

A close-up photograph of several autumn leaves in shades of orange, red, and yellow. The sun is shining brightly from behind the leaves, creating a strong lens flare and illuminating the scene. The leaves are in sharp focus, showing their intricate vein patterns.

## CARE HOME SUSTAINABILITY STARTER GUIDE

**Practical steps to improve wellbeing,  
reduce costs, and prepare for future  
CQC expectations**

**BE** YOUR  
**BEST**  
VERSION



## Welcome

*Creating a safe, comfortable and sustainable home for residents and staff*

Care homes are places of warmth, dignity and connection. They are also places where small, thoughtful changes can make a meaningful difference - to residents' wellbeing, staff morale, running costs and the wider environment. Sustainability isn't about doing everything at once or taking on extra pressure. It's about making everyday choices that support the health, comfort and resilience of the people who live and work in your home.

Climate change is already affecting the people you care for. Heatwaves, cold snaps, rising energy costs and extreme weather events all have direct impacts on older and vulnerable residents. By taking simple, practical steps now, you can create a safer, more stable environment and reduce risks before they arise.

This guide is designed to help you start that journey with confidence. It brings together achievable actions, clear explanations and gentle guidance that fit naturally into the rhythms of care. You'll find ideas for improving energy use, reducing waste, choosing better supplies, supporting hydration and nutrition, and preparing for extreme weather, all grounded in the realities of busy care settings.

Most importantly, sustainability is not something you have to tackle alone. It's a shared effort that grows through staff awareness, resident involvement and leadership that values long-term wellbeing. Every small improvement contributes to a healthier home and a more resilient future.

This guide is your starting point. The steps you take from here, however small, will make a real difference.



## About the author

My name is Sophie, and I run Be Your Best Version, a sustainability consultancy supporting small and medium-sized organisations across the UK. I am a certified ISO 14001 auditor and the author of 'Sustainable Business: Uncover the Benefits of Embracing Environmental and Social Responsibility'. My work is rooted in clarity, compassion and practicality - helping people make meaningful progress without overwhelm, pressure or jargon.



I've spent years working for the NHS and then with care providers, community organisations and local businesses, and I've seen first-hand how sustainability can strengthen wellbeing, resilience and confidence. Care homes in particular hold a special place in this work. They are homes, workplaces and communities all at once - places where thoughtful, everyday choices can make a profound difference to the people who live and work there.

I created this guide to offer something simple, supportive and genuinely useful. A starting point. A way to understand what sustainability looks like in a care home, and how small steps can build into lasting change. Everything here is designed to fit the realities of busy care environments: practical ideas, gentle guidance, and actions that feel achievable rather than overwhelming.

My approach is always people-first. Sustainability is not about perfection - it's about care, comfort, dignity and long-term wellbeing. It's about creating environments where residents feel safe and supported, and where staff feel confident and proud of the work they do.

If this guide helps you take even one small step forward, then it has done its job.

*Sophie*



in/SophieWragg



[www.BeYourBestVersion.co.uk](http://www.BeYourBestVersion.co.uk)

# Why Sustainability Matters in Care Homes

*Creating healthier environments for residents, staff, and the wider community*

Care homes are uniquely placed to benefit from sustainability. The choices you make around energy, food, waste, and resilience directly influence the comfort, safety, and wellbeing of the people you support. Sustainability isn't an "extra" – it's part of delivering high-quality, person-centred care.

Below are the key reasons why environmental sustainability matters in residential care settings.

## Climate Change as a Health Issue

Climate change affects health as well as the planet. Older people and those with long-term conditions are more vulnerable to:

- heatwaves
- cold snaps
- poor air quality
- extreme weather events

Sustainable practices help create safer indoor environments and reduce risks linked to temperature, hydration, and respiratory health.

## Impact on Older and Vulnerable Residents

Residents often spend most of their time indoors, so the quality of the environment matters deeply. Good sustainability practices support:

- stable, comfortable temperatures
- better air quality
- healthier food choices
- more pleasant outdoor spaces

These improvements enhance wellbeing, dignity, and quality of life.

*"Caring for people and caring for the planet go hand in hand."*

## Rising Energy Costs

Energy is one of the biggest expenses for care homes. Simple efficiency measures can:

- reduce bills
- free up budget for resident care
- make the home more resilient to price fluctuations

Sustainability is often as much about financial stability as environmental impact.

