Care Confidence

Your guide to navigating adult social care

An evidence-based resource

NIHR | School for Social Care Research

University of York

Paying for your own care? Not sure where to start?

Care Confidence is a **free, easy-to-use website** designed to help you explore your options and plan your next steps.

- ✅ Clear, trustworthy information
- ✅ Questions to ask and things to consider
- ✅ Links to local support and services
- ✅ Designed jointly with older people, carers and social care professionals

Visit **careconfidence.org.uk** or scan the **QR code**

TURN OVER

WHAT CAN CARE CONFIDENCE HELP WITH?

Making life easier at home
Information on home adaptations, gadgets and equipment and an idea of costs for care at home and live-in care.

Moving to a different home
Information about downsizing, living with family, or moving to age-exclusive housing and sheltered accommodation.

Moving to a care home
Information and an idea of costs for residential and nursing care homes.

Thinking about the money
Common worries and what types of information and advice could help.

Managing money whilst paying care home fees
What happens if the money is running low?