

## Taking Some Time Off

Caring is often a full time job, but unlike paid work outside the home there are no automatic breaks or holidays. This doesn't mean you need them any less. For most Carers a break is essential to help you carry on caring.

A break can be anything that recharges batteries, from a few hours each week to overnight, a weekend or a couple of weeks. Starting to take breaks, if you haven't done so, can be quite daunting. You may worry about how the person you care for will be affected, how to find the right kind of cover and what you will do with unfamiliar free time! You may like to talk to someone about this – please contact us at The Care Network.

## A Few Hours .....

The person you care for stays at home

### Crossroads Caring for Carers B&NES

A trained and paid Crossroads Support Worker can come to the home of the person you care for and take over your caring duties, following your usual routine. The service aims to be flexible and tailored to your needs, offering regular, or occasional planned breaks of a few hours. Domestic tasks are not undertaken. Crossroads offers a service to Carers of both adults and children with care needs.

To be eligible for 'free hours' new clients have to be referred/confirmed by Social Services.

**Telephone & Fax: 01761 436673**

(answer phone after 1pm Mon – Fri)

e-mail: [enquiries@crossroadscarebathnes.org.uk](mailto:enquiries@crossroadscarebathnes.org.uk)

website: [www.crossroadscarebathnes.org.uk](http://www.crossroadscarebathnes.org.uk)

## Alzheimer's Society (NE Somerset)

Home based service, to give Carers who care for someone who has dementia, the chance to take a break. Day care services are also available at Goldney Day Centre. Referrals should be made through GP, Hospital, Health Visitor, District Nurse, Occupational Therapist or Social Worker.

**Tel: 01761 452523**

## SPA Support for People with Alzheimer's

Home sitting service, as well as day care at the Peggy Dodd Centre. Referrals usually via the Community Psychiatric Nursing Team or GP, but Carers may get in touch direct.

**Tel: 01225 835520**

## Time 2 Share Bath & NE Somerset

Provides a home based befriending and short breaks for children and young people with learning difficulties, up to 18 years of age who live at home with their parents.

**Tel: 0117 941 5868**

## PRIVATE AGENCIES

These can supply Care Attendants or nurses to take over your caring and domestic duties. A list of accredited agencies can be obtained from Social Services or The Care Network.

### **The person you care for goes out to:**

**Lunch/Social Clubs** – can provide company and activities but not personal assistance.

**Day Centres** – can give the person you care for a change of scene and social contact and activities and are generally run by Social Services, voluntary organisations and some Residential Homes. They are usually open for a whole day and provide meals and transport.

**Contact Social Services (01225) 477000**

**Or The Care Network (01761) 431389**

## **A Longer Break.....**

### *In a residential or nursing home*

Some homes will take people for a week or two and at regular intervals. This is often referred to as *respite care*. The homes are run by Social Services, voluntary organisations or private owners.

If you want to use a Social Services home or you need help with the cost of respite care then you will need a Social Worker. If you need a specialist home for people with dementia then your doctor will need to arrange a psycho-geriatric assessment.

Searching for the right residential or nursing home can be time consuming. The Care Network can offer support and advice on this process. We are building up experience of what is available by visiting homes ourselves and listening to Carers. For lists of homes contact:

**Social Services (01225) 477000**

**Or The Care Network (01761) 431389**

## **Holidays**

The Care Network has information about holiday and short break options. These may be holidays for you and the person you care for, including holidays with care packages e.g. *Winged Fellowship, Grooms Holidays*. There are also centres specialising in breaks for Carers with relaxation and support if you need a holiday on your own e.g. *Ammerdown, Kiloran trust, Winford Manor and Dillington House*.

**Contact The Care Network for more details.**

## **Transport**

Whatever option you choose when planning a break the *Carers Grant* is available if you need support with transport to get to your chosen destination.

## **Charges**

Organisations providing services all have their own charging policies and will need to be checked individually.

## **Other Options**

Would you like to begin a new hobby; or are considering a training course? If you would like to talk about your options then call us on the Carers Line.

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