



- [Staying in your own home](#)
- [Finding somewhere to live](#)
- [Maintaining or adapting your home](#)
- [Care homes and continuing health care](#)
- [Choosing a care home](#)**
- [NHS continuing healthcare](#)
- [Care Quality Commission](#)

## Choosing a care home

Most of us would prefer to stay in our own homes, in familiar surroundings and with our possessions and friends and family around us. If you are starting to think that you might need to move to a care home you might be surprised at the things you can do to support yourself in your own home; have a look at the rest of this site, and in particular at the section [Staying In Your Own Home](#), and the pages on [Extra Care Housing](#) and [Supported and Sheltered Housing](#), before you make a final decision.

However some medical conditions which require regular medical treatment, or mean that you regularly need support with day-to-day tasks, can make living at home very difficult. You may feel that you need more care than you are able to get at home, either from healthcare professionals or your family, or by using [gadgets](#) and [equipment](#) to keep you safe and independent. In this situation you may wish to consider moving into a care home in order to receive the support which you need.

[Expand all](#)

- [> What is a care home?](#)
- [> Care homes without nursing](#)
- [> Care homes with nursing](#)
- [> Specialist care homes for people with dementia, a learning disability or a mental health problem](#)
- [> Dual-registered' care homes](#)
- [> Paying for a care home](#)
- [> Finding a care home](#)
- [> What happens when you move](#)
- [> Other information and advice](#)