



For a closer look at

short stays

For Living



What to expect from this guide



If you're looking into a short stay for a loved one, this guide will run through how to book a stay in one of our care homes and what's included.

Looking for yourself? This guide will be just as useful, giving you all the information you need to enjoy a stay with us.

Contents

| | |
|----------------------------|-------|
| Understanding short stays | 4-5 |
| Budgeting for a short stay | 6-7 |
| Personalise their stay | 8-9 |
| Next steps | 10-11 |

Understanding short stays

Everyone is welcome to join us for a temporary stay, whether it's for a week to experience living at one of our homes or a month to recover from an operation.

Why consider a short stay?

- Respite for you and your family
- Safe place to recover from an operation or hospital stay
- Their carer is going on holiday
- Get a feel for our home before moving in long-term

Are you the main carer?

A short stay offers you a chance to take a break from your day-to-day responsibilities and spend some time looking after your own needs.

How long can they stay?

The length of a short stay is generally from one week up to four weeks. This differs from home to home, so we recommend checking beforehand.

If they only need to stay for a few hours, some of our homes offer day care too.



“

Mum made many friends both with residents and staff and enjoyed the activities and social life she had previously lacked. Her appetite improved with the excellent food on offer. We're delighted to see her enjoying life again.

Daughter of resident, April 2018
Source: carehome.co.uk

”



Arrange a short stay

At some of our homes, you can book a short stay in advance. Just give us a call to check first.

To find out more, call us on

0808 271 4379

Lines are open 8am to 6.30pm, Monday to Friday, 9am to 12.30pm on Saturday. Closed Sundays and bank holidays. We may record or monitor our calls.

Budgeting for a short stay

Our fees vary depending on the type of care your loved one needs, the duration of the stay and the home they choose.

What's included in every stay

We cover all the basics, from providing meals to doing their laundry, so you don't have to worry. Each stay includes:

- 24-hour care
- private bedroom
- laundry service
- bed linen and towels
- activities within the home
- all meals and refreshments

Add something extra to their stay

We can also provide other services at an additional cost in many of our homes, including:

- hairdressing
- beauty treatments
- newspapers
- physiotherapy
- chiropody
- speech therapy



Details on the full costs

Each home manager will be able to provide you with a price on stays following a care needs assessment, along with information about the terms of their stay.

Questions you might want to ask:

- how much do the different rooms cost?
- do we pay by day or week?
- what happens if my loved one wants to stay another week?

Call our friendly team for more information

0808 271 4379

Lines are open 8am to 6.30pm, Monday to Friday, 9am to 12.30pm on Saturday. Closed Sundays and bank holidays. We may record or monitor our calls.

Personalise their stay

No matter how long your family member stays with us, our dedicated team will care around the clock for their individual needs. That might be specialist dementia care, nursing care or simply enjoying a cup of tea together.

Creating a personal plan

To make their stay as comfortable as possible, we'll create a tailored plan shortly after they arrive. To get to know them better, we'll want to know things like:

- what they enjoy doing and any dislikes
- day-to-day routine
- how they'd like staff to help
- what they like to eat and drink
- usual sleep pattern

What should we bring from home?

Although we provide the basics, we're happy for them to bring some items to add a personal touch to their stay, as well as the essentials. We suggest that they bring:

- prescribed medication
- toiletries
- day clothes, including a coat
- two or three sets of nightwear
- those slippers they can't live without

Next steps

Now you have an understanding of short stays in our care homes, take a look at some of our other guides to help you on your care journey. To get your free copies, call us on **0808 271 4379*** or download them at **bupa.co.uk/care-services/care-homes/request-a-guide**



Download your detailed guides

- A closer look at dementia care
- A closer look at paying for care
- A quick look into care homes



Find your local Bupa care home online

Search for a home that offers short stays in your area using our handy finder tool **finder.bupa.co.uk**



