

POSITIVE STEPS

RESPITE CARE

What is Respite Care?

- Taking a break from caring for your child, while their care is provided by someone else.
- It allows you time to look after yourself & prevent you becoming exhausted & run down, whilst having the opportunity to do things you might not be able to whilst providing care.
- There are many respite options, from having someone sit with your child in your own home for a few hours, to your child going for a short stay at a specialist centre.

What Are The Different Types of Respite Care

- 1) Getting friends & family to help.
- 2) Sitting services.
- 3) Homecare from a paid carer.
- 4) Day care centres.
- 5) A short stay in a care home.
- 6) Respite holidays.



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1) Getting Friends & Family to Help

- Friends & family temporarily move into your property to help care for your child.
- Or they could invite your child to stay with them.



2) Sitting Services

- Trained volunteers keep your child company & provide care for a while, usually a few hours at a time.
- This type of care is usually free or there may be a small charge.



3) Homecare From a Paid Carer

- For an extended period, when a few hours might not be enough (like with the sitting service)
- It can be regular (eg. 1 day per week, so you can work) or for a short period (eg. 1 week, so you can go on holiday)
- If your child required 24hr care, a live-in care service can be arranged.



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4) Day Care Centres

- Usually run by councils or local charities.
- For people who may find it difficult to get out to socialise, make friends & take part in activities.
- Offer a variety of opportunities, including games, art & crafts, hairdressing, assisted bathing & other personal care.
- Transport is often provided, but there may be an additional charge.

5) A Short Stay in a Care Home

- Some care homes offer short-term care.
- Some care homes take advanced bookings, allowing you to plan holidays/trips.

6) Respite Holidays

- Allow yourselves or your child to take a break from everyday life.
- Some places will provide holidays for the parent or for the child, while others provide options where the parent & child can holiday together, in a place that meets their needs.



Getting Assessed for Respite Care

- Local councils will only fund respite for people that have been assessed for having it.
- This will include yourself & your child both being assessed.
- You can apply for a needs assessment via your local social services, which can be found here:
<https://www.gov.uk/apply-needs-assessment-social-services>
- Even if you do not want the local council to fund your respite care, a needs assessment is still useful, as they will be able to determine which respite care is most suitable for yourself or child.

GOV.UK

Home > Housing and local services > Local councils and services

Apply for a needs assessment by social services

A health and social care assessment is carried out by social services to find out what help and support you need - like healthcare, equipment, help in your home or residential care.

Enter a postcode
For example SW1A 2AA

Find

[Find a postcode on Royal Mail's postcode finder](#)

Paying for Respite Care

- Respite care costs on average £700-800 per-week & can be as much as £1500 for emergency respite care (UK Care Guide)
- There are 2 main ways of getting assistance for funding respite care:
 - From your local council.
 - From a charity.

Councils

- Needs are determined with a needs assessment & carer's assessment.
- If you or your child qualifies for respite, a financial assessment will be done to determine if you need to pay toward it.
- If you qualify, you can ask the council to arrange respite for you or you can do it yourself though a personal budget or direct payment.

Charities

- Many charities are available to support you with respite, with examples provided throughout this document.
- See Carers Trust information on grants to carers who need respite - <https://carers.org/grants-and-discounts/introduction>
- See Turn2Us for grants for people who require respite but are unable to afford it - <https://grants-search.turn2us.org.uk>



Revitalise
Respite holidays for disabled people and carers



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Revitalise

Revitalise

Respite holidays for disabled people and carers

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Who are they?

- They are a national charity of 60 years.
- They are the leading UK provider of breaks & holidays for disabled people.
- They campaign for equal access to break & holidays.

What do they do?

- They provide accessible holidays in the UK for disabled people & their carers – allowing them to receive the respite break they need.
- They have facilities that are fully equipped for a wide range of disabilities & with expert staff & nurses to provide support for all guests.
- They work collaboratively with you, to ensure the support you receive & the stay at the centre is tailored to you.
- They create lasting experiences that stay with their guests long after they have returned home.

Revitalise | 60 YEARS



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Who are their respite holidays for?

- They are for disabled people and carers, aged 18 or over.
- Carers can choose to have a break with the person they care for OR have their own personal holiday or break, whilst care is provided.

