

Helping Cambridgeshire Families
Make Confident Care Decisions

Future Care Solutions
Your future care in our hands



5-Step Home Care Planning Checklist



Start Here: Your Guide to Confident Home Care Planning

Caring for an aging parent or loved one can feel overwhelming, especially when you're not sure where to start. That's why we created this **FREE 5-Step Home Care Planning Checklist**, tailored for families in Cambridgeshire.

Whether you're just beginning to notice changes or you're urgently seeking support, this guide will help you take clear, confident steps toward the right care.

Each step includes simple questions to ask, helpful tips, and guidance based on what local families need most. From recognising early signs of care needs to arranging reliable, compassionate home care, we've got you covered.

Let's walk through the process together so your loved one receives the support they deserve, and you get the peace of mind you need.



Need Help Now?

Book a free care consultation with a local advisor:

Call 01223 882681

www.futurecaresolutions.co.uk

Step 1: Identify Your Loved One's Needs

Have you noticed changes in mobility, memory, or hygiene?

Does your loved one need help with meals, medication, or companionship?

Are there any current health conditions or risks (e.g., dementia, diabetes, fall history)?

Tip: Write down any symptoms, concerns, and daily challenges in the boxes provided. Your notes will help the care team create a tailored plan.





Step 2: Discuss the Situation with Your Loved One and Family

Have you spoken with your loved one about their care needs?

Wherever possible the person being cared for should always be included in any discussions about their care.

Do you know who will help coordinate care or make decisions?

Have you spoken with other family members about care needs?

Is there agreement on budget, timing, and type of support?

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Tip: Open, early conversations help prevent stress later.

Step 3: Explore Home Care Options

Have you explored the different care types e.g. hourly care, live-in care, and respite care?

Have you looked into local providers with trained staff and CQC regulation?

Are there any special services needed (dementia support, personal care, etc.)?

Tip: Local providers like Future Care Solutions can offer flexible, professional, outstanding care in Cambridgeshire.



Inspected and rated

Outstanding 



Step 4: Arrange a Care Assessment

Have you scheduled a free consultation or home visit?

Are care needs and preferences clearly explained?

Do you feel listened to and respected by the provider?

Tip: You can request a no-obligation care call with our team today.



Step 5: Plan for Ongoing Support

Have you discussed a weekly schedule, emergency contact, and continuity of care?

Are there reviews/check-ins planned to adjust the care as needs evolve?

Are finances, invoicing, and responsibilities clear and documented?

Tip: Good care is built on regular reviews and two-way communication.

5-Step Home Care Planning Checklist

1. Identify Your Loved One's Needs
2. Discuss the Situation with Family
3. Explore Home Care Options
4. Arrange a Care Assessment
5. Plan for Ongoing Support

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**To book an assessment or get
advice.**

About us

At **Future Care Solutions**, our mission is simple: to deliver high-quality, compassionate home care that empowers individuals to live independently, with dignity and choice at the heart of every decision.

We provide personalised support to adults aged 18 and over, offering care that fits seamlessly into your life. Whether it's a short daily visit or round-the-clock support, our services are available 24 hours a day, 365 days a year. Every care plan is tailored to your unique needs - flexible, responsive, and always delivered with the utmost professionalism and respect.

Your care. Your choice.
Your future, supported with heart.

What we offer

- Home help
- Companionship and social inclusion
- Personal care
- Nutritional care
- Waking nights
- Sleeping nights
- Respite at home
- Help after leaving hospital
- End of life and palliative care
- Care Check In Service

How to find us

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Future Care Solutions
The Old Coach House
Church Lane
Fulbourn
Cambridge
Cambridgeshire CB21 5EP

01223 882681

www.futurecaresolutions.co.uk

info@futurecaresolutions.co.uk