

Care Home Guide: Before You Move



Who we are

Age Scotland is the national charity for older people. We work to improve the lives of everyone over the age of 50 and promote their rights and interests.

Our vision is a Scotland which is the best place in the world to grow older.

Our mission is to inspire, involve and empower older people in Scotland, and influence others, so that people enjoy better later lives.

We have three strategic aims:



We help older people to be as well as they can be



We promote a positive view of ageing and later life



We tackle loneliness and isolation

How we can help

We know that growing older doesn't come with a manual. Later life can bring changes and opportunities to your life and you may need to know about rights, organisations and services which are unfamiliar to you.

That's why we provide free information and advice to help you on a range of topics including benefits and entitlements, social care, legal issues such as Power of Attorney, housing and much more. All of our guides are available to download for free from our website, or you can contact our helpline team to have copies posted to you for free.

Our **helpline** is a free, confidential phone service for older people, their carers and families in Scotland looking for information and advice.

Later life can bring times when you just need someone to talk to. Our **friendship line** is part of our wider helpline and older people can call us for a chat. We're here to listen, provide friendship and offer support.



Call us free on: 0800 12 44 222
(Monday – Friday, 9am – 5pm)



Visit [agescotland.org.uk](https://www.agescotland.org.uk)
to find out more.



Introduction

This guide provides a checklist of things you might need to think about, and people you should contact, before you move into a care home. Everyone's situation is different so it might be that not every point applies to you - just use this as a general guide of things to consider before you move. This guide may also be useful if you are making arrangements because you have Power of Attorney for someone.

This information guide has been prepared by Age Scotland and contains general advice only. It should not be relied upon as a basis for any decision or action, nor used as a substitute for professional advice. Neither Age Scotland nor any of its subsidiary companies or charities accepts any liability arising from its use and it is the reader's sole responsibility to ensure any information is up to date and accurate.

Please note that the inclusion of named agencies, websites, companies, products, services or publications in this information guide does not constitute a recommendation or endorsement by Age Scotland or any of its subsidiary companies or charities.



Things to do

Your House

If you own your own home, the value of your house may be included in the council's means-tested financial assessment for care home funding, or it may be disregarded. This will depend on whether anyone meeting the disregard criteria lives in the property, for example a spouse, partner or certain other family members. See our **Care Home Guide: Funding** for more information.

If you plan to sell your home see Age Scotland's **Housing Options** guide for information about how to do this.

If you plan to rent out your home, get advice from your local **Citizens Advice Bureau** about the issues and responsibilities involved in being a landlord. You can call them on **0800 028 1456** or see their advice website **www.citizensadvice.org.uk/scotland**.

If you rent your home you will need to give your landlord notice that you are moving out. The period of notice you need to give will be detailed in your tenancy agreement.





Legal and financial matters

When you know you are moving to a care home, it can be a good time to get all your affairs in order. This might include:

- **Writing a Will.** A Will allows you to decide what happens to your money and possessions when you die. Although you can write a Will yourself it is advisable to use a solicitor as problems can arise after your death if there are mistakes or if the Will is not entirely clear. If you already have a Will, make sure it is up-to-date. See Age Scotland's factsheet **Making your Will** for more information.
- **Setting up a Power of Attorney.** A Power of Attorney is a legal document in which you give someone else the authority to make specific decisions about your life if you were to need help, or lose the ability to make certain decisions for yourself. You can choose whether a Continuing (financial) Power of Attorney comes into effect straight away, or only if you lose capacity to manage your finances. A Welfare Power of Attorney can only come into effect if you lose capacity to make decisions about your care and wellbeing. See Age Scotland's **A guide to Power of Attorney in Scotland** for more information.
- **Writing an Advance Directive.** An Advance Directive allows you to record any medical treatments that you **do not** want to be given in the future, in case you later become unable to make or communicate these decisions yourself. It is also sometimes referred to as a Living Will. Talk to your doctor if you would like to make an Advance Directive. See Age Scotland's **Planning for your Future Healthcare** factsheet for more information.
- **Paying for care.** There are a lot of things to consider if you are paying some or all of your own care home costs, especially if you have a partner, or if you own property. See Age Scotland's **Care Home Guide: Funding** for more information or phone the **Age Scotland helpline** on **0800 12 44 222** for advice.



- **Managing your money.** If you have savings, it is important to check that they are invested as well as they can be. See the **Money Helper** website www.moneyhelper.org.uk or call them on **0800 138 7777** for information about how to get independent financial advice.

Forwarding post

You might want to organise for any post sent to your old address to be forwarded to your new address.

You can do this online at www.royalmail.com/personal/receiving-mail/redirection or at any Post Office. A redirection will make sure you don't miss any important post if you have forgotten to tell anyone about your change of address. There is a charge for this service.

Belongings

Firstly you should decide what you would like to take with you to the care home when you move. The care home may provide you with a list of things to bring. You should be able to bring in most personal items that you would like. If there is a favourite big piece of furniture you would like to take, ask the care home if they would be able to accommodate it. It is a good idea to label clothes and other belongings to prevent any mix-ups.