What can you expect?

- Full-board hospitality.
- Live entertainment.
- Fully accessible facilities.
- 24-hour expert care support.
- Friendly volunteers on-hand.
- Excursions



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Facilities

- En-suite accessible bathrooms.
- Call systems.
- Televisions & entertainment.
- Pressure relief mattresses.
- Airflow mattresses.
- Profiling beds.
- Overhead & manual hoists.
- In-house salon.

Things to do:

- Excursions
 - Provide a range of excursion opportunities to explore nearby – with support of their team & volunteers.
- Entertainment & Activities
 - Games
 - Exercise
 - Arts & crafts
 - Quizzes
 - Bingo
 - Live evening entertainment – discos, casino nights & karaoke.



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Learn more about the care at Revitalise's centres...

<https://revitalise.org.uk/respite-holidays/care-at-our-centres/>

Stories from Revitalise carers...

<https://revitalise.org.uk/respite-holidays/carers/>

How to book with Revitalise...

<https://revitalise.org.uk/respite-holidays/book/>

For all Revitalise respite enquiries...

Bookings Team
Revitalise Respite Holidays
240 City Road
London EC1V 2PR

Tel: 0303 303 0145

Fax: 0207 354 8786

Email: bookings@revitalise.org.uk



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DougieMac



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Who are they?

- They have been providing care since 1973.
- They provide hospice services free of charge to adults, young adults & children living with life-limiting illness in Stoke-on-Trent, North Staffordshire & surrounding area.
- They also offer supportive care for their families & carers.
- They merged with Donna Louise Trust in 2021 & now provide care across 2 sites (Blurton & Trentham) & in the community.

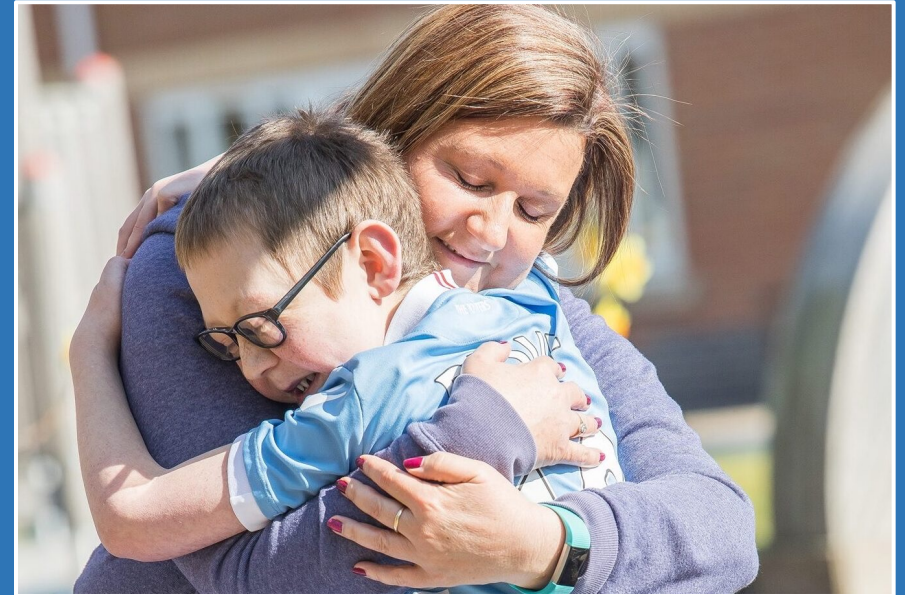
What is their vision?

- To respond to the increasing needs of those in their care across their heartland, by growing as a sustainable organisation & delivering outstanding value for money for all their funding sources & always remaining true to their core values (compassion, accountability, respect & excellence).



What respite care do they offer?

- Care that can be a few hours, a day or even longer.
- A stay at the hospice - like a mini holiday, giving children, teenagers & young adults a chance to meet up with friends & have fun.
- Or care can be provided in your own home, in the child or young adults own environment, where they feel comfortable.
- The hospice can accommodate 8 children at any one time, so the child can stay on their own or the whole family can stay.



