

## Carers Information Sheet 10

### Residential Respite Care for Adults

#### CARERS NEED RESPITE

If you are caring for another person, it is important that you look after yourself. This may mean sometimes having some space for yourself or a break from caring responsibilities.

In Lewisham there are various schemes to give carers a break. This leaflet concentrates on breaks where the cared for person is away from their usual home. We have summarised information in this leaflet. If you need more information please do not hesitate to give Carers Lewisham a ring.

#### HOMESHARE AND SPRINGBOARD

These two schemes offer one to one care and support for people with Learning Difficulties (Homeshare) and people with Mental Health problems (Springboard) between the ages of 18-59. Your relative will stay as a guest at the home of a vetted and trained care worker to have a break of 1 to 2 weeks. There are care workers in Lewisham but also some on the Kent coast, so this can be seen as a holiday for your relative as often the placement family will take people out on trips to the coast, shopping, etc. Homeshare also offer a befriending service and the option of providing care in the cared for person's own home to give you a break and to enable your relative to stay in a familiar environment.

#### OTHER RESPITE CARE

Respite care is also provided in hostels for people with mental health problems and those with learning difficulties. Once again this can be for 1 or 2 weeks at a time.



If your relative has more severe physical or multiple disabilities, there are various Nursing and other care homes which can look after people for short breaks such as Dunoran.

There are also various charity run homes which will take people for a short break or a holiday such as Cheshire Homes, Foresters, Winged Fellowship. You may request financial help towards the cost of a holiday, from Social Services, under the Disabled Persons' Act or from the Carers Grant. If your relative meets the Council's criteria of need, you may be able to receive a small sum of money towards the cost of a holiday. To find out more about suitable holidays for disabled people contact Carers Lewisham. Tel: **020 8699 8686**

### FINANCES AND COSTS

To access any of the services outlined in this leaflet you must contact your local Social Services Office as they hold the budgets to pay for them.

Ask to speak to an Adult Team Duty Officer and they will take your details and arrange for someone to visit you and your relative for an assessment.

A fee is charged for respite care in Residential Care Homes and with Homeshare. The fee is based on the income and savings of the person you care for. To get financial help with a holiday your relative must have a low income and not have had a holiday for over a year.

### FIX YOURSELF A BREAK SCHEME

Carers Lewisham has money from the Carers Grant to enable Carers and their cared for person to have a break away or to pay for the cared for person to have a residential break away. You must have not had a holiday for several years. You will be asked to complete a form which will go to a Panel which meets two monthly to make decision. Carers can request up to £200 for themselves, £200 for the cared for person and £200 for a helper.

Contact Carers Lewisham for more information:

Tel: **020 8699 8686**

### RESPIRE BREAKS FOR CARERS

If you would like to get away yourself but don't know where to go or are concerned at being alone, the Kiloran Trust house in West London, may be just the place for you.

The Kiloran Trust is a registered charity offering supportive breaks to carers and to care workers. They offer visitors a chance to relax in a stress free atmosphere where carefully prepared food, good listening and unintrusive support is all part of the package.

There are no pressures at Kiloran, each visitor can manage their time in any way they like. Staff are available if you would like someone to talk to, otherwise you can come and go as you please, eat in your room or mingle with other guests.

You can pay to go to Kiloran yourself, but if you can't afford it they will help you find someone to subsidise your stay.

### OTHER HELP FOR CARERS BREAKS

Carers Lewisham can also access grants to give carers a holiday from the Princess Royal Trust for Carers. We can apply for up to £200. This money is only available for the carers themselves.

For more information contact Carers Lewisham.

Tel: **020 8699 8686**

### USEFUL ADDRESSES

#### SOCIAL CARE AND HEALTH SERVICES

Phone for information about respite care options. They will assess your cared for person to see what options are appropriate.

Tel: **020 8314 6000**

#### LEWISHAM ASSOCIATION OF PEOPLE WITH DISABILITIES (LAPD)

Advice and information for people with disabilities.

Tel: **020 8697 0124**

#### TOURISM FOR ALL

Tel: **0845 124 9971**

#### THE KILORAN TRUST

157 Blythe Rd, London, W14 0HL

Tel: **020 7602 7404**

#### EVELYN 190 CENTRE

Tel: **020 8691 7180**

