

**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 home managers and providers</b>		Yes; I know this because ..	No; But I am planning to..
1	Our care home has a member of staff who is identified as our dementia champion. They know about best practice and are an inspiration to others.		
2	Our care home keeps up to date, uses other people’s ideas and is aware of best dementia practice.		
3	Our staff are well trained and motivated and understand the importance working from the perspective of the person with dementia.		
4	All our staff know the preferred name of each person living in our home. They know about their wishes, background, their critical care needs and how to support them if they become distressed.		
5	We positively support relatives and involve them in the life of the home and in helping support family members.		

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6	In our home people with dementia are supported to do things which they find rewarding. Our home buzzes with activity.		
7	Our care home has a quality assurance system which includes careful assessment of the experience of people living in the home		
8	We are confident in taking managed risks. We believe in supporting people to remain active.		
9	We have the right ethos; We enjoy the challenge of looking after people with dementia, we like problem solving and being creative.		
10	Our care home is cheerful, safe and interesting. It enables people to move freely inside and outside and provides cues to help people find their way.		
11	Our home's manager is well supported, and has a clear vision about how good dementia care should be delivered.		
12	We have a strength and depth in the leadership in our home and others who can step into the manager's shoes		