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Do you have to pay to stay at the hospice?

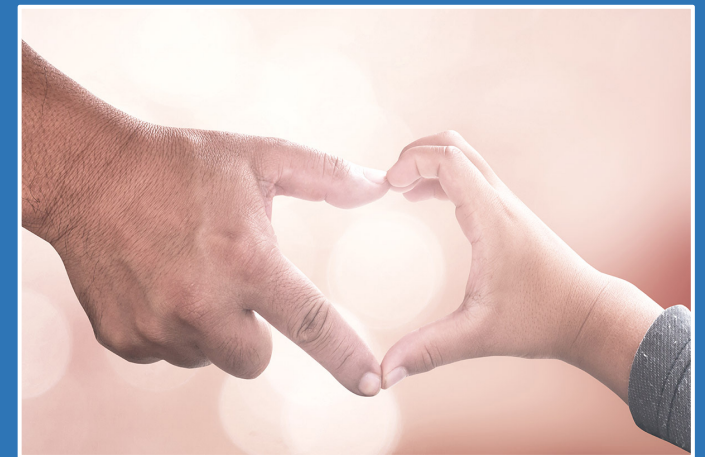
- No – due to the generosity of donors & sponsors, all children, young adults & adults can stay at the hospice free of charge.

How do you refer a child or young adult to the hospice?

- Anyone can refer a child or young adult to the hospice, including yourself, family, friends & professionals.
- They do ask that the family have given their permission for the referral.

What happens once you're referred?

- You will be allocated a care co-ordinator who will be a familiar face to guide you through the care & support available.
- The hospice will create a detailed & co-ordinated care plan – helping reduce the pressure on you.
- Whatever you require, your care co-ordinator will help you get the support you need.



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How to contact DougieMac...

Phone: 01782 344300

Email: post@dmhospice.org.uk

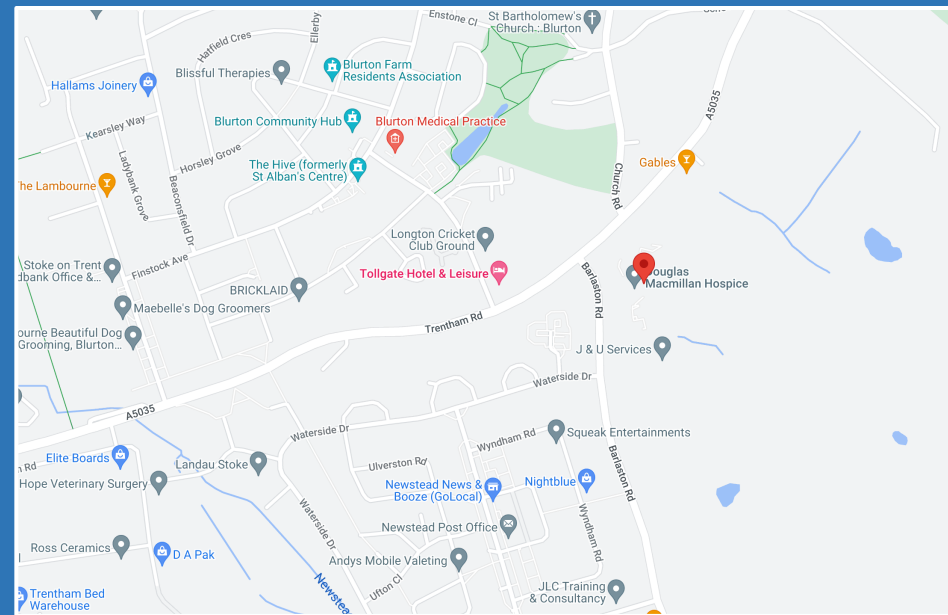
Registered Office

Dougie Mac Hospice

Barlaston Road

Stoke-on-Trent

ST3 3NZ



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Dragon Square Specialist Short Breaks Service

NHS

North Staffordshire
Combined Healthcare
NHS Trust

Keele
UNIVERSITY



About Dragon Square Specialist Short Breaks Service

- This specialist children's short breaks service provides overnight short breaks for children and young people between the ages of 4-19 years with severe learning disabilities and other complex needs such as complex health, physical disabilities and behaviours that challenge.
- During stays, the children have the opportunity to have fun with peers completing activities inside and outside the unit, while the staff support them to gain independence and reach their full potential. Caring, positive relationships are developed between staff and children and their families.
- The service provides parents with the opportunity to take a break from their caring role, recharge their batteries and spend quality time with siblings.
- The team consists of a mixture of registered learning disability nurses and Healthcare Support Workers all with great knowledge, training and experience.
- A person-centred approach and positive behaviour support underpin Dragon Squares key values.



