

# Mental wellbeing of older people in care homes

Information for the public

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## About this information

NICE quality standards help to improve key areas of health or social care so that people are offered the best care available.

This information explains the care and support described in [NICE quality standard 50](#) on mental wellbeing of older people in care homes.

## Mental wellbeing of older people in care homes

The quality standard for mental wellbeing of older people in care homes is made up of 6 statements that describe high-quality care for older people (aged 65 and older) in care homes. These statements set out the quality of care you should receive.

1. Older people in care homes have opportunities during their day to take part in activities of their choice that help them stay well and feel satisfied with life. Their families, friends and carers have opportunities to be involved in activities with them when the older person wishes.
2. Older people in care homes are given support and opportunities to express themselves as individuals and maintain and develop their sense of who they are, for example, this can include helping people to maintain their relationships with family, friends and carers.
3. Older people in care homes are cared for by staff who recognise the symptoms and signs of mental health conditions (such as depression and anxiety) and record them in their care plan.

4. Older people in care homes are cared for by staff who recognise needs that occur because of sight or hearing problems and record these as part of their care plan.

5. Older people in care homes are cared for by staff who recognise the symptoms and signs of physical problems (such as pain, dizziness, problems with walking, constipation and continence problems) and record them in their care plan.

6. Older people in care homes can see their GP and use hospital services when they need them.

## Your care

Your health and social care team should explain any treatment, care or support you should be offered so that you can decide together what is best for you. NICE has also produced advice and quality standards on [improving the experience of care for adults using the NHS](#) and [improving the experience of care for adults using NHS mental health services](#) which you might like to read.

We also have more information on the NICE website about [using health and social care services](#).

## More information on mental wellbeing of older people in care homes

The following guidance (advice) was used to develop this quality standard.

- NICE guidance on [mental wellbeing and older people, common mental health disorders, delirium, dementia and social anxiety disorder](#).
- Social Care Institute for Excellence (SCIE) guidance (accredited by NICE) on [GP services for older people living in residential care, personalisation: a rough guide and dignity in care](#).

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## Accreditation

