

Information for Carers: Breaks for carers

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Information sheet E3

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This information sheet is about:

- A break from tasks at home - Care at home
- Planned breaks, including:
- Support groups and networks
- Sitting service
- Residential short breaks
- Take a Break Scheme
- Paying for breaks, including Direct Payments
- Emergency breaks

It is important that everyone has some time to themselves, to rest, relax and enjoy their own interests. It is especially important that you can do that as a carer, either on your own, with the person you care for, or with friends, family or other like-minded people.

A break can mean very different things to different people and it is important that you have breaks that suit you. There are a number of ways we can help you do that.

A break from tasks at home

There can be ways to help give you a break from some routine tasks in the home.

Home Care is a service that helps with personal care and essential tasks. Home Care is provided as part of an agreed care plan after the person you care for has had an assessment to agree what is needed. They may be eligible to receive this free of charge or they may need to pay. To find out more about the care and support that is available, phone us on **0300 123 2224**, or go to www.somerset.gov.uk/careathome

Planned breaks

These could be for just an hour or two, days out, or a break away for a few days or more. The important thing is that you have a break from your caring role. There are a number of suggestions below.

Support groups and networks

There are a large number of local support groups for carers, giving you the opportunity to take a break with other carers who know about, and understand, the sort of things you face. You can find information about support groups and networks in our information sheet

E2, Information for Carers: Carer support groups and networks.

Sitting Service

The Sitting Service can help you take a break with the peace of mind that the person you care for is being well looked after. The Sitting Service provides fully trained staff who can come into your home or take the person you care for out. They can offer companionship, support, personal care and assistance. They may be able to accompany a person to an appointment or to

go out to social activities. You will need to cover the cost of any trip or visit, including mileage and entry fees.

The Sitting Service is available on a regular or occasional basis any day of the week between 8am and 11pm. Sessions may last from two hours up to a maximum of eight hours each day. Please try and give a week's notice when you request this service.

Carers are encouraged to try out the service before committing themselves. All first sitting sessions are "free of charge". To find out more go to our website www.somerset.gov.uk/sittingservice or phone us on **0300 123 2224**.

Residential Short Breaks

It may be possible for the person you care for to spend time away at a care home. Short breaks can be arranged to give you or the person you care for a break, as part of an agreed care plan. To find out more phone us on **0300 123 2224**.

You can find a directory of care services in Somerset, including care homes, at <http://www.carechoices.co.uk/wp-content/uploads/2016/06/The-Somerset-Directory-2016-17-LR-3.pdf>

Take a Break Scheme

The scheme makes it possible for a carer to arrange a short break, and the scheme puts you in control of arranging it when you need it. The person you care for may have a break in a care home, or they may use the Sitting Service. To find out more ask your Social Worker.

Paying for breaks, including Direct Payments

You, and the person you care for, may be eligible for a break after an assessment. If you are not eligible to receive help but are unable to pay for a break yourself, there are some charities that can help provide funding.

If you are eligible for a break, then the person you care for could have a **Direct Payment**. Direct Payments are an agreed sum of money to purchase care or support rather than us arranging it.

To find out more about paying for breaks, or Direct Payments, go to www.somerset.gov.uk/directpayments or phone us on **0300 123 2224**

Help in Crisis – Emergency breaks

Help in Crisis is a free service to help carers deal with emergencies. It doesn't provide long-term care, but it does provide immediate help while other care arrangements are made. Phone us on **0300 123 2224**.

You may be able to use the service if you:

- are confined to bed at home or admitted to hospital because of an accident or illness.
- are exhausted and need immediate rest and sleep.
- are distressed and immediate relief is vital to your wellbeing, or vital to the safety of the person you care for.
- are needed in a family crisis.

It is provided by registered care providers and is available between 8.30am and 6pm, Monday

to Friday, for a single session of 4 or 8 hours. To find out more or to access it in a crisis, phone us on **0300 123 2224**

For more information go to www.somerset.gov.uk/helpinacrisis

If you need emergency help outside these hours, you should phone the Emergency Duty Team (EDT) on 01458 253241. **Please note, this is an out-of-hours service only.**

Your opportunity to feedback

We welcome your comments about the services you receive. If you would like to tell us what you think, please either:

Contact us by going to our website, www.somerset.gov.uk, or

- Speak to your social care worker
- Phone Somerset Direct on 0300 123 2224, or
- Contact the Adults and Health Customer Experience Officer
Floor B2 East
County Hall
Taunton
TA1 4DY
Email: customerexperience@somerset.gov.uk

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