Referrals & Contact Details

- Referrals are made via:
 - Joint Multi Agency Respite Resource Panel (if the child lives in Staffordshire)
 - Multi Agency Short Breaks Forum (if the child lives in Stoke-on-Trent)
- This is coordinated and chaired by local authority social care services.
- Referrals can be made to this panel by professionals involved with the child/young person and their family, but usually by the social worker.

Service hours

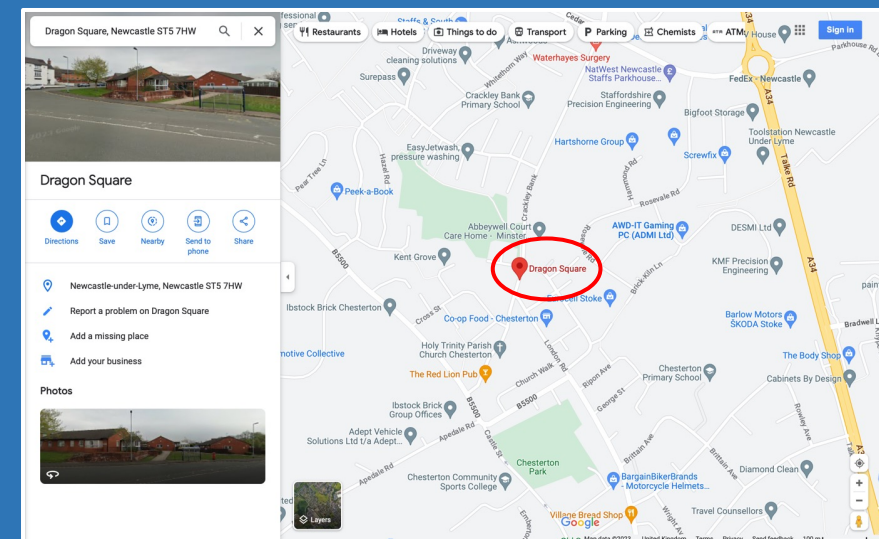
24/7

Contact number

0300 123 1535

Address

Dragon Square Community Unit
4 & 5 Dragon Square
Chesterton
Newcastle-under-Lyme
ST5 7HL



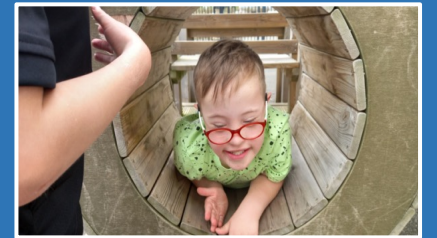
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Sense Short Breaks Service



About Sense Short Breaks Service

- Sense are a UK based charity that supports children and adults who are deafblind, have multi-sensory impairment or have complex disabilities. Everyone is different, but complex disabilities could mean that you have two or more of the following: sensory impairment, learning disability, physical disability, autism.
- Sense's short breaks are outings and trips for people disabilities, which provide carers with an opportunity to take a break from caring. Sense's expert team will support your child while you take some time off, so you can both relax and have fun.
- Everyone on a Sense short break is supported by experienced staff or empathetic volunteers who have had thorough training.
- Sense short breaks could include:
 - Weekend/Holiday clubs
 - 1-1 personal assistant support in the community, such as after-school care or accessing services.
 - Days out on sensory walks, ice skating, dolphin watching or at a theme park.
 - Sensory play, messy play, crafts, cooking and sports.
 - Trying new hobbies like theatre or music.



