

What is an average day like in a care home?

If you're exploring the possibility of a care home, for either yourself or a loved one, you may be wondering just what it's like. Perhaps you don't know of anyone else who has received residential, nursing, or senior care and so you'd like to know more about what to expect.

One thing that is for sure is that at care homes, such as St Michael's Care, residents have plenty to do and plenty to keep them entertained. As well as the chance to [socialise](#) with great friends, here's a look at what else you can expect during a typical day in a care home.

Three freshly prepared meals

It is common for new residents to worry about what they might get to eat when in a care home. What you will find is that you are served three delicious meals every day. Not only do these taste amazing, but they also contain everything that you need to keep you healthy. In between meals, the good news is that there are plenty of snacks too.

The mealtimes in a care home go far beyond just being a time to eat. They are an important part of the day when everyone comes together as a group. It really helps to build that community feel as people get the chance to share how their day has been.

A range of activities to get involved with

If you're concerned that a care home may leave you with too much time on your hands, you may be surprised to see the great programme of events and activities that are on offer. While residents are always able to take some time for themselves, carers will always try and encourage you to get involved with what's on offer.

It could be a game of bingo, it could be learning a new skill or even a day trip out. There is always plenty going on and there is certainly no danger of ever getting bored when you're a resident.

A chance to see family and friends

There are some people who have concerns that a care home may mean it becomes hard to see family and friends. The reality is that a typical day in a care home includes plenty of visits. Care homes such as St Michael's Care don't have set visiting hours so your visitors are always welcome.

Of course, you'll have the chance to make plenty of new friends when you become a resident, but it is always great to stay in touch with the people that are special to you.

24/7 care

No matter what day of the week it is, or what the time of day or night, you will always have access to the care that you need. Professional carers are there whenever you may need their assistance, or even if you just fancy a chat.

There is a special bond between residents and staff. This ensures that no one feels [lonely or isolated](#) as there is always somebody on hand to spend quality time with.