need. If they decide to have care at home, this may consist of help with everyday tasks such as getting in and out of bed, washing, dressing, and cooking meals. Some home adaptations may also be needed, this may involve installing handrails, creating a bedroom downstairs, and purchasing equipment to help them get around easily and safely. Purchasing a personal alarm may also be a consideration.



After this assessment your loved one may consider moving into sheltered housing, assisted living or a nursing home. This may provide them with 24-hour care and other people to talk to and socialise with. These decisions may feel overwhelming, and you may be unsure what is the best solution. Talk to specialists and those involved in your loved ones' care, such as their GP, any social workers involved or staff at care homes. Ensure your loved ones are fully involved in these decisions.

The cost of elderly care can be expensive, and most people will have to contribute to the cost of the care. The amount you pay depends on the level of need and the amount of savings and assets you have. For more information about paying for care click [here](#). For more information on choosing the right care home click [here](#).

If you are the carer for an elderly relative or partner, it can take its toll on your physical and mental health, social life, career and relationships. In order to continue to support yourself and the person you're caring for, taking time out to look after yourself is important. For more details on what support is available click [here](#).

If your loved one has been diagnosed with dementia you may find our guide useful, read it [here](#).

## Support available

[Age UK](#)

[Age Space](#)

[NHS](#)

[Alzheimer's Society](#)

[Dementia UK](#)

[Disability Rights UK](#)

[Stroke Association](#)

[Citizens Advice](#)

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