

**Questions to ask yourself**

The task of improving care in care homes rests with a wide range of people, all of whom have a responsibility to achieve improvements. To help people to reflect on what they should or could do to improve care for people with dementia there are sets of “Questions to ask yourself”, designed for care home managers and providers, commissioners and [Care Quality Commission](#) inspectors. The questions are drawn directly from the findings in the discussion paper, ‘[Improving care in care homes in the South West](#)’.

<b>Care inspectors</b>	Yes; I know this because ..	No; But I am planning to..
1 I am not risk averse. I give priority to people in care homes being able to live a life and accept that as a consequence there will be potential risks.		
2 I have a good understanding of the needs and experience of people with dementia. My judgements are based on the perspective of people with dementia.		
3 During inspection site visits I spend at least a third of my time directly with or observing the people who live in the home.		
4 I am confident in judging the quality and effectiveness of staff competence and training.		
5 I approach inspections with positive expectations and ambitions for people with dementia.		
6 I am up to date about good dementia practice in care homes.		

## Questions to ask yourself

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<b>Care inspectors</b>		Yes; I know this because ..	No; But I am planning to..
7	My inspection practice is quality assured by others.		
8	When judging care homes I give weight to the importance of appropriate activity and stimulation.		
9	I have a good understanding of the National Dementia Strategy, its expectations and its implications for me as an inspector.		
10	I am confident that the overall ratings I award are a fair reflection of the quality of life of people living in the home.		
11	I am know which homes do not have registered managers and am able to apply effective pressure to ensure a registered manager is identified without undue delay.		

In my inspection practice I am particularly pleased with....