

## Carers Information Sheet 9

### Short Break ('Respite') Care at Home

The following organisations can provide sitters / careworkers to look after the person you care for at home (sometimes taking them out) so you can have a break for a few hours - to do something for yourself, attend an appointment, etc.

#### CROSSROADS

2a Wildfell Road, Catford, SE6 4HU

Tel: **020 8690 8554**

Provide trained care attendants to look after your cared for person whilst you have a break. This is a **regular** service (for example, every Thursday afternoon for 3 hours) and is free to carers. You mainly have to be referred by Social Services, but they do have a limited number of spaces to which you can refer yourself.

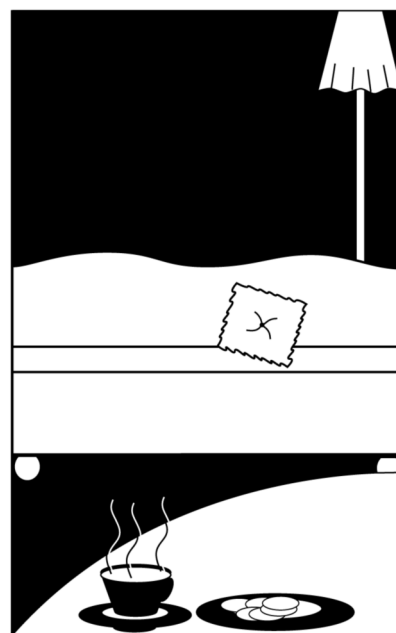
Crossroads (with Macmillan) also has an extended support scheme for carers of people with a life-limiting illness – the '**Palliative Care**' service.

#### CARERS LEWISHAM BREAKS for CARERS

**Occasional Respite** provides a free occasional sitting service for carers. To register, phone Carers Lewisham for an information & application pack. Due to demand, limited hours per month are available. No Social Services Assessment needed.

**Fix Yourself a Break** grant to have a holiday with your cared for person. We can offer up to £200 for the cared for person, £200 for you the carer and up to £200 for a helper.

**Princess Royal Trust Carers Break Fund:** Carers Lewisham can apply for a grant of up to £200 on your behalf for YOU the carer to have a break for yourself (without the cared for person).



#### EXCEL

Provides a sitter service, if agreed via Social Services assessment.

#### RAVENSBOURNE PROJECT

For parent carers of children with special needs.

Tel: **020 8695 2661**

Provides activity sessions for the child at their centre.

[www.ravensbourneproject.org.uk](http://www.ravensbourneproject.org.uk)

#### NEXUS

For adults with Learning Difficulties

84 - 86 Rushey Green, Catford, SE6 4HW

Tel: **020 8613 9965**

Provides a range of services to people with learning difficulties, including those who live at home with their parents. They provide a range of support packages in consultation with social services, carers and the person with the learning disability.

### **PLUS (was LINC)**

Also for adults with learning difficulties  
6 Belmont Hill, Lewisham, SE13 5BD  
Tel: **020 8297 1250** Email [admin1@plus-services.org](mailto:admin1@plus-services.org)  
Home respite care, holiday schemes, etc.  
[www.plus-services.org](http://www.plus-services.org)

### **INDO-CHINESE HOME CARE PROJECT**

For the Indo-Chinese Community  
33 Clyde St, Deptford, SE8 5LW  
Tel: **020 8692 2772**  
Offer free services to the Indo Chinese Community in Lewisham. Mainly through Social Services referral.  
[www.indochinese.co.uk](http://www.indochinese.co.uk)

OTHER SERVICES MAY BE OBTAINED THROUGH A SOCIAL SERVICES ASSESSMENT

**Tel 020 8314 6000** If the service is more for the cared for person (than the carer), there may be a financial charge.

### **HOME CARE AGENCIES**

Sometimes Private Care Agencies can provide services which cannot be obtained from Health, Social Services or the Voluntary Sector, particularly now that both Health and Social Services have strict eligibility criteria for their services.

### **DISADVANTAGES OF USING PRIVATE CARE:**

- Cost is often quite high
- Having to organise it yourself
- Care is not monitored by a Social Worker.

### **ADVANTAGES OF USING PRIVATE CARE:**

- Flexible care as YOU would like it.
- Get services not provided by the statutory agencies

### **ARRANGING CARE**

You can telephone a Care Agency and ask them to send you the details of the services they provide, most will also be happy to discuss with you in

person your caring needs. Care Agencies can provide help on a regular basis, if that is what you would like, or can help on an occasional or one-off basis, e.g. to provide care while you have a holiday, or a sitter when you go out to a particular event or appointment.

### **COST OF USING PRIVATE CARE**

It can be expensive to purchase private care, so make sure you and the person you care for are receiving all the financial benefits you are entitled to, for example, Attendance Allowance, Disability Living Allowance or Carer's Allowance for you the carer. If you have any doubts that you and your cared for person are not claiming all that you may be entitled to, then contact a reputable Advice Agency such as the C.A.B. or Carers Lewisham.

Carers Lewisham cannot inspect or recommend Home Care Agencies, but Social Services should be able to provide a current list of local ones, who are accredited & inspected as meeting certain standards. Phone the main Council number:

**020 8314 6000**, and they will put you through to the right team for your cared for person's type of needs.

### **Other useful contacts**

The **CARE QUALITY COMMISSION (CQC)** is the Government body responsible for inspecting the quality of all care services / agencies.

They can suggest what to look for in finding good care. They also publish inspection reports for all services – you can ask for a copy.

Tel: **03000 61 61 61** [www.cqc.org.uk](http://www.cqc.org.uk)

### **COUNSEL and CARE**

Is an independent advisory service for older people and their carers. They can be helpful to talk to and can supply useful information leaflets about private care in the home (and also regarding private nursing and residential homes).

**Contact: 0845 300 7585 (local rate charge)**



**Carers Lewisham, The Princess Royal Trust, Lewisham Carers Centre,  
Waldram Place, Forest Hill, London, SE23 2LB  
Tel: 020 8699 8686 Fax: 020 8699 0634  
Email: [info@carerslewisham.org.uk](mailto:info@carerslewisham.org.uk) Web: [www.carerslewisham.org.uk](http://www.carerslewisham.org.uk)**