Applications & Contact Details

- Fill out the online application form to get in touch with the team and they'll help you learn more about the services.
 - <https://www.sense.org.uk/our-services/meeting-people/sense-short-breaks/#apply>
- They can also advise on whether you need to apply through your local authority for some funding.
- Most of these services are funded by local authority or direct payment, so you'll likely need to complete a local authority assessment. Get in touch with Sense for help on completing an assessment.

Service hours

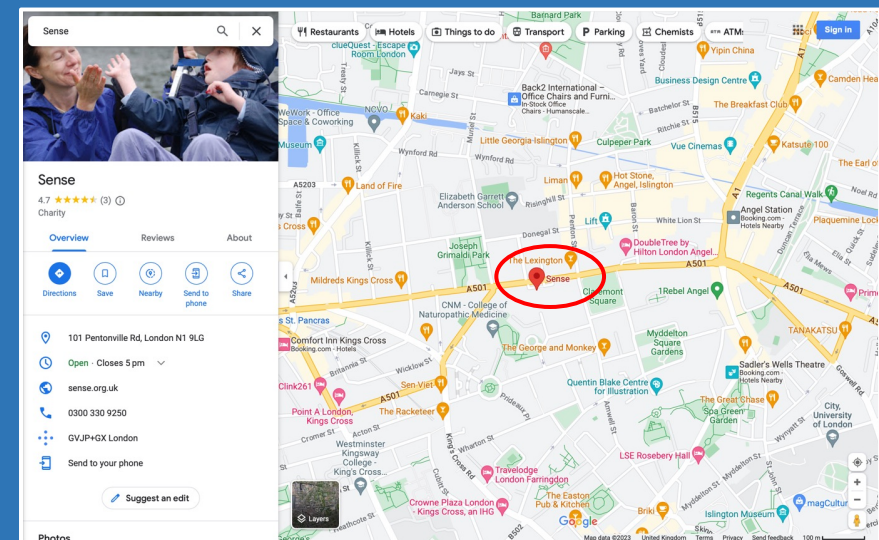
Monday to Friday,
9am to 5pm.

Contact number

0300 330 9257

Address

Sense
101 Pentonville Road
Kings Cross
London
N1 9LG



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Douglas Road Respite Service



Staffordshire
County Council

About Douglas Road Respite Service

- Douglas Road are a social care provision funded by Staffordshire County Council that specialise in supporting adults with complex needs, profound and multiple learning disabilities, autism and behaviours that challenge, and offer high quality respite care or 'short breaks' for up to 13 adults.
- These short breaks provide carers with a chance to recharge their batteries, while also allowing the individual to have a break away from home for a few days, where they can establish new friendships, join in with internal and external activities, and have some fun.
- As well as a dedicated sensory room and staff that are passionate about supporting individuals to relax through sensory experiences, the service has a landscaped garden area, with sensory planting and activity areas, where guests are welcomed to help maintain the garden during their stay if they choose to.
- Douglas Road also support individuals who may be looking to move into alternate accommodation, by helping them to learn new skills, such as domestic tasks, finances/budgeting and community presence.
- Individuals will receive high quality care and support in a caring environment by friendly, knowledgeable and experienced staff who are previous winners of the Staffordshire 'Dignity in Care Award' for creativity in the ways they support individuals with complex needs.



Referrals & Contact Details

- As this is a specialist service, referrals are required and must come from a social worker.
- If you think you or your loved one would benefit from Douglas Road's respite service, then please contact them by the details below.

Service hours

Monday to Friday,
9am to 5pm.