Next, decide what you'd like to happen with the things you are not taking with you. You might want to give these to friends or family members, donate them to a charity shop or sell them.

The Zero Waste Scotland website has information about donating, recycling and selling the things you no longer need:

www.zerowastescotland.org.uk



Who to tell

You will need to notify a number of companies and organisations that you are moving. These may include:

Utilities and Contracts

- gas supplier
- electricity supplier
- local council (for Council Tax)
- internet provider
- TV licensing
- insurance providers (home, contents, car, travel etc)
- phone company (including mobile phones)
- HMRC for income tax
- anyone else you have a contract with (e.g. subscriptions to magazines or online retailers, any charities you donate to)

If no one will be living in your house, you will need to provide your gas and electricity suppliers with a final meter reading on the day you move out. This is so they can send you a final bill and close your account.

You should notify the local council even if someone will still be living in your property, as they may be eligible for a reduction in council tax.



Money

- any banks, building societies or credit unions you have an account with
- credit card providers
- Social Security Scotland and the Department for Work and Pensions
- private or occupational pension companies

Health

- GP
- dentist
- optician
- any other health and care services such as hospital outpatients and home care services

Other

- Driver and Vehicle Licensing Agency (DVLA)
- the National Entitlement Card (bus pass) department of your local council
- library
- the electoral register department of your local council
- friends and family

Once all this is organised you can relax, knowing that you have taken care of all your affairs, and can look forward to moving into a comfortable new home. Moving into a care home can be the start of a positive new life; there will be no need to worry about utility bills or household chores, you will have company whenever you would like it and trained staff are always on hand to help.

How you can help

Our vision is a Scotland which is the best place in the world to grow older.

All the information we provide is free and impartial. It helps older people access their rights and entitlements and can be life changing.

We are also a lifeline for older people who are feeling lonely and isolated. You can help us to support older people who need us most.

Together, we can make a difference.



Make a donation

No matter how small or large, donations make a massive difference and help us continue our important work.

- Call **03330 15 14 60**
- Visit **age.scot/donate**
- Text **AGESCOTGIVE** to **70085** to donate £5*
- Complete the **donation form** and return by Freepost



Fundraise

Whether it's having a bake sale or running a marathon, there are so many ways to raise vital funds to support our work. To find out more, call **0333 323 2400** or visit **age.scot/fundraise**.



Leave us a gift in your Will

By choosing to leave us a gift in your Will, you can help us to continue being there for older people in the years to come. To find out more, call **0333 323 2400** or visit **age.scot/legacy**.

* Texts cost £5 plus one standard rate message

Please donate today



Complete the form and return to RSBS-KEHC-GBBC, Age Scotland, Edinburgh, EH9 1PR

Your details

Title:	Forename:	Surname:
Address:		
	City:	
Postcode:	Date of birth:	

By providing us with your telephone number and email address you are consenting to us contacting you via phone, text and email.

Email:

Home tel: Mobile tel:

I WOULD LIKE TO DONATE

£75 £50 £25 Other (£)

I wish to pay by (please tick):

MasterCard Visa CAF

CharityCard Cheque (payable to Age Scotland)

Signature

Name on Card

Card No.

Expiry date Security code

Date

I prefer not to receive a thank you acknowledgement for this donation

I would like information about leaving a gift in my Will

I WOULD LIKE TO MAKE MY DONATION WORTH 25% MORE

I want Age Scotland* and its partner charities to treat all donations I have made for the four years prior to this year, and all donations I make from the date of this declaration until I notify you otherwise, as Gift Aid donations.

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I am a UK tax payer and understand that if I pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Yes, I want Age Scotland* to claim Gift Aid on my donations

I do not wish you to claim Gift Aid on my donations

Date

Keeping in touch

We will stay in contact by post unless you ask us not to. We will never sell your data and we promise to keep your details safe and secure. You can change your mind at any time by emailing us on contact@agescotland.org.uk or calling us on 0333 323 2400.

You can read Age Scotland's privacy policy at [agescot/privacypolicy](https://www.agescot.org.uk/agescot/privacypolicy).

*Age Scotland, part of the Age Network, is an independent charity dedicated to improving the later lives of everyone on the ageing journey, within a charitable company limited by guarantee and registered in Scotland.

Registration Number: 153343. Charity Number: SC010100. Registered Office: Causewayside House, 160 Causewayside, Edinburgh EH9 1PR.

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Let's keep in touch

Contact us:

Head office

0333 323 2400

Age Scotland helpline

0800 12 44 222

Email

info@agescotland.org.uk

Visit our website

www.agescotland.org.uk



Sign up to our newsletter

Our regular newsletters by email contain details of our campaigns, services and how you can support our work.

Sign up today at [agescot/roundup](https://www.agescotland.org.uk/agescot/roundup)



Follow us on social media

Our social media channels are a great way to keep up to date with our work and issues that affect older people.



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