

## getting a break



### Holidays

- Alternative accommodation for the person you look after can be arranged through Social Services while you take a well earned break from the responsibilities of caring.
- If you wish to take a holiday with the person you care for you may need advice about suitable facilities.  
**Carers Leeds** ☎ 246 8338, and **D.I.A.L** ☎ 214 3630 are good sources of information about holiday opportunities for people with disabilities and their carers.
- Leeds Social Services have a holiday centre in Scarborough and in St Anne's, though they are very much in demand. They charge commercial rates.
- Financial help – there are some kinds of funding available to help pay for the cost of a holiday (usually once only). You can get details from the **Carers Leeds** ☎ 246 8338. One such fund is Social Service's 'Time for Carers' fund which is for a holiday for people who can't use other forms of breaks.

### Breaks & support for Young Carers

- Willows Young Carers Project** ☎ 240 8368  
For children and young people who are affected by any care situation.

### Breaks for carers of children with disabilities

- Social Services is responsible for arranging breaks and other support for parent carers. There is a range of facilities – **Family Placements** for family breaks and sitting scheme; **Broom Court** and other SSD Residential Centres; **Hannah House** (only children with very complex medical care needs); Various independent organisations provide more specialist facilities.

- Crossroads**, also have a sitters scheme for children. ☎ 271 6457
- The Weekenders Club** ☎ 216 5133 is a weekend play club for children with disabilities who attend the scheme once a month.
- Martin House** ☎ 01937 845 045 in Boston Spa is a children's hospice that offer children and their family a respite stay at the hospice.
- Finally, there are school holiday playschemes based in schools or community buildings, though these are not evenly spread across the city. For more information ☎ 247 4201
- There is a Directory of Information for Families in Leeds called '*Children & Families Resource Directory*'. To view the updated version see [www.leedschildren.info](http://www.leedschildren.info) or ☎ 241 8924 for how to get an April 04 printed copy.

### Useful contacts for carers

- Social Services** ☎ 398 4702
- Carers Leeds** ☎ 246 8338 – for support and advice [www.carersleeds.org.uk](http://www.carersleeds.org.uk)
- Alzheimer's** ☎ 231 1727 [www.alzheimers.org.uk](http://www.alzheimers.org.uk)
- Carers UK** – for advice [www.carersonline.org.uk](http://www.carersonline.org.uk)
  - Leeds ☎ 258 5579
  - National Helpline ☎ 0808 808 7777
- NHS Direct** 0845 4647 – for medical advice
- Emergency Duty Social Services** (out of hours) and **Carers Helpline** ☎ 269 6198



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**Do you help to look after a friend, relative or neighbour at home?**

**Do you need a break from time to time?**

### There are 2 other leaflets in this series:

#### A Summary of Services for Carers

#### Assessments for Carers

These leaflets are available in large print, Braille and on audiotape as well as in the following languages:

*Bengali, Cantonese, Punjabi and Urdu.*

There is also a directory available about services for carers in Leeds: '*Choices for Carers*'.

To get copies of any of the above, please telephone ☎ 224 3991



**Social Services  
Department**



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### How to get a break

Social Services provide and arrange breaks for people who help care for an adult or child who needs looking after. If you are a carer there are different ways to get a break, but in most instances you would need to have an assessment by Social Services first. An assessment is a meeting between you and staff from Social Services to look into your need for a break and also the care needs of the person you usually look after. The assessment is to help work out what type of break would be best for you and also for the person you care for.

To get any of the services listed below contact the **Telephone Centre** to ask for an assessment, unless there is a telephone number given to contact the organisation directly.

**Telephone Centre: ☎ 398 4702**

### Short breaks/sitting schemes – if you care for an adult

These schemes provide a trained carer in the home of the person you look after for a few hours in the day or evening. This is to give you time to yourself to maybe do a social or leisure activity or whatever else you may wish. If it is possible, and if the person being cared for wants, the stand-in carer could take them out.

These types of breaks could be provided for an occasional whole day or on a one-off basis. In particularly demanding care situations it could be used to cover a whole night.

To refer yourself for this kind of break ring the number opposite which covers the area of Leeds you live in.

- **West Leeds** Carewatch Leeds 242 8822
- **North West Leeds** Czajka Care Services 274 1900
- **South Leeds** Crossroads for Carers 271 6457
- **North East Leeds** Moorcare 268 4211  
MACA (Mental Health Carers) 242 7707
- **East Leeds** Springfield 287 6789
- **Any part of Leeds** Family Placement Unit  
• adults scheme 247 8659  
• children's scheme 247 8655
- **Any part of Leeds** Angels (for black & minority ethnic carers) 239 2414

### Longer breaks in a family home – if you care for an adult or child

The Family Placement Scheme at Social Services can organise breaks in one of their carer's family homes. Family Placement carers come from a variety of backgrounds and are carefully selected and trained before they work on the scheme. You and the person you look after will be carefully matched with a Family Placement Carer by one of the schemes Social Workers. You will have the chance to meet the Carer before you decide if you want to use the scheme.

The scheme tries to be flexible to suit different peoples needs and can provide care during the day or evening, overnight as well as for longer periods.

- For more information call  
**Family Placement**  
• adults scheme 247 8659  
• children's scheme 247 8655

### Breaks in Care Homes/hostels

The care needs or health condition of the person you care for may mean that they need to stay at a purpose built or specialist facility for a longer break away from home. This might be at a Social Services or an Independent establishment. This kind of break needs to be arranged by a social worker, who will help you find the right place.

There are several voluntary organisations that provide residential accommodation and/or respite breaks for people with learning disabilities.

### Daytime activities and support for the person you look after

- You can get a break from caring if the person you look after takes part in a daytime activity outside the home.
- There is a range of specialist daytime activities for people with different kinds of care needs at Day Centres, Resource Centres, and Training Centres run by Social Services. There are also daytime activities available at colleges. The person you care for may be able to attend an activity at a Community Centre run by one of the voluntary organisations.
- There are also schemes that provide a worker to spend time with an individual with mental health needs on a one-to-one basis – i.e. MACA and The Day and Evening Support Teams.
- **People in Action ☎ 247 0411**  
**PHAB ☎ 262 3241**  
**Mencap ☎ 235 1331**  
and others run leisure groups for younger adults with learning or physical disabilities.

*These facilities may not be near where the cared for person lives but transport can usually be arranged.*

*This is a brief guide about breaks available to carers and how to get them.*

*More detailed information about breaks and other services for carers is given in the directory 'Choices for Carers'.  
☎ 224 3991 for a copy.*