



Fact Sheet No.3

Respite Care Services

The Carers Centre for Brighton & Hove
18 Bedford Place, Brighton BN1 2PT
Tel: 01273 746222
Fax: 01273 933688
info@thecarerscentre.org
www.thecarerscentre.org

Registered Charity No. 1015728
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Introduction

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 assessor/social worker of the person you care for or the Adult Social Care Services Access Point.

Tel: 01273 295555

Email: accesspoint@brighton-hove.gov.uk

If you approach the Council they will need to complete or have completed their assessment process - a needs assessment for the person you care for and a carer's assessment for you. Our Fact Sheet No 6 – Community Care provides further information about this.

Once the assessment process is complete and the person you care for has been recognised as being eligible for support, Adult Social Care Services will be able to advise you on the range of respite services available including home care providers, live-in help and residential care.

Charges for services will be dependent upon the financial situation of the person you care for and this will be explained during the assessment process.

This Fact Sheet provides some information on home care services, live-in help, and residential homes in connection with respite care.

The East Sussex and Brighton and Hove Care and Support Services Directory 2018/19 gives important guidance to choosing care and support in this respect. It includes information on care at home, specialist care and support services, services for carers, paying for care and useful contacts. It also lists registered home care providers and care homes – see the respective sections in this Fact Sheet.

The Directory is published by Care Choices Ltd. It can be viewed or downloaded from their website www.carechoices.co.uk A hard copy can usually be obtained from the Carers Centre or from the Adult Social Care Services Access Point.

Contact details for the publisher Care Choices Ltd are:

Address: Valley Court, Lower Road, Croydon, Nr Royston, Hertfordshire SG8 0HF

Tel: 01223 207770

Home Care

The person you care for can stay put in their own home and have a trained person(s) take care of them for short periods, overnight etc. For services offered by private and most voluntary organisations charges are usually applicable.

Free Services

Age UK

Age UK provides a temporary emergency 'Crisis Service' at home for older people, for a maximum of 7 days. Through short home visits and telephone calls the Service offers practical help with things such as shopping, light meals, low-level personal care and light household tasks.

Address: 29-31 Prestonville Road, Brighton BN1 3TJ

Tel: 01273 328555 (dedicated line) or 01273 720603

Email: info@ageuk-bh.org.uk

Crossroads Care – Carers “My Health Matters” Scheme

This scheme is provided by Crossroads Care, who will provide home support to the person being cared for while the carer attends health care appointments or training/courses, which will help the carer in his/her caring role. The service is funded by Brighton and Hove City Council and the NHS so there is no charge involved.

Address: Community Base, 113 Queens Road, Brighton BN1 3XG

Tel: 01273 234021

Email: bhoffice@esbhcrossroads.org.uk

Integrated Primary Care Teams - Brighton & Hove

Formerly known as District/Community Nursing, this service provides home care to people registered with a GP in Brighton and Hove, who have long term health conditions or are frail or elderly and housebound.

Tel: 01273 696011, Ext.1377 (Brighton General Hospital).

Martlets Hospice at Home Service

The Hospice at Home Service offers end-of-life nursing care for patients who have a life-limiting illness and live in Brighton & Hove. One aim of the service is to provide carers with a respite break. The experienced team will provide physical care and emotional and social support as well as helping to control patients' symptoms.

Address: The Martlets Hospice, Wayfield Avenue, Hove, BN3 7LW

Tel: 01273 273400 (ask for Hospice at Home Service)

Email: enquiries@themartletshospice.co.uk

Home Care Providers

Home Care Providers in Brighton and Hove registered with the regulatory body the Care Quality Commission are listed in the East Sussex and Brighton and

Hove Care and Support Services Directory 2018/19 published by Care Choices Ltd. See the Introduction (page 2) for details of how to access this Directory.

Pages 23/27 refer. The types of services available e.g. for older people, people with dementia, people with physical disability are specified for each provider. Charges for services will vary so rates should be checked carefully with any provider contacted.

Live-in Help

Live-in help can be a cost-effective way of ensuring care - Adult Social Care Services may be able to offer information in this regard. Some providers of Live-in Help are given below. A number of home care providers also provide live-in care. Alternatively you could advertise for a live-in carer locally or in a publication such as The Lady Magazine, Tel: 020 7379 4717, Email: classified.ads@lady.co.uk

Able Community Care

Provides long term or short term (respite) live-in care services for adults who have high dependency care needs.

Address: The Old Parish Rooms, Whitlingham Lane, Trowse, Norwich NR14 8TZ.

Tel: 01603 764567

Email: info@ablecommunitycare.com

Website: www.ablecommunitycare.com

British Nursing Association (BNA)

Provides nursing and care services for people in their own homes.

Address: 1 Queens Square, Brighton BN1 3FD

Tel: 01273 760018

Country Cousins

Agency providing live-in carers for adults including for short periods of convalescence, respite or holidays.

Address: Aviation House, Cross Oak Lane, Salfords, Surrey RH1 5EX

Tel: 0808 274 2173

Email: info@country-cousins.co.uk

Website: www.country-cousins.co.uk

Helping Hands Home Care

Provides live-in care including for short term respite and convalescence.

Address: 10 Tything Road West, Kinwarton, Alcester, Warwickshire B49 6EP.

Tel: 0330 037 3046

Email: enquiries@helpinghands.co.uk

Website: www.helpinghandshomecare.co.uk

Care and Nursing Homes

The person you care for can go to a residential care home or a care home with nursing for a period. Such a break can be particularly helpful to both parties involved.

There are some care homes run by Brighton and Hove City Council, which cater for respite for adults, for example:

Craven Vale, Craven Road, Brighton BN2 0FE – for older people generally.

Ireland Lodge, Lockwood Crescent, Woodingdean, Brighton BN2 6UH – for older people with dementia.

Wayfield Avenue Home, 2 Wayfield Avenue, Hove BN3 7LW - for people with mental health needs.

Adult Social Care Services will be able to advise about these homes.

Care and Nursing Homes in Brighton and Hove registered with the regulatory body the Care Quality Commission are listed in the East Sussex and Brighton and Hove Care and Support Services Directory 2018/19 published by Care Choices Ltd. See the Introduction (page 2) for details of how to access this Directory.

Pages 68/75 refer. The types of services provided e.g. for older people, people with dementia, people with physical disability are specified for each home.

Some Special Services

Kiloran Trust

A house run by the Trust in West London providing subsidised supportive respite breaks for full time unpaid carers.

Address: 157 Blythe Road, London W14 0HL

Tel: 020 7602 7404

Email: kiltrust@aol.com

Website: www.kilorantrust.org.uk

Sussex Beacon

A 10 bedroom facility offering inpatient services for people living with HIV/AIDS.

Address: 10 Bevendean Road, Brighton, BN2 4DE

Tel: 01273 694222

Email: info@sussexbeacon.org.uk

Website: www.sussexbeacon.org.uk

Martha Trust

The Trust offers respite care for people with profound physical and multiple learning disabilities.

Address: Homemead Lane, Hacklinge, Deal, Kent CT14 0PG.

Tel: 01304 615223

Email: contact@marthatrust.org.uk

Website: www.marthatrust.org.uk