# Community-based Short Breaks (Respite) for Older Adults

## What are Short Breaks?
Short breaks provide short-term care for older people (65+) who normally live at home, often with relatives or someone else who cares for them. Short Breaks used to be known as respite, and you will still hear this term used. Their main purpose is to provide a break both for the carer and the person who is being cared for. It can also help to reduce the feelings of social isolation which some older people may experience.

Traditionally most people have taken short breaks in residential care homes. However residential care does not suit everyone and it is not the only option available.

This factsheet is about exploring community-based short breaks as an alternative to residential care homes. Further information is available on our website [www.swansea.gov.uk/shortbreaks](http://www.swansea.gov.uk/shortbreaks).

## What is meant by community-based short breaks?
Community-based short breaks mean that you receive care in a location of your choice. This might be your own home, someone else’s home or somewhere that specialises in providing short breaks with care and support. Community-based short breaks are flexible and can suite a range of needs. For example if you want to:

- Remain independent
- Have more privacy
- Go further away
- Take part in leisure activities
- Meet new people
- Experience something new

Positive outcomes of short breaks can include gaining more independence, improving wellbeing, building self confidence and strengthening relationships.

## How can I get help from Social Services?
To find out whether you are eligible for social service support for short breaks you will need to have an assessment of your care needs.

To request an assessment you should contact the Intake Team for Health and Social Care. Contact details are on page 2 of this factsheet.

## How am I assessed?
Following your initial contact with the Intake Team, a Care Manager will come to visit you in your home and discuss with you – and your carer if appropriate - what difficulties and aspirations you have and what your needs and preferences are. Our factsheet *Getting Help from Social Services: a Guide to Assessment and Eligibility* explains the assessment process in more detail.

If you are already receiving a service from Social Services e.g. a home care service, the assessment will take the form of a review of your care needs.

## What happens after the assessment?
Once it is agreed that a short break is appropriate for you, you and your carer will work with your Care Manager to draw up a care plan, look at the short break options and put the necessary arrangements in place.

## What are my short break options with social services
Community-based short breaks through Social Services can be accessed in various ways:

### Short Break at Home
Several local organisations offer a service where someone will come to your home to...
provide care and support while your usual carer is away. Usually this is for a few hours at a time, though overnight stays can occasionally be arranged. Costs vary.

**Direct Payment**
We may be able to give you a Direct Payment to arrange and fund your own short break. This is a flexible option that allows arrangements to be tailored to individual family circumstances, which could include visiting relatives and having care provided. There is more information on how Direct Payments work in our factsheet *Managing your Care with Direct Payments* and online at www.swansea.gov.uk/directpayments.

**What are my short break options with other organisations & charities**

**Shared Lives** is a scheme which offers short breaks in the homes of specially checked and trained carers. *ategi* provides a Shared Lives service in the Swansea area. See www.ategi.org.uk for more information.

The national charities listed below provide information which may help you find out about other short break opportunities across the UK.

**Tourism for All UK** is dedicated to making tourism accessible and welcoming to all.
☎ 0845 124 9971
Website: www.tourismforall.org.uk

**Revitalise** provides short breaks and other services for people with physical disabilities, visually impaired people, and carers.
☎ 0303 303 0145
Website: www.revitalise.org.uk

**Shared Care Scotland** works to improve the quality, choice and availability of short break (respite care) provision for the benefit of carers and the people they care for. Although based in Scotland the website has a lot of information and has a directory of UK-wide opportunities.
Website: www.sharedcarescotland.org.uk

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**Is there a limit to how long I can spend on a short break?**
When you are assessed we will agree with you how long a break – or breaks – will be needed to meet your needs and those of your carer. This will be written down in your care plan and is usually reviewed within 12 months unless your needs change within the 12 months.

People normally have a break that lasts for one or two weeks at a time, but breaks can be as short as a few hours or as long as two weeks, depending on individual circumstances.

**Can I make different arrangements for short breaks at different times?**
Once we have agreed what your needs are, it is possible for you to make a range of different short break arrangements to suit the particular circumstances.

**What do I have to pay?**
Everyone has to make a contribution towards the cost of their short break. How much this is depends on your income, level of savings and choice of short break, and you will normally have to have a financial assessment. Your Care Manager will explain more about this.

If you are using direct payments Social Services provide a payment directly to you so that you can arrange and purchase your own respite or short break.

If you are looking at a short break through a charity or other organisation and have high support needs you may be eligible for funding from Social Services.

**Contact details**

**Intake Team for Health and Social Care**
Civic Centre
Swansea  SA1 3SN
☎ 01792 636519
SMS: 07796 275412
Email: Intake@swansea.gov.uk
Contact the Intake Team to:

- Request an assessment for a short break
- Book a stay in a care home
- Request a review of your care needs

Financial Assessments
Benefits and Revenues
Finance Department
Civic Centre
Swansea SA1 5SN
☎ 01792 636312 or 636756
Email: FinancialAssessment.Section@swansea.gov.uk

Contact the Financial Assessment Team to:

- Discuss any queries about the calculation of how much you should pay for your care
- Notify any changes to your financial circumstances.

Other information from Social Services which you may find useful

- Getting Help from Social Services: a Guide to Assessment and Eligibility
- Carer’s Needs Assessments and Support for Carers of Adults
- Managing your Care with Direct Payments
- Short Daytime Breaks to support Carers of Older People
- Short Breaks for Older People at Rose Cross House

For copies of these factsheets, please ask your Care Manager, visit our website www.swansea.gov.uk/socialcare or phone 01792 636902

Swansea Social Services and personal information

When you are in touch with Social Services, we will keep information about you in written records and computer files. We will keep this information confidential, except where we need to share it with people providing you with care, or to protect you or other people.

You have a right to ask to see records we keep about you.

We can give you more information about how we handle personal information. Phone 01792 636902 for the factsheet Your Personal Information.

Comments and complaints

We welcome any comments about our services – good or bad. We are interested to hear how we could do things better, and we like to know when we are doing well.

If you are unhappy with the services you receive, we encourage you to make a complaint. Full details are given in the leaflet ‘Making a comment, complaint or compliment about Social Services.’ For more advice or information about making a complaint, you can contact our Complaints Officers on 01792 637345.

This information is also available in Welsh and in alternative formats, such as large print, on audio CD, in Braille, or electronically. Please phone 01792 636902 for copies.