## Staff Wellbeing

A comfortable, well-run environment supports staff morale and retention.

Sustainable practices can:

- improve indoor comfort
- create a sense of pride and shared purpose
- support a positive workplace culture

When staff feel valued and supported, care quality improves.

## Community Responsibility

Care homes are part of their local community. By reducing waste, choosing local suppliers, and improving environmental performance, you contribute to:

- local resilience
- community health
- stronger relationships with families and neighbours

Sustainability becomes a shared effort that reflects your values and leadership.

## Environmental Sustainability – Well-Led

The CQC has introduced a new Environmental Sustainability quality statement under the Well-led domain. While it is currently applied at NHS trust level, it will extend to other services, including care homes, as the framework evolves.

This section summarises the core principles in simple, practical terms.

### Awareness

Leaders and staff understand:

- how the service impacts the environment
- how climate change affects residents
- why sustainability matters for safety, wellbeing, and quality of care

Awareness is the foundation for meaningful action.

### Action

The service takes practical steps to:

- reduce energy use
- minimise waste
- improve procurement choices
- manage travel and deliveries
- create healthier indoor and outdoor environments

The CQC is looking for evidence of real, everyday improvements.

### Empowerment

Staff, residents, and families are supported to:

- make sustainable choices
- get involved in initiatives
- share ideas and feedback

Sustainability becomes part of the culture, not a top-down instruction.

### Resilience

The service prepares for climate-related risks, including:

- heatwaves
- cold weather
- flooding
- power cuts
- supply chain disruption

Resilience planning protects residents and ensures continuity of care.

### Continuous Improvement

Sustainability isn't a one-off project. The CQC expects:

- regular reviews
- small, steady improvements
- learning from experience
- embedding sustainability into decision-making

It's about progress, not perfection.

### What “good” looks like to the CQC

A care home that:

- understands its environmental impact
- takes small, meaningful actions
- involves staff and residents
- prepares for climate risks
- reviews and improves its approach regularly

This aligns sustainability with safety, wellbeing, and high-quality care – the core of the CQC's expectations.

## Building a Shared, Practical Approach to Sustainability

Sustainability works best when it becomes part of everyday culture rather than a separate project. Care homes thrive when staff feel involved, residents feel heard, and leadership sets a clear, steady direction. This page helps you create a simple structure that supports meaningful, achievable progress.

### Your Green Vision

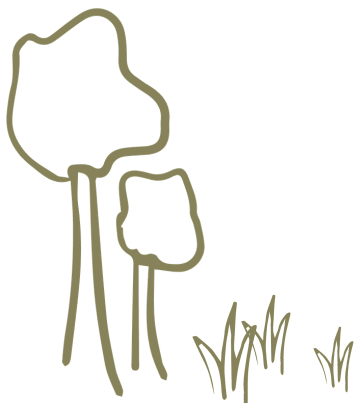
A Green Vision is a short, clear statement that explains:

- what sustainability means for your home
- why it matters
- how you intend to approach it

It doesn't need to be perfect, it just needs to be honest and practical.

Example: "We want to run a warm, safe, and welcoming home that uses resources wisely, protects residents' health, and contributes positively to our community."

Write your Green Vision here.



*Did you know....*

For change to be effective you need around 25% of people on board - the best way to do this is to align your green vision with your care home's values

# Building a Shared, Practical Approach to Sustainability

To put your Green Vision into practice you will need a Green Lead who is supported by a Green Team. Being part of a Green Team or having access to its members is a great way to ensure staff feel involved, residents feel heard, which in turn will help you push ideas forwards and achieve meaningful progress towards your goals. This page helps you create an effective Green Team.

## Appointing a Green Lead

Choose someone who:

- is enthusiastic
- communicates well
- understands daily routines
- can coordinate small actions

This doesn't have to be a manager. A carer, domestic team member, or kitchen lead can be just as effective.

The Green Lead's role is to:

- keep sustainability on the agenda
- gather ideas from staff
- support small improvements
- help track progress

## Creating a Green Team

A small, mixed group works best. Aim for representation from:

- care staff
- domestic/cleaning
- kitchen/catering
- maintenance
- activities
- a resident or family member (optional but powerful)
- management/board members

Meet monthly or quarterly to:

- review progress
- share ideas
- plan small actions
- celebrate wins

## Staff Awareness & Engagement

Sustainability becomes easier when everyone understands the "why" behind it.

