

21. TAKING A BREAK

It is widely acknowledged that to enable carers to continue in their caring role, that many of them will need occasional or regular breaks from the caring situation. Previously this was called 'respite', but is now more commonly known as 'short term breaks'.

Short term break opportunities for the person you are caring for may include day care in a day centre or day hospital, or perhaps someone coming into the home to sit with the person, whilst the carer gets some time to themselves. Longer term care could be in a residential care home or nursing home, in a hospital or perhaps a supported holiday. Access to short term breaks may be 'open', e.g. the carer may contact the service directly and ask for a short term break, or may involve a referral from Health or West Sussex County Council. CSS, Worthing & District (01903 536378) and ICIS (0800 859929) hold information on various short breaks and holidays. See also 'Holidays' and 'Residential Care' sections.

ACRE DAY HOSPITAL

Day hospital providing care for people under 65 with mental health problems from the Worthing area. Referral is via your Community Mental Health Team.

ALZHEIMERS SOCIETY

Provides information, support and advice to people with Alzheimer's disease and other forms of dementia and their families, including advocacy for the cared-for person. Can provide relief care assistants who visit families at home giving carers a break for 3-4 hours once or twice a week, at a modest charge. Details of local groups are in the Advice & Information section and Carers Groups sections of this Pack.

ARUN SUNSHINE GROUP

Provides a fortnightly drop-in for adults with learning difficulties on alternate Sunday afternoons between 2pm and 5pm at Dove Lodge, Littlehampton.

ASP

Provides a variety of activities and clubs for children and young people aged up to 23 with additional needs, including **evenings** and **weekends**, and a **summer scheme** in the summer holidays. Activities include pool, football, table tennis, outdoor and indoor games, art and crafts, cookery, computer games, music and films, fully equipped sensory room. Also depending on age, participation in group activities such as visits to cinema, ten pin bowling, games of pool, summer barbecues, etc.

CHANCTONBURY DAY CENTRE -THE BROOKS

West Sussex County Council day centre open Monday - Friday for local (Pulborough) people who need extra care and caters for people with a variety of disabilities and needs. Centre users need to be referred by West Sussex County Council (Adult Services).

CROSSROADS (CARING FOR CARERS)

www.crossroads.org.uk

Crossroads provide home-based respite care, taking over the role of the carer during the day or night to enable the carer to have a few hours to themselves. Caters for all ages including children. Covers the area Pulborough, Amberley, Littlehampton, Worthing, Shoreham and Henfield.

DAY CARE SERVICES

Day care may be available at an Adult Services Day Centre, following an assessment by a Social Worker. There is usually a single charge covering both home care and day care services, which is based on the income of the person receiving the services.

The following centres cater for adults, primarily older people.

- **Brooks Day Centre** - (Storrington & Pulborough) Spiro Close, Pulboro' 01798 877632
- **Henfield Day Centre** - Hewitts, Henfield, 01273 493119
- **Glebelands** - Middle Road, Shoreham-by-Sea, 01273 268920
- **The Laurels** – Sheepfold Avenue, Rustington, 01903 859078
- **The Rowans** – Steeple View, Pelham Road, Tarring, 01903 218022

DINGEMANS CENTRE FOR OLDER PEOPLE

www.impact-initiatives.org.uk

An Impact Initiatives service supporting the health and social care of people over 60 living in Steyning, Upper Beeding, Bramber, Wiston, Ashurst and parts of Washington, who are registered with the Steyning Health Centre. Has regular outings, exercise classes, a cafe service and Steyning 60+ lunch club. Open on Tuesday and Wednesday, 10am-3.30pm. Can cater for people with physical and sensory disabilities and people with mild to moderate communication and learning disabilities. Has accessible transport to enable people to get to the Centre. **Out and About** wheelchair accessible minibus trips on alternate Tuesdays and Wednesdays to shops, pubs and places of interest..

FORRESTERS RESPITE CENTRE

Forresters is a respite centre owned and managed by Rethink for people who have experienced any form of mental distress, their families and carers. Designed as a specialised country hotel but staffed with a 24 hour care team and on-call cover. Respite care breaks including theme weeks, and short notice respite care. Also provides up to 6 weeks of step-down care for people who no longer need to be in psychiatric hospital.

GLEBELANDS SHORT BREAK RESPITE GROUP (ADUR)

Provides regular daytime respite breaks to carers of older people with mental health difficulties such as dementia, within the Adur area. Transport is provided to and from Glebelands Day Centre, Middle Road, Shoreham by Sea, where members will be offered various stimulating activities which cater for individual choice and preference. The breaks take place on Tuesdays and Thursdays between 11am and 2pm. Referral by Adult Services only.

