



The Care Compass®

Navigating Later-Life Care Together

2027

*Twelve small steps to make caring
feel more manageable*



They held our hand first.
Now we hold theirs.

One small step each month, space for appointments, and the numbers you need, all in one place. Scan each month's code for that month's guide.

Free from www.thecarecompass.uk • No referral fees.

It might help you, or someone close to you.

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January

ONE SMALL STEP THIS MONTH

Stage 1 • Diagnosis & Understanding

Create one care contact list

Write down everyone involved in care: GP, pharmacy, care team and family. Keep it on the fridge, so anyone can find it in a hurry.



Scan for this month's guide

Follow or share with someone who may need it.

MON	TUE	WED	THU	FRI	SAT	SUN
				1 New Year's Day	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOTES & APPOINTMENTS

NEED HELP NOW? Emergency 999 • NHS 111

Samaritans 116 123, any time

Carers UK 0808 808 7777, Mon–Fri 9am–6pm

YOUR NUMBERS

GP

Pharmacy

Care team



February



ONE SMALL STEP THIS MONTH

Stage 3 · Living Well at Home

Organise medicines

Keep an up-to-date list of medicines and doses. It's fine to ask the GP or pharmacist for a medicines review if things have changed.



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March

ONE SMALL STEP THIS MONTH

Stage 4 · Increasing Care Needs

Ask about support for you

If you look after someone, ask your local council, trust or care team about support for you as a carer. In England, that starts with a carer's assessment.



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1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Good Friday	27	28
29 Easter Monday	30	31				

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April

ONE SMALL STEP THIS MONTH

Stage 2 · Planning Ahead

Begin an important conversation

Talking about the future can feel hard. A little at a time, while it's easier, helps everyone know what matters most.



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May



ONE SMALL STEP THIS MONTH

Stage 3 • Living Well at Home

Check home safety

Good lighting, fewer trip hazards and grab rails can make a real difference. An occupational therapist can advise on aids and adaptations.

Also this month: **Dementia Action Week**, led by Alzheimer's Society, expected 17–23 May.



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MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3 Early May bank holiday	4	5	6	7	8	9
10	11	12	13	14	15	16
17 Dementia Action Week (expected)	18	19	20	21	22	23
24	25	26	27	28	29	30
31 Spring bank holiday						

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Bank holidays shown for England & Wales. General information only — not medical, legal or financial advice.



June



ONE SMALL STEP THIS MONTH

Stage 4 • Increasing Care Needs

Plan a proper break

Everyone needs time to recharge. Ask about respite care, or line up someone who can step in for a few hours.

Also this month: **Carers Week**, the UK-wide campaign for unpaid carers (dates to be confirmed).



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July

ONE SMALL STEP THIS MONTH

Stage 5 • Care Home & Funding

Understand care costs

Knowing roughly how care is paid for, and what help there is, makes the next steps feel less daunting.



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August



ONE SMALL STEP THIS MONTH

Stage 4 · Increasing Care Needs

Prepare for hospital visits

A short note of medicines, needs and what helps the person feel calm can make a hospital stay easier for everyone.



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2	3	4	5	6	7	8
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30 Summer bank holiday	31					

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September



ONE SMALL STEP THIS MONTH

Stage 5 • Care Home & Funding

Compare care options

Whether it's more help at home or a care home, it helps to know the options before you need them.

Also this month: **World Alzheimer's Month**, with World Alzheimer's Day on 21 September.



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20	21 World Alzheimer's Day	22	23	24	25	26
27	28	29	30			

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October



ONE SMALL STEP THIS MONTH

Stage 5 • Care Home & Funding

Understand funding and CHC

Find out how care funding works, including NHS Continuing Healthcare, which can cover care when needs are mainly health-related.

Also this month: **International Day of Older Persons**, 1 October.



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				1 International Day of Older Persons	2	3
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November



ONE SMALL STEP THIS MONTH **Stage 6 · End of Life**

Record important wishes

Wishes about care and treatment can be written down and shared, so they continue to guide what happens.

Also this month: **Carers Rights Day**, a good moment to check the support and rights you have as a carer.



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December



ONE SMALL STEP THIS MONTH

Stage 7 • Bereavement & Moving Forward

Be gentle through difficult occasions

The festive season can stir up grief and memories. Do what you can, let the rest go, and reach out for support if you need it.



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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27 Christmas Day (substitute)	28 Boxing Day (substitute)	29	30	31		

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