Simple ways to build awareness:

- short toolbox talks
- posters in staff areas
- themed weeks (e.g., "Energy Awareness Week")
- adding sustainability to induction
- celebrating small successes

When staff feel part of the journey, change becomes natural rather than forced.



# Creating Comfortable, Efficient, and Healthy Environments

Care homes rely heavily on their buildings – from heating and lighting to kitchens, laundry, and communal spaces. Small improvements can reduce costs, improve comfort, and support resident wellbeing. This page focuses on practical, achievable steps that fit into everyday maintenance routines.



## Heating & Temperature Control

Stable, comfortable temperatures are essential for resident safety and wellbeing.

### Practical ideas:

- Review thermostat settings seasonally
- Use thermostatic radiator valves effectively
- Bleed radiators regularly
- Maintain boilers and heating systems
- Avoid overheating communal areas
- Check for draughts around windows and doors

These small adjustments can significantly reduce energy use without compromising comfort.

## Lighting

Good lighting supports safety, mood, and energy efficiency.

### Practical ideas:

- Switch to LED bulbs throughout the home
- Install motion sensors in corridors, bathrooms, and staff areas
- Encourage “last out, lights off” habits
- Make the most of natural light where possible

LEDs alone can reduce lighting energy use by up to 80%.



Sustainability only truly works when it's rooted in your values, not treated as something extra

# Creating Comfortable, Efficient, and Healthy Environments

## Appliances & Equipment

Kitchens, laundry rooms, and staff areas contain equipment that uses energy every day.

### Practical ideas:

- Maintain fridges, freezers, and laundry machines
- Check seals and temperatures regularly
- Turn off unused devices
- Replace old appliances with energy-efficient models when due for renewal

A well-maintained appliance lasts longer and uses less energy.



## Water Use

Water efficiency supports both environmental impact and cost control.

### Practical ideas:

- Fix leaks quickly
- Install tap aerators
- Use efficient shower heads
- Monitor water usage for unusual spikes
- Encourage staff to report issues promptly

Even small leaks can add up to significant waste over time.



## Gardens & Outdoor Spaces

Outdoor areas offer opportunities for wellbeing and sustainability.

### Practical ideas:

- Plant for shade and biodiversity
- Create resident-friendly nature areas
- Use composting where appropriate
- Choose low-maintenance, drought-tolerant plants

Green spaces support mental health, physical activity, and connection with nature.



# Reducing Waste, Saving Money, and Creating a Cleaner, Safer Home

Waste management is a core part of running a care home and it's also one of the easiest areas to improve. Clear systems, good signage, and small behaviour changes can reduce costs, support infection control, and make the home feel calmer and more organised. This page focuses on simple, achievable steps that fit naturally into daily routines.



## Clinical vs Domestic Waste

Care homes generate a mix of clinical and domestic waste, and correct segregation is essential for safety, compliance, and cost control.

### Practical ideas:

- Refresh staff training regularly. Short reminders help reduce contamination and confusion.
- Use clear, colour-coded signage. Place signs at eye level and near every bin.
- Review bin placement. Make it easy for staff to choose the right bin in the right place.
- Check waste streams monthly. A quick visual check can highlight issues early.

Correct segregation reduces disposal costs and supports safer working environments.

## Food Waste

Food waste is one of the biggest contributors to environmental impact in care homes – and one of the easiest to reduce.

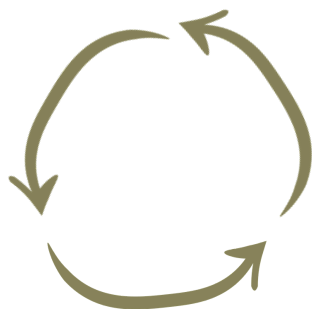
### Practical ideas:

- Track plate waste. Identify meals that are consistently unpopular or oversized.
- Adjust portion sizes. Offer smaller portions with the option for seconds.
- Review ordering patterns. Small tweaks can prevent over-ordering and spoilage.
- Use leftovers safely. Soups, stews, and puddings can often incorporate surplus ingredients.
- Engage residents in menu planning. Their preferences help reduce waste and increase satisfaction.

