

THE CARERS' TAKE A BREAK SERVICE



This service gives carers the chance to have some time to themselves by providing a replacement carer for the person they care for up to three hours a week **The service can only be accessed via Adult Services through a Carer's Assessment** and will be provided by one of the providers on the Hampshire Care at Home Framework.

Carers who would like to use Take a Break and are eligible for the service following their Carer's Assessment will be contacted directly by the local provider. Carers can book their breaks when it suits them, choose to have a few regular hours off each week or save up their hours for a maximum period of six weeks at a time for a slightly longer break.

In addition to enabling the carer to have some time to themselves, the service gives the cared for person the opportunity to identify activities and outcomes they would also like to achieve from the service.

The service offers:

Flexibility - Carers can arrange with the care provider to use the hours allocated to them at set times on set days every week or on a more flexible basis. Hours that have not been used one week may be "banked" for use within the next six weeks.

Personalised care – Before the service starts, the care provider will arrange to visit to discuss what support they need to provide to the cared for person whilst the carer is out. If the cared for person would normally need personal care or a meal preparing during the break, this can be arranged.

Access to the community – During the break the cared for person can be supported to go out to attend clubs, go for a walk, visit friends etc. This can be done in the replacement carer's car for short local trips if the person can access an unadapted car without difficulty.

Overnight service – As an alternative to daytime breaks, the carer can save their allocated hours for up to six weeks at a time to be used for night time stays, which are planned in advance with the care provider. The care provider will arrange for a replacement carer to stay in the home to give the carer the opportunity of an undisturbed night's sleep.

Reassurance - Staff providing the short break are specially trained by the care provider and are police checked.

**To request a Carer's Assessment, contact your care management team
or call Adult Services on 0300 555 1386.**