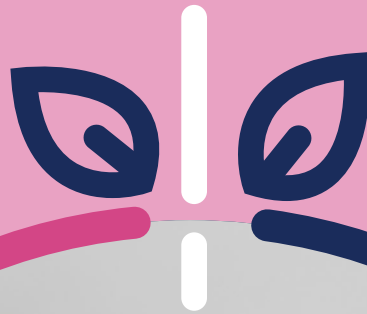




What does
**A GOOD CARE PLAN LOOK
LIKE?**





A Guide to Understanding & Evaluating Homecare Plans

A care plan is the foundation of high-quality homecare—it ensures that your loved one receives the right support, at the right time, in the way that best suits their needs. But what should a good care plan include? And how can you be sure it's being followed correctly?

At Care with Confidence, we help families understand what makes a great care plan, how it should be reviewed, and what to expect from a provider. This guide will walk you through the key elements of a high-quality care plan, so you can ensure your loved one gets the best possible care.

1

What is a Care Plan?

A care plan is a detailed document created by a homecare provider outlining your loved one's needs, preferences, and support requirements. It serves as a personalised guide for carers, ensuring that care is delivered safely, effectively, and consistently.

A good care plan should be:

- ♥ **Personalised** – Tailored to your loved one's specific needs and preferences.
- ♥ **Comprehensive** – Covering all aspects of daily living, health, and well-being.
- ♥ **Regularly reviewed** – Updated to reflect any changes in condition or preferences.



How Care with Confidence Helps:

- ♥ We match families with providers that create clear, detailed, and person-centred care plans.
- ♥ We help families understand what to look for in a care plan before choosing a provider.

A strong care plan includes seven essential elements:

Personal Information & Preferences

- ♥ Full name, date of birth, emergency contacts.
- ♥ Preferred name and personal interests.
- ♥ Cultural, religious, and dietary preferences.
- ♥ Daily routine and preferred care times.

Why It Matters: This ensures carers respect the individual's identity and lifestyle, creating a comfortable and familiar experience

Health Conditions & Medical Needs

- ♥ Diagnosis and relevant medical history.
- ♥ Medications, dosages, and administration times.
- ♥ Allergies and dietary restrictions.
- ♥ Specific health concerns (e.g., diabetes, heart conditions, dementia).

Why It Matters: Carers need up-to-date medical details to provide safe, effective care and respond to emergencies.

Daily Living & Personal Care Support

- ♥ Assistance with washing, dressing, and grooming.
- ♥ Meal preparation, hydration reminders, and dietary needs.
- ♥ Mobility support, fall prevention, and exercise routines.

Why It Matters: A good plan details the level of assistance required so carers can support independence while ensuring safety.

Medication Management

- ♥ Medication schedule, dosage, and administration method.
- ♥ Who is responsible for dispensing medication (carer, nurse, family)?
- ♥ Storage and handling instructions.

Why It Matters: Proper medication management prevents missed doses, overdoses, or incorrect usage—critical for maintaining health.

Emergency & Escalation Procedures

- ♥ Steps to follow in case of a medical emergency.
- ♥ Emergency contacts (GP, family, care manager).
- ♥ Instructions for handling falls, confusion, or sudden illness.

Why It Matters: A care plan should clearly outline what to do in urgent situations to keep your loved one safe.

Social & Emotional Well-Being

- ♥ Companionship needs (e.g., regular conversations, hobbies, activities).
- ♥ Mental health considerations (e.g., anxiety, depression, cognitive decline).
- ♥ Community engagement (e.g., outings, day centre visits, religious services).

Why It Matters: A holistic approach to care ensures that emotional well-being is just as important as physical health.

Monitoring & Reviewing the Care Plan

- ♥ How often is the care plan reviewed? (Recommended every 6–12 months).
- ♥ Who is responsible for updates? (Provider, family, healthcare professionals).
- ♥ How are families involved in care reviews?

Why It Matters: A good care plan is a living document that evolves as needs change. Regular reviews ensure it stays relevant and effective.



How Care with Confidence Helps:

- ♥ We connect families with providers who offer real-time care monitoring.
- ♥ We ensure families have a say in regular care plan updates.

3

How to Ensure the Care Plan is Being Followed

Once a care plan is in place, it's important to ensure it's being followed correctly.

- ♥ **Daily Care Logs** – Carers should record visit details, tasks completed, and any concerns.
- ♥ **Family Updates** – Providers should offer regular updates on care and well-being.
- ♥ **Digital Care Records** – Some providers offer apps or portals for real-time tracking.
- ♥ **Routine Reviews** – Care plans should be reviewed every 6–12 months, or sooner if health needs change.



How Care with Confidence Helps:

- ♥ We work with providers who offer transparent monitoring and communication.
- ♥ We support families in understanding care logs and reviewing plans.

4

Questions to Ask a Homecare Provider About Their Care Plans

When choosing a homecare provider, ask:

- ♥ How do you create a care plan?
- ♥ Will my loved one be involved in care decisions?
- ♥ How often is the plan reviewed and updated?
- ♥ How do you communicate changes in care to families?
- ♥ Do you use digital care records?



How Care with Confidence Helps:

- ♥ We help families ask the right questions when choosing a provider.
- ♥ We connect you with providers who prioritise transparency and personalisation.

Find the Best Care Plan **with Confidence**

At Care with Confidence, we take the guesswork out of finding the right homecare provider by offering:

- ♥ **Expert guidance** – We help you understand what a good care plan should include.
- ♥ **Pre-vetted, trusted providers** – No need to research providers alone.
- ♥ **Personalised recommendations** – We match you with providers who create high-quality care plans tailored to your loved one.
- ♥ **Ongoing support** – We're here for you before, during, and after you choose a provider.



Book a FREE consultation today
and ensure your loved one's care plan meets the highest standards.

Email: hello@bigsistercare.com
Telephone: 0191 329 3139
Website: www.bigsistercare.com

Speak to an Expert Now



Want more guidance? [Watch our YouTube Playlist](#) for expert insights on homecare planning!