

What today's care homes are really like

Did you know?

- * Modern care homes are designed to **support independence**. Many residents choose how they spend their day, keep up hobbies, stay active and continue making choices about their care and lifestyle.
- * Today's care homes often feel like **small communities** – warm, friendly and full of life. Many have regular events, visitors, intergenerational projects and shared activities that encourage companionship and connection.
- * Family and friends are usually encouraged to visit regularly and be part of care home life. Some homes **involve families** in care planning, activities and community events.
- * Care homes support a wide range of people – from those with high physical needs to others who need light-touch daily support, community and safety. It's about **living well**, not just managing decline.
- * Many residents report feeling **happier, safer, and more connected** after moving into a care home. With personal belongings, friendly staff and a focus on emotional wellbeing, homes can offer **comfort, belonging and peace of mind**.
- * Many care homes work closely with schools, local groups and volunteers, becoming **vibrant community hubs**. Residents often continue to contribute, share stories and play an active role in the world around them.

Find out how Age Cymru is supporting care homes and community groups across Wales to open their doors and connect lives:
agecymru.wales/opendoors

Together, we're creating care home communities where everyone feels seen, valued and connected.

**Open doors,
connected lives**