

Carers Information Service

0300 0200 002

www.carmarthenshirecarers.org.uk

Short Breaks

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Short Breaks

Do you rely on a family member or friend to look after you and help you with aspects of day to day living? Or perhaps you are someone who cares for and supports a friend or relative to help them live at home?

Many older and disabled people in Carmarthenshire rely on the support of their families and Carers to enable them to remain living in their own homes or with family members. These supporting, caring relationships are very important, but can sometimes put a strain on the strongest of relationships. A break away from the normal routine can make a big difference. Sometimes there may be a reason why the Carer needs to take a break from caring, such as hospital treatment, a holiday with other family members, other caring responsibilities or to simply recharge their batteries as caring can be demanding.

This factsheet explains about the Short Break Service provided for older and disabled people and their Carers by the Department for Communities.

What do we mean by a 'Short Break'?

When Social Care uses the term 'Short Break', this has a specific meaning which is not quite the same as in the 'holiday' sense. Short breaks used to be known as 'Respite' and you will still sometimes hear this term. Short breaks:

- Are breaks from normal routine.
- Can be either time apart or time together with extra support.
- Can be provided in a variety of settings.
- Can be provided on a planned basis or as a one-off or in emergencies.
- Should offer opportunities and experiences tailored to meet individual needs.
- Should be a good experience for everybody.

This factsheet explains who is likely to be eligible for a short break and gives brief details of some of the options available. We believe that older and disabled people and their Carers (who are often older people themselves) need to be in control of planning their short breaks.

Who can access short break services?

When an older or disabled person has a Carer who provides them with regular support they may access the full range of short break services.

The following short break services can only be accessed by people who have a Carer who provides regular support.

- Replacement care (previously called respite).
- A residential care home.
- Adult placement - where a break is provided for a service user by a family in their own home.

When a person does not have a Carer who provides regular support they are not eligible for the short break services that have been developed primarily to support Carers. However, they may be able to have a break from day-to-day life by having their care needs, which are eligible for social services funding, met in a different location. Examples might be having homecare support whilst visiting a family member living in another part of the country or while staying in appropriate holiday accommodation.

The role of Social Care Services

Social Care Services may be able to help with funding a short break if:

- The person being cared for has eligible needs - this means that the person will need to have a Social Care Assessment or, if they are already receiving services from social care, a review of their care needs.

And

- The person who cares for them is eligible for a Carer's Assessment and has a need for a short break. (Carers are entitled to have their support needs assessed even if the person they care for is not known to Social Care Services. However, should a short break be identified as a need then the person being cared for will need to be assessed so that their needs can be established and appropriately planned for).

To request an assessment please contact Dewis Sir Gâr (previously called Careline) on 0300 333 2222.

Types of short breaks

The following list shows the range of different ways that breaks can be provided.

Short breaks in general residential and nursing care homes

People who require a high level of care and supervision can have short breaks in a residential or nursing care home if a bed is available to meet appropriate needs.

Short breaks in the home of another individual or family (adult placement)

These are short breaks provided by people who are paid, and professionally regulated, to provide short-term support in their own homes. These are sometimes referred to as Adult Placement Schemes.

Short breaks at home

This is support provided within the home where you live. Flexible and tailor-made packages of support can be arranged whilst the Carer(s) is away.

Direct Payments

If you are eligible for funding support from the Local Authority, instead of having a service arranged for you, you can choose to receive money so that you can make your own arrangements. This is called a Direct Payment and it enables you to have more flexibility and choice for your short break that may suit your circumstances better.

Supported holiday breaks

These include opportunities for people and Carers to plan and arrange their own holidays, with information and/or support to arrange assistance with meeting any care needs they might have whilst away from home.

Funding a Short Break

There are a number of ways that short break services can be funded:

- Self-funded - you arrange and pay for your own short break.
- Partially funded - the costs of the break may be shared between you and the local authority and/or health services.
- Fully funded - by health services under Continuing Health Care.
- Charitable funding.

In nearly all cases you would have to pay something towards the cost of your short break. Even if you are funding the full costs of your short break, Social Care Services can help you to arrange your break. If you have eligible nursing care needs you will receive funding for the nursing element of Care Home Fees.

Local Authority and/or health funding (Continuing Health Care) may be available for all or part of support provision, depending upon individual circumstances. Before funding can be agreed the service user would have to have an assessment of their care needs from Social Care. To arrange an assessment please contact Dewis Sir Gâr on 0300 333 2222.

A number of charities may provide one-off funding to individuals for short breaks. These include organisations such as Carers Trust and Saga. For further information please visit www.turn2us.org.uk or contact the Carers Information Service.

Help in Crisis for Carers

Help in Crisis is a free service to help carers deal with emergencies. It does not provide long-term care, but it does provide immediate help while other care arrangements are made. To request this service contact Dewis Sir Gâr on 0300 333 2222.

You may be able to use the service if, as a Carer, you:

- Need to be confined to bed at home or admitted to hospital because of an accident or illness.
- Are in a state of exhaustion and need immediate rest and sleep.
- Are in an emotional or physical state of distress and immediate relief is vital to your mental or physical well-being, or vital to the safety of the person you care for.
- Are needed in a family crisis.

What do I do next?

If you think a short break may be right for you, the next stage is to contact Dewis Sir Gâr on 0300 333 2222.

For further information

Dewis Sir Gâr (previously called Careline)

Local authority's social care service available 24-hours a day, 7-days a week and 365-days a year. Emergency service after 5pm and up to 9am weekdays, Saturdays, Sundays and Bank Holidays.

0300 333 2222

dewissirgar@carmarthenshire.gov.uk

Carers Information Service

For information, advice and support on caring including an outreach service.

0300 333 2222

The Palms, Unit 3, 96 Queen Victoria Road, Llanelli. SA15 2TH

info@carmarthenshirecarers.org.uk

www.carmarthenshirecarers.org.uk

Turn2us

Information on the grants and benefits people may be entitled to including funding for short breaks.

0808 802 2000

www.turn2usorg.uk

Disclaimer and copyright information

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Carmarthenshire Carers Information Service

The Carers Information Service provides free and confidential information, advice and support to Carers.

We produce and distribute information for carers and organise regular events in partnership with other organisations.

The service is joint funded by Carmarthenshire County Council and Hywel Dda University Health Board.

Contact details

Carmarthenshire Carers Information Service
The Palms, Unit 3, 96 Queen Victoria Road, Llanelli, Carmarthenshire. SA15 2TH

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