



## What is Respite Care?

'Respite care' is the care and support that is provided for the person being looked after so that their carer can take a break.

Day respite can be provided to offer short periods of respite in a range of different ways either in the home; support at home or in day centres for older people or via adult day care resources and enhanced care units. It may also be possible to access services provided by the private and voluntary sector.

Residential respite and phased care can be provided in a residential setting to enable carers to have a slightly longer break from their caring role.

Respite needs should be identified via an assessment under the NHS and Community Care Act 1990, which includes assessments of carers' needs under the Carers Recognition and Services Act 1995.



Your Care Manager will carry out this assessment. You should contact your allocated Care Manager and discuss your respite needs.

If you do not have an allocated Care Manager, just contact our Carers Breaks Information and Support Service, at the Adult Social Services offices at 29 St Mary's Gate, Derby DE1 3NU.

Telephone: 01332 717777  
Minicom: 01332 206180  
Fax: 01332 717360

## Derby City Council Supports Carers

### Do you help to look after a partner, family member or friend?

If yes, you may be a carer. Carers look after family, partners or friends who could not manage without help, because they are ill, frail or have a disability. The care provided is unpaid and may include:

- personal care, such as helping with washing, dressing
- assisting with access to the toilet or dealing with incontinence issues
- help with eating or taking medicines
- getting to doctors / hospital appointments
- helping overcome mobility problems
- assisting with communication difficulties
- general help within the home

### Carers Assessment

Our **Carers Self Assessment form** has been designed to help you think about your needs and the things that would make caring easier. It is also a chance to look at what might help maintain your health and well being.

A Carers Assessment can be the first step towards getting support for you as a carer. If you need help to complete the form, or you prefer to talk to some-one about your needs, just contact our Carers Breaks Information and Support Service.







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## What help and advice is available for carers?

Derby City Council may be able to help make things easier for you, or put you in touch with another organisation that can help. We may be able to provide services to the person you care for. We may also be able to provide services for you that will support you in your caring role, such as giving you a break. The help may include:

- Telecare equipment to help the person you care for become more independent
- a benefits check to make sure you and the person you look after do not miss out on your entitlements
- a Contingency Plan to help you think about what will happen if you are unwell or if there is an emergency that affects your role as carer
- 'Message in a Bottle' scheme.

- Lifestyle Benefits Carers Discount Scheme
- Stressbuster sessions

## Cares breaks and respite care

Carers can benefit from a break from caring responsibilities. And for many carers, a break is not a luxury but is essential to ensure their health and well being and to help them maintain their caring role.

Our Carers Breaks Information and Support Service can advise you on the help available.



**Carers Breaks Information and Support Service**  
**Telephone 01332 717777**



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## Telecare

Telecare is a modern way to make sure that people, especially older and vulnerable people, can live independently in their own home.

Telecare can provide a range of sensors can be installed in the home to support existing social care services. The sensors can monitor movement and detect gas, temperature, someone getting in or out of bed, taps being turned on and off, and electrical appliances being used.

The equipment itself is free but there is a small weekly charge while it's in your home. There's no cost to get the equipment fitted and removed from your home.



We are currently offering a **free trial** of Telecare to carers who have taken up the Carer's Emergency Planning Service.

## Message in a Bottle

This scheme provides special bottles that can be used to store vital information such as repeat prescription forms, details of allergies, contact details and information about family members being supported.

Stickers for display inside a person's home are provided so that, in the event of an emergency, the Fire and Ambulance services, and other people such as care workers, can easily access critical information.