Contact number

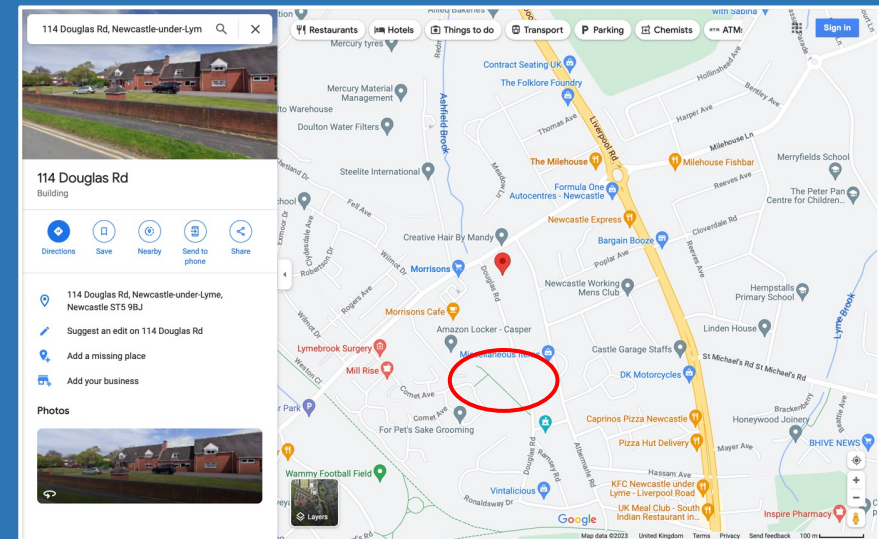
01782 711041

Email

aldenquiries@staffordshire.gov.uk

Address

114 Douglas Road
Newcastle-under-Lyme
Newcastle
Staffordshire
ST5 9BJ



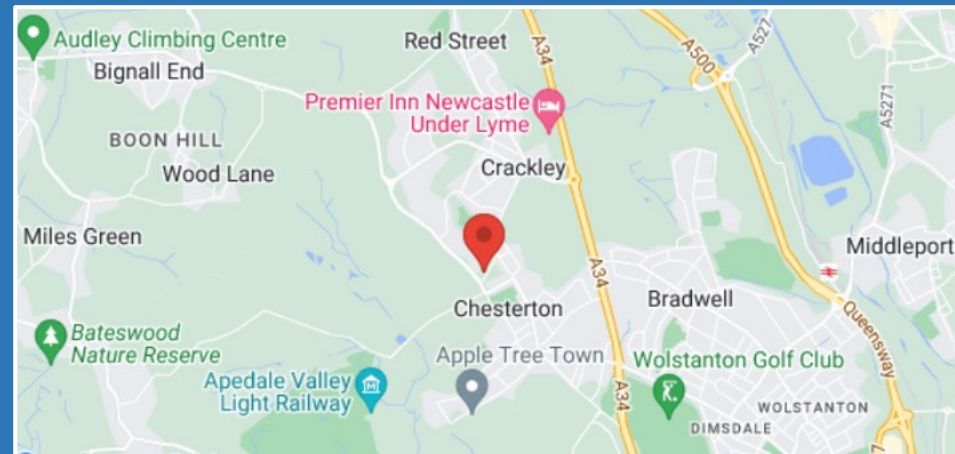
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Chestnut Lodge



About Chestnut Lodge, Action for Children

- Action for Children works closely with children and families to spot problems early, and offer help when it is needed. This can be done through the short breaks services, where local services are provided.
- Chestnut Lodge is a respite facility that provides a place where children and young people with a disability aged 8-18 can come to stay and have a break with their families, located in Newcastle-under-Lyme. This service venue covers the local authority of Staffordshire County Council.
- There are relaxation opportunities, day trips and the option to learn new skills.



Chestnut Lodge Website:
<https://www.actionforchildren.org.uk/how-we-can-help/our-local-services/find-our-services-near-you/chestnut-lodge/>

About Chestnut Lodge



- Recently, Chestnut Lodge provided a “Summer Fayre”, where families and their children were able to enter raffles, do face painting, and play with farm animals. Refreshments were provided.
- Holiday celebrations occur year-round, and incorporate multi-cultural days. For example, Christmas and Eid provided families at Chestnut Lodge with the opportunity to come together and have a feast.
- Arts and crafts and baking are very common at Chestnut Lodge. Children and young adults make wreaths for Remembrance Day, do finger painting and make Halloween treats!



Referral for Chestnut Lodge, Action for Children

- **Funding for Chestnut Lodge:**

- Usually provided through social care
- Social care is funding provided through the NHS if an adult or child needs help with day-to-day living because of illness or disability.
- Below is a link to the NHS Social Care and Support Guide, which can help families learn about how to obtain social care funding, and how to start the application process.
- <https://www.nhs.uk/conditions/social-care-and-support-guide/>

Contact Information

01782 565522

sara.walker-willett@actionforchildren.org.uk

Follow Chestnut Lodge on Facebook for updates

<https://www.facebook.com/chestnutlodgeAFC/>



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Headway House



About Headway House North Staffordshire

- Headway North Staffordshire provides a safe and caring environment offering specialist rehabilitation and respite for people 18 plus with acquired, traumatic or stroke brain injury. Headway House provides facilities for improving, physical, emotional, social domestic and educational skills. They also aim to provide support and daily respite for relatives.