Reducing food waste saves money and supports better nutrition.



# Reducing Waste, Saving Money, and Creating a Cleaner, Safer Home



## Recycling Systems

Recycling works best when it's simple, visible, and consistent.

### Practical ideas:

- Use clear, colour-coded bins. Match colours to your local authority's system.
- Place bins where staff naturally work. Kitchens, laundry rooms, staff rooms, and offices.
- Add simple "yes/no" lists. Visual prompts reduce contamination.
- Review recycling performance regularly. Celebrate improvements and share feedback with staff.

A well-designed system becomes second nature for everyone.

## Laundry Efficiency

Laundry is a major source of energy and water use in care homes.

### Practical ideas:

- Wash full loads where possible. Avoid half-loads unless necessary for infection control.
- Use lower temperature cycles when safe. Modern detergents work well at 30–40°C.
- Maintain machines regularly. Clean filters, check seals, and service equipment.
- Review drying practices. Air-dry where possible; avoid over-drying in tumble dryers.

Efficient laundry practices reduce costs and extend equipment life.



# Supporting Wellbeing Through Thoughtful, Sustainable Food Choices

Food is at the heart of care. It brings comfort, routine, nourishment, and joy – and it's also one of the biggest areas where care homes can reduce waste, save money, and make a positive environmental impact. Small changes in the kitchen can ripple out into better resident wellbeing, smoother operations, and lower running costs.

This page offers simple, achievable steps that fit naturally into everyday catering routines.

## Sustainable Food Choices

Sustainable catering doesn't mean compromising on quality or comfort. It's about choosing ingredients and suppliers that support health, reduce waste, and make the most of your budget.

### Practical ideas:

- Choose seasonal produce. Seasonal fruit and vegetables are fresher, tastier, and often cheaper.
- Incorporate more plant-based options. Not every meal needs to be vegetarian, but offering a few plant-forward dishes each week can reduce costs and carbon impact.
- Review your suppliers. Ask about local sourcing, reduced packaging, and environmental commitments.
- Plan menus with flexibility. Build in dishes that can adapt to what's available or what needs using up.
- Use sustainable fish and meat options. Look for suppliers with clear welfare and sustainability standards.



## Reducing Food Waste

Food waste is costly – financially and environmentally. A few simple habits can make a big difference.

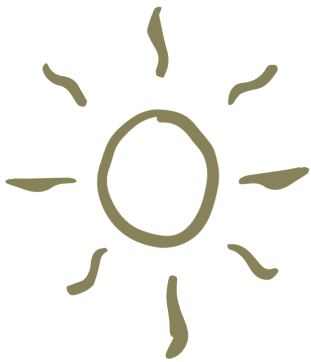
### Practical ideas:

- Track plate waste. If certain meals consistently come back unfinished, adjust portion sizes or recipes.
- Use “cook to order” approaches where possible, especially for breakfast and lighter meals.
- Store food correctly. Clear labelling, rotation systems, and airtight containers reduce spoilage.
- Engage residents in menu planning. Their preferences help reduce waste and increase satisfaction.
- Review ordering patterns. Small tweaks to quantities can prevent over-ordering.



# Supporting Wellbeing Through Thoughtful, Sustainable Food Choices

As the climate warms, heatwaves are becoming more frequent. Protecting residents from heat-related illness is a core part of climate adaption and environmental sustainability



## Hydration & Heatwave Menus

Older adults are more vulnerable to dehydration and heat stress. Thoughtful hydration and menu planning can protect health and comfort during warmer months.

### Practical ideas:

- Create hydration stations. Jugs of water, squash, or fruit-infused drinks in communal areas.
- Offer cooling snacks. Ice lollies, fruit, yoghurt, and chilled desserts.
- Adjust menus in hot weather. Lighter meals, salads, cold plates, and foods with high water content.
- Monitor hydration more frequently. Especially for residents with dementia or mobility challenges.
- Ensure dining areas stay cool. Use blinds, fans, and ventilation to maintain comfortable temperatures.

