



Fact Sheet No. 3

Respite Care Services

**Carers Centre for Brighton & Hove
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**Registered Charity No. 1015728
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All carers need a break from caring from time to time. There are a number of ways that this can be organised. You can request assistance from Brighton & Hove City Council contact the Information Line Tel: 295555 who can put you in touch with the relevant Social Work Team.

If you approach the local authority they will need to complete their assessment process: a social care assessment for the person you care for, and a carer's assessment for you, to identify both your needs. Within the assessment process they will also question you about your finances and ability to pay for services.

Once the assessment process is complete and the person you care for has been recognised as being eligible for community care services, the assessor will be able to advise you on the range of respite services available, either residential or a care package at home. There are some local authority-run respite homes, for example:

Wayfield Avenue Resource Centre - for older people with mental health needs
Pioneer House - respite service for adults with learning disabilities

The assessor will also have a list of home care services that will be able to provide services in the home of the person you care for.

Charges for services are dependent upon the cared-for person's financial situation, and this will be explained to you during the assessment. However, there is specific funding available from central Government allocated to local authorities for providing breaks for carers, called the Carers Grant. The Carers Grant can be accessed via professionals, including social workers, and by carers themselves. For further details regarding the Carers Grant, please ring the Carers Grant officer at Brighton & Hove council on 295879.

If you wish to organise your own break, this factsheet provides information on a range of services including residential services and home care services.

Residential/nursing care is when the person you care for goes to a residential or nursing home for a few weeks. A break away from home can be particularly enjoyable and restful.

Specialist Centres are designed to provide care and specialist facilities, usually for a particular 'client group'. For instance, **MENCAP** homes for people with learning difficulties.

Family Support Schemes such as Linkplus may be useful if you need a break from caring for your child with a disability. These schemes allow your child to stay with another family, perhaps on a regular basis. Your Social Worker should have more details.

Live-in help can be a cost-effective way of ensuring contact care. There are a few schemes run by charitable organisations (see *Community Service Volunteers*).

Alternatively Social Services may be able to offer help and information, or you may like to hire your own help by advertising for a care support worker or sitter in a local newsagent or post office or in The Lady magazine (Classified Ads Department), The Lady, 39-40 Bedford Street, The Strand, London WC2R 9ER. 0207 3794717. Private organisations may be able to offer live-in help but they are likely to be expensive.

Respite care at home is an option that many carers consider. The person you care for can stay put in their own home and have a trained person take care of them, or watch them, for a few hours, a whole day or overnight. Locally the only free respite care service is provided by East Sussex, Brighton & Hove Crossroads. All other services offered by voluntary or private organisations make a charge for their services.

Respite Care Services

Free Services:

Age Concern – Crisis Service

Provides a 'Crisis Service', (for anyone 60 or over) of homecare services for usually a maximum of 7 days. The service is available from 8am – 6pm daily and can offer practical help with things such as shopping, quick meals, support with some personal care tasks, collecting prescriptions and light household tasks.

Tel: 01273 328555

Crossroads Brighton

Trained respite carers/ support workers provide respite care in the client's home. Occasional overnight stays can also be arranged.

Address: Rita Bowman, Community Base, 2nd Floor, 113 Queens Road, Brighton BN1 3XG
Tel: 01273 234021

Services That Charge

Private and Voluntary Agencies

A word about charges

If the following organisations use an hourly charge rate for their services the hourly rate you will be charged will vary according to the time of day, evening, night and/or week for which the service is needed, and whether trained nurses are required. Charges vary so you will need to

check current rates with the agencies you contact.

Able Community Care

Provides long term live-in care services and carers to accompany disabled people on holiday. This includes people with physical disabilities, learning difficulties and some personality disorders.

Address: Angela Gifford, The Old Parish Rooms, Whitlingham Lane, Trowse, Norwich NR14 8TZ.
Client Group: Disabilities 18+ or Elderly
Area: National
Tel: 01603 764567
Email: ablemg@aol.com

Advantage Healthcare

Can supply nurses or care support workers

Address: Joseph Bower, 7 Queen Square, Brighton, BN1 3SD
Client Group: All
Area: East and West Sussex
Tel: 220660
Email: brightonbm@advantagehealthcare.com

Agincare

Address: Sheena Wilkins, 153 Edward Street, Brighton, Bn2 0JG
Client Group: All
Area: Brighton & Hove
Tel: 01273 688771
Email: brightonmgr@agincare.com

Alzheimer's Society

Provides carers for people with dementia, including Alzheimer's Disease and Multi-infarct dementia, with a weekly break by specially trained care staff. Normal length of visit is three hours.

