

Respite Care

Respite care gives you a chance to take a break by replacing the care you provide. There are different options available to suit different needs, including:

- * Home Care - You may be able to arrange for a carer to come and visit the person you care for. There are lots of options available and the quality varies, so consider this carefully
- * Day Care Centres - Day care centres offer an opportunity for the person you care for to socialise as well as giving you a break. They're usually run by local councils or charities. Ask your council for details of local day care centres
- * Temporary Care Home Stays - You might be able to arrange a short-term care home stay for the person you are caring for. Some care homes set aside beds for this purpose, but it's a good idea to plan in advance if you want to arrange a care home stay, as space may not be available.

Paying for Respite Care

Your **carer's assessment** or the care needs assessment for the person you care for, may decide that the council will fund respite care for you.

Respite care continued:

If not, you or the person you care for will need to pay for this. Help may be available from charities or other organisations, either with the cost of replacement care or with the cost of a break or you. For example, the Carers Trust offers some grants



Carers Trust

Head Office
32-36 Loman Street
London SE1 0EH
Tel: 0300 772 9600
Website: www.carers.org

Local East Midlands Number: 0115 962 8920

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Broom Leys Surgery
Broom Leys Road
Coalville
LE67 4DE



Support for
Carers

Opening Hours

The surgery is open between 08.00am - 12.45pm and 1.30pm - 6.00pm Monday to Friday. Please Note: Between 12.45pm - 1.30pm the surgery will be shut for lunch.

If you require assistance between 12.45pm - 1.30pm and 6.00pm - 6.30pm please call 01530 832095 and follow the recorded instructions.

Website: www.broomleysurgery.co.uk

Email: BroomleysSurgery.Patients@nhs.net

NHS Choices Website: www.nhs.uk

NHS

NHS

Tel: 01530 832095

Fax: 01530 832616

Are you a Carer?

Looking after someone else can be rewarding, but it can also take its toll. If you're a carer, it's worth finding out about what help and support is available. Even if you don't need it at this point, you might want to think about what would happen in an emergency or if your situation changes.

An assessment can be carried out to see what help and support would be available to you. For more information regarding the assessment can be found on www.independantage.org and searching for 'getting a carers assessment'.

Carers Allowance

You may be eligible for Carers Allowance if you:

- * Spend at least 35 hours a week caring for someone
- * Care for someone who receives Attendance Allowance, the middle or high rate of Care Component of Disability Living Allowance, the daily living component of Personal Independence Payment, Armed Forces Independent Payment or Constant Attendance Allowance
- * Don't earn more than £116 per week (after deductions). Money you get from personal or workplace pensions do not count towards your earnings
- * Aren't in full time education

Carers Allowance is paid at £62.70 per week.

You can still claim Carer's Allowance if you're getting a State Pension, but the rules are slightly different. If your State Pension is more than £62.70 a week, you won't actually receive Carer's Allowance. This is because these are 'overlapping benefits' and you can only receive one at a time. Instead, you will have an 'underlying entitlement' to Carer's Allowance. This means that you're recognised as a carer, but you can't be paid Carer's Allowance.

If your State Pension is less than £62.70, then you can receive Carer's Allowance to top it up to this amount.

This rule applies to certain other benefits too, such as Incapacity Benefit, contribution-based Jobseeker's Allowance and contributory Employment and Support Allowance.

Taking a break

Being a full-time carer can be exhausting, so you'll probably want to take a break from time to time. Respite care allows carers time off by providing temporary care – it comes in many forms. For more information, see [Respite care](#).

Your Carer's Allowance may be affected if you take a break from caring. If you receive Carer's Allowance, contact the Carer's Allowance Unit to ask about this on 0345 608 4321.

Carers Support Agencies

The following organisations can give you information and advice:

[Carers UK](#) – provides an advice service and might be able to put you in touch with local support groups

[Carers Trust](#) – provides information, home care and local support services for carers

[Carers Direct](#) – a comprehensive national information service for carer

Meeting other Carers

You might want to speak to other people who understand your situation. Carer's organisations and illness-specific organisations may run carer's groups where you can meet other carers. Contact them to find out. Carers Trust runs carers' centres nationwide and offers practical, flexible personal support – it may be free, depending on where you live. You could also chat to other carers on an online forum; Carers Trust and Carers UK both have these.

