



Care Confidence



Your guide to navigating adult social care
An evidence-based resource

NIHR | School for Social
Care Research



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



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?