## Top 5 Kitchen Quick Wins

1. Switch to seasonal menus – fresher, cheaper, lower carbon.
2. Track plate waste for one week – adjust portions accordingly.
3. Review fridge and freezer temperatures – small tweaks save energy.
4. Use airtight containers and clear labelling – reduces spoilage.
5. Add one plant-based dish per week – simple, cost-effective, resident-friendly.



# Choosing Products and Partners That Support Quality Care and Lower Environmental Impact

Every care home relies on a wide range of supplies, from cleaning products and PPE to furniture, food, and everyday consumables. The choices you make here can significantly reduce waste, improve indoor air quality, and support local or ethical suppliers.

## Greener Cleaning Products

Cleaning products are used daily and can affect both environmental impact and indoor air quality.

### Practical ideas:

- Choose low-toxicity, low-fragrance products. These support resident comfort, especially for those with respiratory conditions.
- Use concentrated formulas. They reduce packaging and storage needs.
- Switch to refillable systems where possible. Many suppliers now offer refill stations or bulk containers.
- Review your product list annually. Remove duplicates and unnecessary items.

Small changes in cleaning products can make a big difference to health and sustainability.

## Reducing Single-Use Items

Some single-use items are essential for infection control, but many can be reduced safely.

### Practical ideas:

- Use reusable cups, plates, and cutlery in staff areas
- Switch to washable aprons where appropriate
- Use refillable soap and sanitiser dispensers
- Choose reusable cleaning cloths instead of disposable wipes

Focus on areas where reuse is safe, practical, and cost-effective.

## Furniture & Equipment

When replacing or upgrading items, consider durability and long-term value.

### Practical ideas:

- Choose durable, repairable items. Cheaper items often need replacing sooner.
- Look for recycled or sustainably sourced materials. Many suppliers now offer eco-friendly ranges.
- Ask about take-back schemes. Some companies will collect and recycle old furniture or equipment.
- Plan ahead for replacements. Avoid last-minute purchases that limit your options.

Investing in quality reduces waste and saves money over time.

## Supplier Engagement

Suppliers play a key role in your environmental impact. Simple questions can encourage better practices.

### Questions to ask:

- “Do you have an environmental or sustainability policy?”
- “Do you offer lower-carbon or reduced-packaging options?”
- “Can we consolidate deliveries?”
- “Do you have refillable or reusable alternatives?”

Suppliers are increasingly prepared for these conversations and often welcome them.

# Reducing Emissions and Improving efficiency in everyday movement

Travel is a significant part of care home operations – from staff commuting and supplier deliveries to family visits and community outings. Small improvements can reduce emissions, save money, and support staff wellbeing.

## Staff Commuting

Supporting staff to travel sustainably can improve morale and reduce costs.

### Practical ideas:

- Promote car sharing. Staff who live near each other may be happy to share lifts.
- Provide cycle storage. Safe, accessible bike racks encourage active travel.
- Offer travel planning support. Simple maps or bus route information can help staff explore alternatives.
- Consider flexible start times. This can reduce congestion and make public transport more viable.

Even small shifts in commuting habits can have a meaningful impact.

## Deliveries

Supplier deliveries can be streamlined to reduce emissions and disruption.

### Practical ideas:

- Consolidate orders. Fewer deliveries mean fewer emissions and less disturbance.
- Choose local suppliers where possible. Shorter distances reduce carbon impact and support the local economy.
- Review delivery schedules. Align deliveries with quieter times to reduce disruption to residents.
- Ask suppliers about low-emission vehicles. Many are transitioning to electric or hybrid fleets.

Efficient delivery planning supports smoother operations and lower emissions.

## Family Visits

Family visits are essential for wellbeing and connection. Small changes can make them more sustainable without limiting access.

### Practical ideas:

- Provide clear travel information. Include public transport options, parking details, and accessible routes.
- Encourage off-peak visits. This reduces congestion and improves the visitor experience.
- Offer virtual visit options. Video calls can supplement in-person visits, especially in bad weather.
- Create walkable access and comfortable outdoor spaces with seating, shade and bike racks to encourage walking or cycling for local families.

Supporting families to travel sustainably enhances both experience and environmental impact.



# Heatwaves and Cold Weather

Climate change is already affecting the day-to-day realities of care. Hotter summers, colder snaps, heavier rainfall and more frequent power disruptions all increase risks for older and vulnerable adults. The CQC will expect providers to show how they are adapting to these changing conditions with practical plans in place for heatwaves, cold weather, flooding, storms and power cuts.

