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Short Term Breaks



Wiltshire
COUNTY COUNCIL

improving life in Wiltshire

What this booklet is about

This booklet is about the Short Break services available in Wiltshire, including who is eligible and how to go about obtaining a Short Break.

What is a Short Break?

- ◆ Many people who receive community care services, or who are carers, are able to cope well, all or most of the time, but some need to have a break from time to time to recharge their batteries.
- ◆ Care is provided which offers a Short Break to a carer to a service user, or to both.
- ◆ A Short Break can also be provided in an emergency if, for any reason, a carer is unable to cope.
- ◆ Short Breaks can take a variety of forms that either replace or supplement the service normally provided by a carer.
- ◆ Short Breaks may be a one-off event, an occasional service, or provided on a regular basis as a part of care services.
- ◆ Short Break services can be provided by Social Services, the National Health Service and by the Private and Voluntary sectors.

A carer is someone who gives attention, beyond that generally expected, to a relative or friend, who is ill, old or frail, or disabled in some way. The help the Carer gives is unpaid.

Short Breaks can include:

- ◆ A day or night sitting service in the service user's own home.
- ◆ Personal care in the service user's own home.
- ◆ Attendance at a day care centre or day hospital.
- ◆ A Short Break in a residential home or nursing home.
- ◆ A Short Break in a community, leisure or holiday setting.

Services offered can include:

Short-stay residential care:

- ◆ A short stay in a residential home, a nursing home or a hospital.
- ◆ These are usually planned in advance for an agreed length of time depending on the needs of the person being cared for or their carer.
- ◆ All homes are registered and regularly inspected so that they provide care of a good quality.

Day Care Opportunities:

- ◆ Include day care centres and luncheon clubs.

Carers' Short Breaks

Sometimes additional support can be provided to a cared for person at home so that the carer can take a break.

This support includes:

- ◆ Day/Night Sitting Service.
- ◆ Homecare (care in the home).

A range of additional Short Break Services is available to carers through the Carers Grant.

Who can get a Short Break?

- ◆ Short Breaks are provided to meet the needs of service users, carers, or both.
- ◆ A wide range of Short Break support is available in Wiltshire and it will usually be possible to make arrangements that cater for individual needs.
- ◆ Short Breaks are available for all user groups (people with learning difficulties, people with physical disabilities, people with mental health problems, children and older people).
- ◆ The Department of Adult and Community Services (DACs) can only provide Short Breaks to people who meet its eligibility criteria, although information is always available for everyone who asks for it.

How can I get a Short Break?

The Short Break needs of service users and their carers are normally worked out through an assessment. This is arranged through your local Health and Social Care office or, if you are in hospital, by the Hospital Social Work team.

The assessment involves a professional, from your local Health or Social Care team, talking to you about your concerns and needs and how you feel they can be best met. If it is agreed that a Short Break is needed, a Care Manager/Care Co-ordinator will either arrange this with you or will offer a Direct Payment, so that you can arrange the Short Break yourself.

Will I have to pay?

The cost of Short Breaks in your own home will be determined by a Fairer Charging Assessment, which means you may have to pay towards the cost, depending on your age and what savings you have. All carers services are provided at no cost to the carers.

Emergency and Crisis Services

The services described in this booklet are not emergency services. Where emergency help or support is required, please call the Emergency Duty Service on:

0845 60 70 888.

The Emergency Duty Service provides a social work service for the whole of Wiltshire outside of office hours, at night, weekends and Bank Holidays.

Useful Contact Details

For more information about Carers, please visit the Wiltshire County Council website:

www.wiltshire.gov.uk/adultcare/carers

For all local support organisations, please visit the Wiltshire County Council website:

www.wiltshire.gov.uk/merlin

Adult & Community Services contact points:

South Wiltshire:

North Amesbury Locality

1A Mills Way

Boscombe Down Business Park

Amesbury SP4 7RX

Tel: 01980 664980

Fax: 01980 623430

Tisbury West Locality

1st Floor Station Works

Tisbury SP3 6QZ

Tel: 01747 873200

Fax: 01747 871610

Salisbury City & South Locality

Salt Lane

Salisbury SP1 1DU

Tel: 01722 411322

Fax: 01722 413509

West Wiltshire:

01225 773508

Kennet & North Wiltshire:

0845 603 1570

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