

Respite and Short Term Breaks Adult Social Care



What is respite care?

The term respite care is care that is provided on a short term basis for those who live at home, so that their carers can have a break from caring. Some people prefer the term 'short breaks' to 'respite'. However, 'short breaks' usually refers to shorter periods of care for a few hours or a couple of days, whereas 'respite' usually means longer periods of alternative care. The person who is receiving care must consent to any care that they will be receiving

Who might need short breaks or respite care?

We provide respite care to give carers a break from looking after someone who needs a substantial amount of care or supervision, this includes;

- People with physical disabilities
- People with mental health problems
- People with learning disabilities
- People with long-term illness's
- Children with disabilities
- Older people

The length of breaks available to you will be agreed as part of an assessment, and is based on individual need.

What types of short break/respite services are available?

Respite/short breaks can take various forms and it is our aim to provide a range of services to meet different needs and preferences. It is provided after an assessment of your needs and those of the person you are caring for.

Respite can be:

- Care in a care home for a week or longer to enable you to go away on holiday or have a longer rest.
- Care at a day centre, day care resource or a care home for a day to give you regular breaks. Some care homes provide day care as part of their services.
- Care by a trained person in your home for a few hours to give you a short break. This can provide a variety of help including sitting and talking to the person you care for, preparing meals, helping to get the person you care for up, washed and dressed. There are other services which can help the person you care for with social activities of their choice, such as going out shopping or to the Cinema for instance.

These services are provided by a range of organisations and can be a one-off or on a regular basis. We aim to provide a flexible service to suit the needs of each person.

Is there a charge?

There is a charge. The person receiving the service will be assessed financially to determine their contribution towards the cost.



However, services provided directly to carers are normally free of charge. The service can be arranged by North Somerset Council, or a sum of money, known as a Personal Budget or Direct Payment, can be awarded for you to make the arrangements yourselves.

For further information about 'Personal Budgets' or 'Direct Payments' contact **Care Connect** on 01275 888 801

How do I apply?

We have a duty to assess people who appear as though they may benefit from a community care service. An assessment involves being asked about the circumstances of the person you look after and about your own needs as a carer to identify the best way to meet your needs and those of the person you care for.

An assessment will provide the opportunity to look at the different options and discuss the services described in more detail.

If you think that you or someone you are caring for needs a break then contact **Care Connect** on 01275 888 801 and request an assessment.

We can provide this leaflet in different formats, for example Braille, audiotape, large print, or community languages. Please contact: **Public Information on 01275 884 022.**