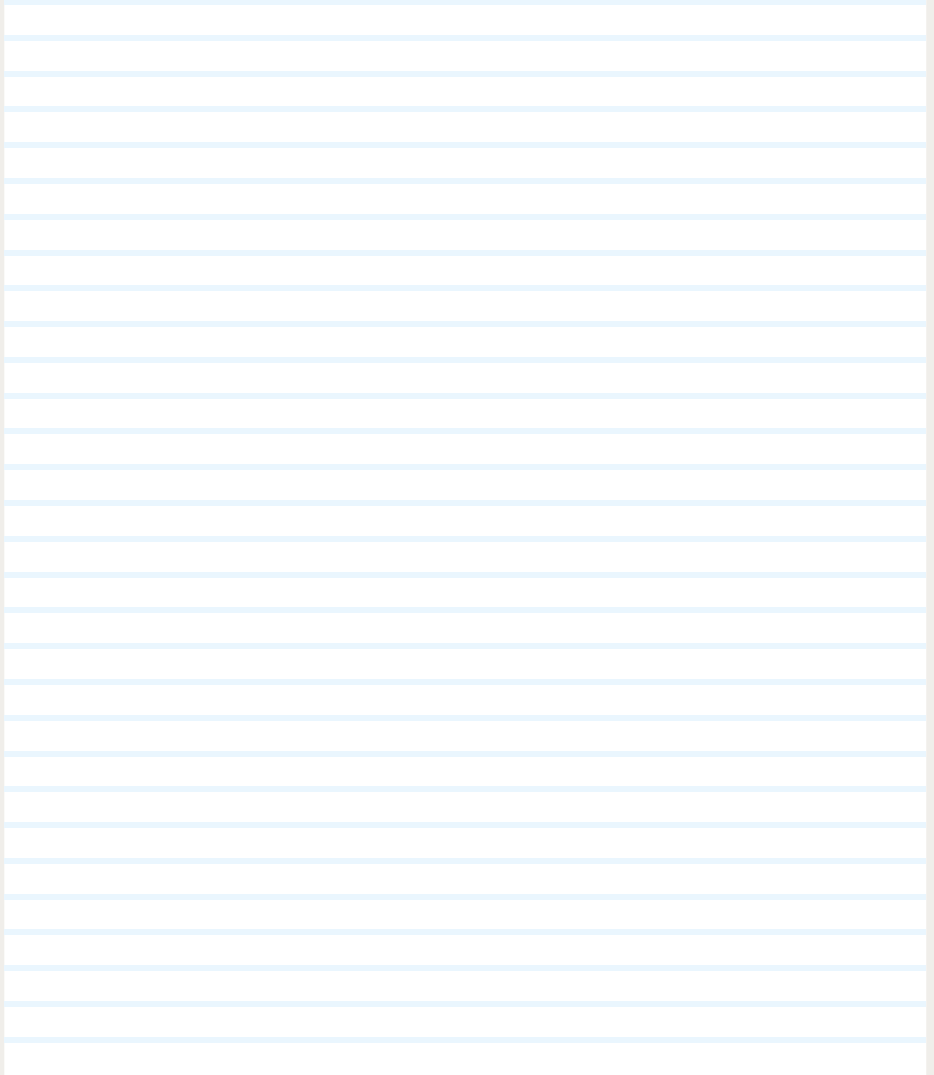
Arrange a stay

To arrange a short stay or request a home brochure, call us on **0808 271 4379***.

*Lines are open 8am to 6.30pm, Monday to Friday, 9am to 12.30pm on Saturday. Closed Sundays and bank holidays. We may record or monitor our calls.



Notes



Bupa Care Homes (ANS) Limited No. 1960990 Belmont Care Limited No. 2509860 Bupa Care Homes (AKW) Limited No. 4122364. Bupa Care Homes (Bedfordshire) Limited No. 3333791 Bupa Care Homes (BNH) Limited No. 2079932 Bupa Care Homes (CFCHomes) Limited No. 2006738 Bupa Care Homes (CFHCare) Limited No. 2741070 Bupa Care Homes (GL) Limited No. 1587972 Bupa Care Homes (Partnerships) Limited No. 2216429 Bupa Care Homes (BNHP) Limited No. 3183275. Registered in England and Wales. Registered office: 1 Angel Court, London EC2R 7HJ. Bupa Care Homes (Carrick) Limited No. SC151487. Registered office: 39 Victoria Road, Glasgow G78 1NQ. VAT Registration No. 239731641. © Bupa 2018