



# Fact Sheet No.3

## Respite Care Services

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## **Introduction**

Caring for someone can be a strain so it is important that you take regular breaks to look after your own wellbeing and quality of life. You should think about what type of break you need and what support the person you care for will need to have in place at that time. This Fact Sheet provides advice on who to contact in this respect and information on some respite services available including home care, live-in help and residential homes.

## **The Carers Hub**

The Carers Hub is a partnership of the following organisations, who work closely together to support carers in Brighton and Hove and the people they care for:

- The Carers Centre for Brighton and Hove
- The Alzheimer's Society
- Crossroads Care
- Adult Social Care, Brighton and Hove City Council

The Hub is a single point of contact for unpaid carers to access information, advice and a range of support services that are available. This includes respite care services. The Hub can give you help in this regard, carry out a carer's assessment, if necessary (see below), and put you in touch with Adult Social Care if you need help with replacement care.

You can contact the Hub as follows:

Tel: 01273 977000

Email: [info@carershub.co.uk](mailto:info@carershub.co.uk)

Website: [www.carershub.co.uk](http://www.carershub.co.uk)

## **The Carer's Assessment**

A carer providing unpaid support to someone who could not manage without their help has the right to a carer's assessment. It can be a useful step in helping you to understand your situation as a carer and the needs you may have. The assessment is a discussion between the carer and one of the Hub's Carer Support Workers. The assessment is usually carried out over the telephone and takes about 20 minutes.

## **Care and Support Services Directory 2019/20**

The East Sussex and Brighton and Hove Care and Support Services Directory 2019/20 published by Care Choices Ltd is an important source of information on care and support services available. It includes advice on services for carers including respite care and choosing home care providers and residential care homes.

It also lists registered home care providers, care homes and nursing homes in Brighton and Hove. The specific types of services provided by these e.g. for older people, people with dementia, people with physical disability are specified.

The Directory can be viewed or downloaded from the website [www.carechoices.co.uk](http://www.carechoices.co.uk) A hard copy can usually be obtained from the Carers Hub or from the Adult Social Care Access Point, Tel: 01273 295555, Email: [accesspoint@brighton-hove.gov.uk](mailto:accesspoint@brighton-hove.gov.uk)

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. This can give you a break from your caring responsibilities. Charges are usually applicable for services offered by most organisations.

## **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](mailto:info@ageuk-bh.org.uk)

Website: [www.ageuk.org.uk](http://www.ageuk.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](mailto:bhoffice@esbhcrossroads.org.uk)

Website: [www.esbhcrossroads.org.uk](http://www.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 Respite Care**

This service offers care for patients who have a life-limiting illness and live in Brighton & Hove. The aim of the service is to provide carers with a respite break. An experienced carer can provide social support, help with personal care and and prepare a light meal. For a longer break there is the option of having up to 5 days respite care through the inpatient unit at Martlets.

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

Tel: 01273 273400

Email: [enquiries@martlets.org.uk](mailto:enquiries@martlets.org.uk)

Website: [www.martlets.org.uk](http://www.martlets.org.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 2019/20 published by Care Choices Ltd. See the Introduction of this Fact Sheet (page 3) for details of how to access this Directory.

Pages 21/27 of the Directory 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. There is a useful Home Care Agency Checklist on Page 21, which can be copied or downloaded from the website. The Council's Brighton and Hove Home Care service is included in the list of providers.

### **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 including some with dementia.

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

Adult Social Care 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 2019/20 published by Care Choices Ltd. See the Introduction of this Fact Sheet (page 3) for details of how to access this Directory.

Pages 68/73 of the Directory refer. The types of services provided e.g. for older people, people with dementia, people with physical disability are specified for each home. Fees for care and nursing homes will vary so rates should be checked carefully. There is a useful Care Homes Checklist on Page 50, which can be copied or downloaded from the website.

### **Live-in Help**

Live-in help can be a cost-effective way of ensuring care. Some providers of Live-in Help are given below. Some 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](mailto:classified.ads@lady.co.uk)

Website: [www.lady.co.uk](http://www.lady.co.uk)

### **Able Community Care**

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

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

Tel: 01603 764567

Email: [info@ablecommunitycare.com](mailto:info@ablecommunitycare.com)

Website: [www.ablecommunitycare.com](http://www.ablecommunitycare.com)

### **British Nursing Association (BNA)**

Provides nursing and care services for the community.

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 8562

Email: [info@country-cousins.co.uk](mailto:info@country-cousins.co.uk)

Website: [www.country-cousins.co.uk](http://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 029 9288

Email: [enquiries@helpinghands.co.uk](mailto:enquiries@helpinghands.co.uk)

Website: [www.helpinghandshomecare.co.uk](http://www.helpinghandshomecare.co.uk)

## **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](mailto:kiltrust@aol.com)

Website: [kilorantrust.org.uk](http://kilorantrust.org.uk)

### **Sussex Beacon**

A 10 bedroom facility offering inpatient services for people living with HIV/AIDS. Charges apply for patients requiring respite care.

Address: 10 Bevendean Road, Brighton, BN2 4DE

Tel: 01273 694222

Email: [info@sussexbeacon.org.uk](mailto:info@sussexbeacon.org.uk)

Website: [sussexbeacon.org.uk](http://sussexbeacon.org.uk)

### **Martha Trust**

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

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

Tel: 01304 615223

Email: [contact@marthatrust.org.uk](mailto:contact@marthatrust.org.uk)

Website: [www.marthatrust.org.uk](http://www.marthatrust.org.uk)