About Headway House

- Headway House has several large open spaces and numerous smaller rooms for specific activities – all set out on two floors with full disabled access, including toilets and lift.
- A two-course lunch is served daily and refreshments are available throughout the day.
- Activities Include...
 - IT services, woodwork room, communal areas, arts and crafts, quizzes, bingo, cooking, life skills, gardening, games room, gym and therapy department, group activities, swimming, country walks, shopping and day trips, outside visitors, information talks, carers support, counselling service, physiotherapist and occupational therapist



Headway House
Opening Hours:
Monday to Friday
between 9:00-16:00

Referral for Headway House

- Referrals will be considered within the limits of numbers that can be accommodated. Referrals to our service can come from self, relatives, therapists, doctors, social workers and so on. A referral form is available to download from the referral section on the website. All information is treated in the strictest confidence.
- Each person attending with or without a carer as appropriate, will be seen informally by the Centre Manager or Operations Manager for assessment.
- Daily charge applies. The charges include a freshly prepared two-course lunch and access to all the facilities.

Contact Information

01782280952

<https://headwaynorthstaffs.org/services-and-facilities/headway-house/>

Headway House

Elder Road

Stoke-on-Trent

ST6 2JE



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Richmond Villages



About Richmond Villages Willaston Care Home

- Part of Bupa, Richmond villages Willaston Care Home offers respite or short stays to patients, carers and their families.
- The Nantwich location offers residential care as well as respite and short stays.
- Everyone is welcome to join us for a short stay, whether it's to provide respite for a carer or family member or to experience what it's like living in one of their care homes before moving in long-term.
- They also provide short-term care in care homes for those recovering from an operation or hospital stay. This is often called convalescent care.
- There are other locations in Macclesfield, Middlewich and Wilmslow.



**Pop-in Day Hours
for Day Care at
Certain Locations:
Monday to Friday
10:00-18:00**

About Richmond Villages Willaston Care Home

- Six households, each for up to six residents with earlier-stage dementia
- 35-bed care home for those with more advanced dementia
- Café/bar, children's play area, ensuites, gardens, sun terraces, nail/hair/treatment rooms for pampering, woodland walks, personalized care and family-style setting.
- Who is this home suitable for?
 - Respite and short stays, early and advanced stage dementia, Parkinson's, Huntington's, Palliative care, Nursing care.



Referral for Richmond Villages

- Respite is normally classified as specialist care, which might mean you may not have to pay for it all yourself. Your local authority offers support for funding care needs. If you don't already know if you're eligible for funding, call customer care team or complete a social needs assessment at:
<https://www.gov.uk/apply-needs-assessment-social-services>
- Call customer care team: 03332428204
- Paying for care support varies, depending on the value of your personal assets. If the value of your assets is higher than the maximum allowed (the 'threshold'), this usually means that you're classed as a self-funder, so you'll be responsible for paying the full care home costs. If you live in an owned house, its value normally counts as part of your savings.

Contact Information

01270 895184

<https://www.bupa.co.uk/care-services/>

261 Crewe Road

Willaston, Nantwich

CW5 6GX



POSITIVE STEPS

We hope that this document has provided you with a valuable insight into respite opportunities available for children & young adults with disabilities & their parents/carers.

Positive Steps have created information packs on respite care available for both children and adults with life limiting/life treating conditions. If you have any questions about yourself or your child's physiotherapy needs or would like to request one of charity information packs, please contact Positive Steps Physiotherapy at:

- Website: <https://www.positivestepsphysio.co.uk/contact.html>
- Phone: 07801 238819
- Email: lorna@positivestepsphysio.co.uk
- Facebook: Positive Steps Physiotherapy
- Twitter: @StepsPositive