

# Taking a Break

## Respite in Powys

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### Are you a carer?

Do you provide unpaid care for someone who is unwell or has a disability?

It is great to be able to provide care and it can be very rewarding and positive. It is also possible to become tired and to feel that your emotional and physical health is being affected. It is important that carers have the opportunity to do other things in the community, or to access work or education.

We consider you to be a carer if you provides unpaid support or care for a family member, partner, child, or friend because of their age, disability, physical or mental illness, substance misuse or other addiction and who cannot cope without your support.

Anyone can be a carer, not matter what their age, gender or background in any way.

It is important that you are supported to be able to do what matters to you, including to continue being a carer.

### What is respite?

If you are an unpaid carer and feel that you need a break we can provide 'respite care'. Respite Care aims to provide care for the person you care for, so that you can have a break. This can be any of the following:

- **A Direct Payment:** this is a payment that would be made to you or the cared-for so that you can purchase care, either at home, or somewhere else. This payment can be up to the amount we would pay for residential care for the same period of time;
- **Residential Respite:** this is where you can book a room in a residential care home for the cared-for for a week at a time. This could enable you, the carer, to go for a holiday or just to take a break and relax. This could be in a residential care home, or in one of many other options, such as in supported housing;
- **Replacement Care:** if you are going away we can pay for carers to provide care for a short period to support the person for whom you usually provide care;

- Shorter Periods of Respite: we can arrange for you to have regular short periods of support. This can be from a few hours every week to a few days occasionally:
  - We can provide a sitting service where the paid carer will stay with the individual for a few hours on a regular basis, so that you can go about your regular business.
  - We have a Shared Lives service, where the individual can stay with paid carers for a short period of time. This service has a ‘familial’ nature, in that the individual lives with another family for a period of time.
- Children’s Respite: there are special respite centres for children to which we can help you gain access.

## **Finding the right respite for you**

To access respite care you will need to contact social services through our call centre, ASSIST on this number: 0345 602 7050. They will ask you about you and your cared-for, and they will try to find out what matters to you and what type of support you may like. They will then, probably, ask a social worker to visit you. The social worker will want to consider with you what type of support or respite would be most suitable, and will then prepare a plan with you for your support and/or care.

The social worker may also ask someone else to visit you in order to create a bespoke respite service specifically for you. This would give you the chance to have flexible respite and for the support to be specially prepared for you (or the cared-for) and your interests.

## **How much can I have? And do I have to pay?**

The amount of respite care an individual may be offered will depend on their, or their carers’ individually assessed needs and circumstances. The amount of respite will be written down in a formal plan. This plan should aim to ensure that individuals and their carers can carry on with their caring role and support their wellbeing. The plan should be reviewed annually or if there’s a change in your circumstances.

Services to carers are free of charge in Powys, so because respite is a service to the unpaid carer, respite is almost always free of charge. However, if the service is to provide personal care for the individual then the Council would need to undertake a financial assessment and charge based on disposable income, part of the “Welsh Government Charging for Community Services, capped at £90 per week”.

## **Not all care is respite**

Respite is an occasional, but planned break. It is not an emergency stay at residential care, nor a short term stay in residential care for whatever reason.

Respite is not providing care for someone because there isn’t an unpaid carer available. If that’s the case the cared-for needs an assessment in their own right for care and support.