Care Quality Commission

Winter Resilience and Regulation

November 2026

Relevant Quality Statements and Regulations

Safe?

- Infection Prevention and Control **(Reg 12)**
- Staffing—sufficient numbers and skills **(Reg 18)**
- Environment **(Reg 15)**
- Safe Transitions **(Reg 9, 12)**

Effective?

- Assessing Needs **(Reg 9, 12)**
- Working together across teams and services **(Reg 9, 12)**
- Supporting people to live healthier lives **(Reg 9, 12)**

Caring?

- Independence, choice and control—including visiting rights **(Reg 9, 9A, 10)**
- Workforce well-being and enablement **(Reg 9, 12,17 18)**

Relevant Quality Statements and Regulations

Responsive?

- Person-Centred Care **(Reg 9)**
- Care provision, integration and continuity **(Reg 9, 12, 17)**
- Equity in access **(Reg 12, 13, 15, 17)**

Well Led?

- Governance, management and sustainability **(Reg 17)**
- Partnerships and communities **(Reg 12, 17)**
- Learning, improvement and innovation **(Reg 17)**

What does good resilience planning look like in practice?

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Care At Home

- Utilising dynamic vulnerability monitoring to prioritise critical car visits.



- Travel buffer planning and real time digital rostering

- Training carers how to spot and respond to “silent” risks in winter—fuel poverty, food/medicine stocks, safe premises

What does good resilience planning look like in practice?

Care Home

- Digital vital signs monitoring to spot early deterioration



- Business continuity and outbreak testing—winter “stress testing”
- Active involvement in research and trials to support innovation and quality of care

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