IRENE HOUSE

Short break residential care bed available at Guild Care's Irene House, for people who are over 65 years of age with personal care or nursing needs. Available at short notice (subject to not being booked by another carer for the person they care for) for up to 2 weeks at a time, or just for a night. The cost is set at the lower Attendance Allowance rate, currently less than £50 per week.

KILORAN TRUST

www.kilorantrust.org.uk

Kiloran Trust is a registered charity that offers full-time carers a 5-night break in their West London house. The atmosphere is intended to be informal, friendly and relaxed. The cost to carers is approx £50 per night but for those on low income or claim income support, Kiloran can help set up arrangements to get the cost of the stay covered.

PRIVATE HOME CARE OR NURSING AGENCIES

There are a number of private agencies that can offer long and short term break care within the home, and charges are variable. Contact ICIS (0800 859929) or CSS, Worthing & District (01903 536378) for agencies in your area. Other agencies can be found in Yellow Pages or the West Sussex Care Guide available from West Sussex County Council.

RESPIRE CARE AT HOME PROJECT

The aim of this project is to provide a non-emergency service of planned respite care at home for people with dementia who have their permanent address in the Worthing locality. The referral process is via the WSCC Help Desk. A minimum of 1 week's notice is required to access the service. There will be an assessed charge per week, plus food and accommodation for the care assistant.

SHORT TERM BREAKS DEVELOPMENT OFFICER

Works with West Sussex County Council, health, carers organisations and carers to develop services to enable carers to take a short break from caring. Welcomes suggestions for schemes for carers, groups or organisations that support carers but is not able to arrange short term breaks with individual carers.

SUPPORTED LIVING SCHEME

Provides short term break at home service for carers of people with learning difficulties aged 18 or over. Referrals need to be arranged via West Sussex County Council (Adult Services).

SUSSEXDOWN CARE-SOUTH

Royal Air Forces Association care home available to ex-RAF staff, spouses and dependents aged 50 and over. Can provide respite care. Other militaries accepted for respite. Applications to Welfare Officer of your local RAFA branch.

'TIME OUT', 'TIME OUT AND ABOUT' & HEALTHY LIVING CENTRE SERVICES, OFFERED BY GUILD CARE

01903 528600

Time Out and About - this scheme offers outings for carers and the person being cared for to enjoy together, with transport by wheelchair accessible minibus and care provided, to local places of interest. There is a small cost for transport with any entrance fees or ticket costs being payable by the carer.

Time Out for Carers - this scheme runs every Monday and Thursday from Methold House, North Street, Worthing, and provides a safe and stimulating environment for people with dementia whilst their carer takes a break. A full programme of activities is on offer including gentle exercise, reminiscence and music, along with a home cooked lunch.

Other Healthy Living Centre options include: hairdressing, beauty therapy including facials and manicures, massage, walks for health, Tai Chi, keep fit, Well Person service (a health check with a nurse), low cost lunches, assisted bathing/showering, and many others. Please phone for more details or to make an appointment.

WELCOME BREAK

This scheme provides local carers of people with physical disabilities or frailty, a morning's break. Once registered with the scheme, the carer can book in advance and leave the person they care for at the Salvation Army Welcome In, Crescent Road, Worthing, where they will be looked after by care attendants and volunteers. The scheme operates on Thursdays 10.30am - 1pm and transport can be provided within Worthing, Lancing and Littlehampton areas for people who do not have a car. An additional session operates on a Tuesday afternoon (**Speakeasy**) for people with Parkinson's Disease or who have suffered strokes. Bookings are made through the Salvation Army on 01903 234497.

WEST SUSSEX FAMILY PLACEMENT SERVICE (DISABILITY)

www.westsussex.gov.uk

Scheme run by West Sussex County Council Children and Young People's Services which recruits and assesses individuals and families to provide short breaks for children and young people with disabilities aged 0 to 18 years. The amount of care provided ranges from one visit to overnight stays, with the project providing appropriate support and training.

ZACHARY MERTON HOSPITAL - RUSTINGTON

Community hospital based at Glenville Road, Rustington BN16 2EB, where patients are looked after by their GP. Services available include rehabilitation following surgery, care for non-acute illness, palliative care, pre-terminal admission and respite care. Additional care includes physiotherapy; occupational therapy; speech and language therapy and social work. *Area(s) covered: Rustington & Littlehampton only*