## Heatwaves

Older adults are particularly vulnerable to heat stress, dehydration, and overheating. A proactive approach helps keep residents safe and comfortable.

### Practical ideas:

- Identify rooms that overheat. Note which bedrooms or communal areas get the most sun and monitor them closely.
- Use blinds, curtains, and ventilation. Close blinds during the hottest part of the day and open windows when safe to create airflow.
- Increase hydration checks. Offer drinks more frequently and use hydration charts for residents at higher risk.
- Adjust menus. Provide lighter meals, salads, fruit, and cooling snacks.
- Review staffing and activities. Avoid strenuous activities during peak heat; offer shaded or indoor alternatives.
- Check fans and portable coolers. Ensure equipment is safe, clean, and ready before summer arrives.

Heatwave planning protects residents from serious health risks and supports staff working in warm conditions.



## Cold Weather

Cold homes can increase the risk of respiratory illness, falls, and discomfort. Preparing early helps maintain safe temperatures throughout winter.

### Practical ideas:

- Check insulation and draught-proofing. Simple fixes around windows and doors can make a big difference.
  - Review heating schedules. Ensure warmth is consistent, especially overnight and in early mornings.
  - Maintain boilers and heating systems. Schedule servicing before winter to prevent breakdowns.
  - Provide warm clothing and blankets. Ensure residents have access to layers and cosy communal spaces.
  - Monitor room temperatures. Use thermometers to check that all areas remain within safe ranges.
  - Plan for staff travel. Support safe commuting during snow, ice, or severe cold.
- Cold weather planning keeps residents comfortable and reduces the risk of illness.

# Flooding, Storms and Power Cuts

## Flooding & Storms

Extreme weather can affect access routes, outdoor areas, and the building itself. Preparing in advance helps minimise disruption and protect residents.

### Practical ideas:

- Review flood risk. Identify whether your home is in a flood-prone area and understand local alerts.
- Protect ground-floor rooms. Move vulnerable equipment or furniture if heavy rain is forecast.
- Check gutters and drains. Clear blockages to reduce the risk of water pooling.
- Review access routes. Ensure staff, ambulances, and deliveries can reach the home safely.
- Secure outdoor items. Tie down or store furniture, bins, and equipment during storm warnings.
- Create a communication plan. Know how you will update families and staff if weather disrupts routines.

Storm preparedness helps maintain calm and continuity during unpredictable events.



## Power Cuts

Power outages can affect lighting, heating, cooking, medication storage, and communication. A simple plan ensures safety and reduces stress.

### Practical ideas:

- Know your backup systems. Understand how emergency lighting, alarms, and backup generators operate.
- Test emergency lighting regularly. Ensure corridors, stairwells, and key areas remain safe during outages.
- Protect medication and food storage. Have procedures for keeping fridges and freezers closed and monitoring temperatures.
- Prepare a communication plan. Keep key phone numbers printed and accessible.
- Create a “power cut kit”. Include torches, batteries, blankets, and essential supplies.
- Review staffing levels. Ensure enough staff are available to support residents safely.

Power cut planning helps maintain safety and dignity during unexpected disruptions.

# Simple Actions That Make an Immediate Difference

This page brings together small, achievable steps that care homes can take straight away. Each action is designed to be low-cost, low-effort, and high-impact – helping you build momentum and confidence as you strengthen your sustainability approach. Use this page as a working checklist. Tick what you already do, circle what you want to try next, and revisit it regularly to track progress.

