

Short Breaks (Respite) for Individuals and their Carers

Fact Sheet 7

(December 2023)

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. Would a break or a change of scene do you both good?

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 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 batteries as caring can be very demanding.

This fact sheet explains about the Short Break Service provided for older and disabled people and their adult Carers by Carmarthenshire County Council.

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 care' 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



For more information on social care services log onto:
www.carmarthenshire.gov.wales/socialcare

- 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 fact sheet 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.

Service users and Carers explained

Throughout this fact sheet we talk about 'service users' and 'Carers'. These may not be terms that you are familiar with or think apply to you.

Carers

When we use the term 'Carer' we are referring to anyone who provides essential care and support to an adult or disabled child on an unpaid basis. Carers who may have support needs are entitled to a carers assessment from Carmarthenshire County Council

Some of the short break (respite) services outlined in this fact sheet are only available for older people who have a Carer. Normally the Carer will need to have an assessment from Social Services before the person they care for can use these services.

Citizen

When we use the term 'citizen' we are referring to anyone who has care or support needs.

Individuals can be citizens and Carers at the same time, as a couple may interdependently give and receive mutual support. Citizens using our short breaks services will need to have an assessment and care plan from the social services department.

Who can access short break (respite) services?

When an older or disabled person has a Carer who provides them with care and support they may access the full range of short break (respite) services. The following short break (respite) services can only be accessed by people who have a Carer who provides care and support.

- Replacement care at home
- A residential care home
- Adult placement – where a break is provided for a citizen by a family in their own home

When a person does not have a Carer who provides care and support they are not eligible for the short break services. 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 while visiting a family member living in another part of the country or while staying in appropriate holiday accommodation.

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

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 an assessment of their care and support needs or, if they are already receiving services from us, a review of their care and support 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 isn't known to Social Care Services. However, should a short break be identified as a need then the citizenr 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 our Information, Advice and Assistance Service on 0300 333 2222 or by minicom on: 01554 75671 or by SMS: 0789 2345678 or by making a referral through our website www.carmarthenshire.gov.uk/socialcare

In 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, if you choose to have respite in a nursing home.

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.



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Replacement Care / Short Breaks / Respite

The aim of the Carers Interim Short Term Service is to ***Prevent – Respond – React***

The service will adopt an early intervention approach primarily focussing on carers prior to them having a Carers Needs Assessment and will:

- Identify carers who are in or at risk of crisis and a breakdown in their caring role
- Provide carers with information about their rights and how and where they can access support via Adferiad Carmarthenshire Carers Information Service.
- Offer a range of preventative support including emotional support and at the earliest possible opportunity to reduce the probability of a breakdown of their caring role and refer onto the Community Preventative Service if needed
- Offer flexible interim short term replacement care / respite to enable them to have a break from their caring role and to support a life alongside caring.

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 and support needs they might have whilst away from home. Local authority and/or health funding may be available for all or part of support provision, depending upon individual circumstances. Before funding can be agreed the citizen would have to have an assessment of their care and support needs from Social Care Services.



For more information on social care services log onto:
www.carmarthenshire.gov.wales/socialcare

Help in Crisis for Carers

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. To request this service:

Telephone **our Information, Advice and Assistance Service on Tel: 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 our Information Advice and Assistance Service on 0300 333 2222.

Support Groups and Networks

There are a 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, some of which are listed as follows:

Crossroads Care Sir Gâr can offer practical replacement care at home – from a few hours to an overnight stay and may be able offer a short break via AMSER.

Carmarthen/Dinefwr

01267 220046

Llanelli/Cwm Gwendraeth

01554 754957

Alzheimer's Society gives information, support and some practical care:

01269 597411



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Hafan Dementia Care provides specialist respite care in a small homely setting as well as training and social functions: **01269 823491**

Hafal can provide breaks from caring for carers of people with long-term mental health problems: **01267 223365**

Stroke Association gives advice, information and support: **0845 3033 100**

Age Cymru Sir Gar can provide information, advice and help with a wide range of issues: **01554 784080**

Details of other organisations providing support to Carers are available from the Carmarthenshire Carers' Information Service: **0300 0200 002**

Information about holidays for disabled people

National holiday advice for disabled people

Tourism for All

Website: www.tourismforall.org.uk

Tel: **0845 124 9971**

Sources of charitable funding for short break/holidays

A number of charities may provide one-off funding to individuals for short breaks. These include organisations linked to particular previous professions, e.g. RAFA.

Turn2Us is an organisation which helps people to find out about grants and benefits they may be entitled to. They can be a useful source of information on grant funding for short breaks.

Website: www.turn2us.org.uk

Tel: **0808 802 2000**

**This factsheet is also available in Welsh.
If you would like this factsheet in any
other format telephone 01267 228703 or
Email: socialcare@carmarthenshire.gov.uk**



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