

## Carers Information Sheet 11

### Residential Respite Care for Older People

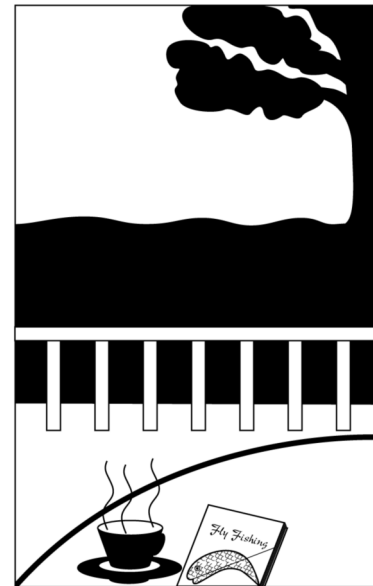
If you are caring for another person, it is important that you look after yourself. This may mean sometimes having some space for yourself or a break from caring responsibilities. In Lewisham there are various schemes to give carers a break which we have summarised in this leaflet. If you need more information please do not hesitate to give Carers Lewisham a ring.

#### RESIDENTIAL RESPITE

If the person you care for is more severely disabled or ill it may be possible for them to have a break in a local residential care home or nursing home. Once again this can be for 1 or 2 weeks at a time. It may also be possible to place your relative for a short time in a care home on the coast, where it may feel more like a holiday. It can also sometimes be possible to place your relative in a care home near another relative or friend, so they can pop in to visit whilst you have a break.

You may request financial help towards the cost of a holiday from Social Services under the Disabled Persons' Act. 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

Carers Lewisham sometimes has access to funds from The Princess Royal Trust to help to pay for respite breaks for carers. Phone Carers Lewisham for more details. Tel: **020 8699 8686**



#### HOW DO I GET RESIDENTIAL CARE?

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.

#### HOW MUCH WILL IT COST?

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 bi-monthly to make decisions. 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**

## A BREAK FOR YOU THE CARER

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 carer themselves.

For more information contact Carers Lewisham.

Tel: **020 8699 8686**

## USEFUL ADDRESSES

### SOCIAL CARE AND HEALTH

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

Tel: **020 8314 6000**

### BROKERAGE

Arrange residential respite breaks on behalf of Social Care and Health.

They are based at Lewisham Hospital and can be contacted through the main Hospital switchboard.

Tel: **020 8333 3000**

### AGE CONCERN

Advice and information for older people.

20 Brownhill Rd, Catford, SE6 2EN

Tel: **020 8695 6000**

### HOLIDAY CARE SERVICE

For advice about holidays for disabled people.

Tel: **01293 774535**

### THE KILORAN TRUST

157 Blythe Rd, London, W14 0HL

Tel: **020 7602 7404**