Address: Valerie Killian – Relief Care Scheme Co-ordinator, 206 Church Road, Hove, BN3 2DJ
Client Group: Those with confusion & diagnosed dementia, and their carers.
Area: Brighton & Hove (Times: Monday to Sunday 8.30 - 11pm)
Rates: £3.50 flat rate charge per visit (no VAT)
Tel: 01273 726266
Email: alzheimers_brighton@hotmail.com

British Nursing Association (BNA)

Address: Kevin Burke, 6 St Georges Place, London Road, Brighton
Client Group: All
Area: East & West Sussex
Tel: 01273 698228

Care UK (used to be All Care)

Address: John Gilbert 191 Freshfield Road, Brighton, BN2 9YE
Client Group: 18+
Area: Brighton & Hove
Tel: 626161
email: brighton@careuk.com

Carewatch

Can supply nurses and/or care attendants

Address: Terry Playford, Unit 3, English Business Park, English Close, Hove BN3 7EE
Client Group: 18+
Area: Brighton & Hove
Tel: 01273 207111
email: carewatch@totalise.co.uk

Community Careline Services

Address: Joan Papworth, 191 Marine Drive, Saltdean, BN2 8DA
Client Group: All
Area: Newhaven to Brighton
Tel: 01273 309393
email: cclpeacehavenltd@telco4u.net

Cooksbridge Care Services

Respite and convalescent care, live-in only.

Typical weekly (7day) rate: £458 - £620 per week

They provide housekeeping, partial and full personal care for people with mental health and physical disabilities, spinal injuries and those with progressive conditions.

Address: Deborah Bonds, 38a High Street, Lewes, BN7 2LU
Client Group: 18+
Area: South East
Tel: 01273 479744
email: ask@cooksbridgcare.co.uk

Country Cousins

Agency providing live-in carers, usually for 2 weeks. Not a nursing agency. Live-in only.

Address: 3rd floor, Westpoint, Springfield Road, Horsham, RH12 2PD
Client Group: 18+mainly elderly
Area: Nationwide
Tel: (0845) 6014003 (calls at local rate)

Hallifax Care

Address: Anne Hallifax, 297a Ditchling Road, Brighton, BN1 6JJ
Client Group: All
Area: Brighton
Tel: 542200
Email: ahallifax@hotmail.com

Plan Personnel

Address: Carol Hogg, 108 Queens Road, Brighton BN1 3XF
Client Group: 18+
Area: Brighton
Tel: 203586
Email: brightoncare@br1ghton-adsl.demon.co.uk

Prime Care Community Services Ltd

Address: Steve Allen, Suite 5, Talland Parade, High Street, Seaford, BN25 1PJ
Client Group: 18+
Area: E Sussex, Brighton & Hove
Tel: 01273 677314 or 01323 491975
Email: help@primecare.uk.com

Supporta Care (ex Independent Living Organisation/First call)

Address: Anna Matthews, 150 Portland Road, Hove, BN3 5QL
Client Group: 18+
Area: E Sussex, Brighton & Hove
Tel: 01273 728674
Email: anna.matthews@supportapl.com

Sussex Homecare

Address: Sarah Chatterton-Sim, 78a Goldstone Villas, Hove, BN3 3RU
Client Group: All
Area: Brighton & Hove
Tel: 01273 770202
Email: info@susshomecareagency.co.uk

Independent Residential and Nursing Care Homes

For a comprehensive list of care services, residential and nursing homes within the south east of England you can contact 'Care Choices' Tel: 01223 207770 or visit their website on www.care-choices.co.uk

District Nurses

Brighton & Hove

To find your nearest District Nurse Clinic, contact Brighton General Hospital switchboard on 01273 696011 between 9am and 5pm.

If you give the name of your doctor you will be given the phone number of your District Nurse or District Nurse Clinic. In an out-of-hours emergency (between 5pm and 9am the next morning) call the Brighton General Hospital switchboard that will take a message and pass it to the appropriate District Nurse team.

Martlets @ Home Service Team

The Martlets Hospice offers symptom control, respite and terminal care to adult patients for whom curative treatment is no longer possible.

The Martlets @ Home Service provides practical, specialist palliative nursing care to patients in

their own homes and also gives support to their families and carers. This service offers 24-hour care, 7 days a week. A qualified nurse is on call between 8am and 9pm and night cover is supplemented by the 'out of hours' District Nursing services. Messages can be left at any time.

Address: The Martlets Hospice, Wayfield Avenue, Hove, BN3 7LW
Tel: 01273 885000 (answerphone after hours)
Tel: 01273 273400 Martlets @ Home Service (same address as above)

Specialist Services:

Forresters

Respite centre for people who have severe mental illness. The majority of people are funded by Social Services. There are reductions for members of Rethink, and stays of less than one week are possible.

Address: Southampton Road, Hythe, Hampshire, SO45 5GQ
Tel: 02380 843042

Sussex Beacon

A 10-bedded continuing care facility offering respite, convalescent, terminal and day care for people with HIV/AIDS. Total client care includes complementary therapies, psychological and social support as well as specialist HIV/AIDS nursing care.

Address: The Sussex Beacon, Bevendean Road, Brighton, BN2 4DE
Tel: 01273 694222
Email: enquiries@sussexbeacon.org.uk
Website: www.sussexbeacon.org.uk

