

Choosing care for adults

Choosing care is **one of the hardest decisions** you will have to make.

Here are some **tips** from our inspectors:



- 1** Use our website – read our reports.
Is the service registered with us?
- 2** Go along for a visit – take a list of questions, or a copy of our latest report.
- 3** Visit several places if you can, and go at different times of day to observe the levels of activity.

What to look for:



Your local authority's website will also have information on care services in your area.

 www.careinspectorate.wales

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