

CARING IN LEEDS



getting a break

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

Do you need a break from time to time?



Leeds
CITY COUNCIL

www.leeds.gov.uk/caringinleeds



How to get a break

Leeds City Council Social Care 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 first. A carers assessment is a meeting between you and staff from Social Care Services to look into your need for a break and other support to enable you to continue your caring role.

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

Telephone Centre: 0113 222 4401 Carers' of adults
0113 222 4403 Carers' of children

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

These schemes provide a trained care worker 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 care worker 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.

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.' ☎0113 247 8629 for a copy, or view on the website www.leeds.gov.uk/caringinleeds

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- **West Leeds** **Care UK** **0113 240 4164**
- **North West Leeds** **Care UK** **0113 240 4164**
- **South Leeds** **Czajka Care** **0113 274 1900**
- **North East Leeds** **Moorcare** **0113 268 4211**
- **East Leeds** **Allied Healthcare** **0113 223 7321**
- **Any part of Leeds Family Placement Service**
 - **adult's scheme** **0113 247 8659**
 - **children's scheme** **0113 247 8655**
- **Any part of Leeds Allied Healthcare** **0113 223 7321**
For black & minority ethnic carer's specialist service

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

The Family Placement Scheme at Social Care Services can organise breaks in one of their carer's family homes. Family Placement care workers 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
 - **Adult's scheme** ☎ **0113 247 8659**
 - **Children's scheme** ☎ **0113 247 8655**

Breaks in Care Homes and 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 kind of break needs to be arranged by a social worker, who will help you find the right place.

Holidays

- Alternative accommodation for the person you look after can be arranged through Adult Social Care 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 ☎0113 246 8338, and **D.I.A.L** ☎0113 214 3630 are good sources of information about holiday opportunities for people with disabilities and their carers.
- 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** ☎0113 246 8338.
One such fund is Adult Social Care'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** ☎0113 240 8368
For children and young people who are affected by any care situation.

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Breaks for carers of children with disabilities

- Leeds City Council Social Care Services is responsible for arranging breaks and other support for parent carers. There is a range of facilities – family breaks and sitting scheme; play schemes and play clubs; overnight respite schemes for children with more complex care needs.

All of these are arranged through a health or social care assesment.

- **The Weekenders Club ☎ 0113 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 ☎ **0800 731 0640**
- There is a Directory of information for Families in Leeds called *The Family Hub*.

www.thefamilyhubleeds.org

☎ **0800 731 0640**

or email **familyhub@leeds.gov.uk**



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Useful contacts for carers

- **Adult Social Care** ☎ 0113 222 4401
- **Carers Leeds** ☎ 0113 246 8338 – for support and advice
www.carersleeds.org.uk
- **Alzheimer's** ☎ 0113 231 1727 www.alzheimers.org.uk
- **Carers UK** – for advice **National Helpline** ☎ 0808 808 7777
- **NHS Direct** ☎ 0845 4647 – for medical advice
- **Emergency Duty Social Care Services** (out of hours) and
☎ 0113 240 9536
- **Carers Emergency Plan Scheme** ☎ 0845 026 8923

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

☎ 0113 227 8629