### Energy & Buildings

- Switch all bulbs to LEDs
- Review thermostat settings for day and night
- Bleed radiators and check valves
- Close blinds/curtains during peak heat
- Identify and fix simple draughts
- Turn off unused appliances at the socket
- Check fridge/freezer temperatures are correct
- Use natural light where possible

### Waste & Recycling

- Add clear, colour-coded recycling signage
- Refresh staff training on waste segregation
- Track food waste for one week
- Adjust portion sizes based on plate waste
- Use airtight containers and clear labelling
- Review recycling bin placement
- Switch to reusable cleaning cloths where safe

### Catering & Nutrition

- Add one plant-based dish per week
- Review menus for seasonal ingredients
- Offer cooling snacks during warm weather
- Create hydration stations in communal areas
- Involve residents in menu planning

### Procurement & Supplies

- Ask suppliers about environmental options
- Choose concentrated or refillable cleaning products
- Reduce single-use items where safe
- Consolidate orders to reduce deliveries
- Review your product list for duplicates

### Staff & Resident Engagement

- Appoint a Green Lead
- Create a small Green Team
- Add sustainability to staff induction
- Share simple posters or reminders
- Celebrate small wins with staff and residents

### Adaptation & Resilience

- Identify rooms that overheat
- Prepare a heatwave plan
- Check insulation and draught-proofing
- Review flood and storm risks
- Test emergency lighting
- Create a "power cut kit" with torches and essentials



## Assess Your Current Position

This self-assessment helps you take stock of your current sustainability practices. It isn't a test, and there are no right or wrong answers, it's simply a way to understand your strengths, identify opportunities, and decide where to focus next..

### How to Use This Page

- Score each area from 1 to 5 (1 = We haven't started yet, 5 = We're confident and consistent)
- Add brief notes if helpful
- Circle 2–3 areas you'd like to prioritise next

### Self-Assessment Table

Area	Score (1-5)	Notes
Staff awareness & culture		e.g. training, engagement, Green Team
Energy & buildings		e.g. heating, lighting, maintenance
Waste & recycling		e.g. segregation, signage, food waste
Catering & nutrition		e.g. sustainable choices, hydration
Procurement & supplies		e.g. greener products, supplier engagement
Travel & transport		e.g. commuting, deliveries, visitor access
Adaptation & resilience		e.g. heatwaves, storms, power cuts

### Your Overall Picture

Total score: \_\_\_\_\_ / 35

## Shaping our Next Steps

This page gives you space to pause and capture what matters most right now. After completing the self-assessment, these prompts help you turn insight into intention – recognising your strengths, choosing your priorities, and identifying one small, achievable step to begin with. Use this space to shape a sustainability approach that feels true to your home and the people who live and work within it.

In our home sustainability looks like: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What we're doing well: \_\_\_\_\_:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Where we want to focus next: \_\_\_\_\_:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

First small step we can take: \_\_\_\_\_:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Turning Small Actions into Lasting, Confident Progress

This guide gives you a strong foundation: simple steps, practical ideas, and a clearer understanding of what environmental sustainability looks like in a care home setting. The most important thing now is not to do everything at once, but to choose one or two areas to focus on and build from there.

Sustainability is a journey made up of small, steady improvements – each one supporting resident wellbeing, staff confidence, and the long-term resilience of your home.

## Where You Can Go From Here

Many care homes choose to build on this starter guide by:

- creating a simple sustainability action plan
- developing a Green Plan aligned with emerging CQC expectations
- reviewing energy, waste, or procurement practices in more depth
- training staff so sustainability becomes part of everyday care
- preparing evidence for inspections or tenders
- measuring their carbon footprint to understand their impact

Whether you want to take a light-touch next step or develop a more structured approach, there are supportive, achievable ways forward.

## How I Can Help

I work with care homes across the UK to make sustainability clear, manageable, and genuinely useful. My support is always practical, people-centred, and tailored to the realities of busy care environments.

You can choose the level of support that feels right for you, including:

- Sustainability Action Plans – turning your priorities into a clear, achievable roadmap.
- Green Plans for Care Providers – a structured, CQC-aligned plan that brings everything together.
- Carbon Footprinting – simple, accurate measurement of your environmental impact.
- Energy, Waste, & Procurement Reviews – identifying savings and quick wins.
- Staff Training & Engagement – building confidence and shared ownership across your team.
- Policy & Evidence Pack Support – preparing for inspections, tenders, or board reporting.

Everything is designed to reduce overwhelm, build confidence, and help you make meaningful progress at a pace that works for you.

## You Don't Have to Do This Alone

If you'd like support with your next steps, whether that's a short conversation, a focused piece of work, or a full sustainability plan, I'd be happy to help.

Email: [contact@beyourbestversion.co.uk](mailto:contact@beyourbestversion.co.uk)

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*Helping care providers build healthier,  
more resilient futures*



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