



# Fact Sheet No.3

## Respite Care Services

The Carers Centre for Brighton & Hove  
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Registered Charity No. 1015728

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## **Introduction**

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

It should also be noted that our Fact Sheet No.7 – Holidays and Breaks (November 2022) provides a lot of information on holidays and breaks for carers separately, for carers and the people they care for together and for cared for people separately.

## **The Carers Hub**

The Carers Hub is a single point of contact for unpaid carers in Brighton and Hove to access information, advice and support services that are available to them. This includes help with information on respite care services for the person cared for. The Hub can also carry out a carer's assessment, if thought necessary (see below), and put the carer in touch with the Council's Adult Social Care services if help with replacement care is needed.

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.

## **Coronavirus**

It should be noted that some of the services covered by this Fact Sheet may still be affected by Covid-19 to some extent.

## **Care and Support Services Directory 2022/23**

The East Sussex and Brighton and Hove Care and Support Services Directory 2022/23 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 breaks from caring and choosing home care providers and residential care homes.

It also lists home care providers, care homes and nursing homes in Brighton and Hove registered with the regulatory body, the Care Quality Commission. The

specific types of services provided by these e.g. for older people, people with dementia, people with physical disability, people with a mental health condition 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 Brighton and Hove 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: 3 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 these services.

## **Free Services**

### **Age UK**

Age UK provides a temporary emergency 'Crisis Service' at home for older people, for a maximum of 14 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)

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

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

## **Crossroads Care – Carers “My Health Matters” Scheme**

This scheme is operated by Crossroads Care. They provide home support to the person being cared for while the carer attends health care appointments, counselling sessions 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. Referrals can be via a GP or other health professional or by self-referral.

Tel: 01273 242117 (Brighton General Hospital).

Website: [www.sussexcommunity.nhs.uk](http://www.sussexcommunity.nhs.uk)

### **Martlets Respite Care**

This service offers respite care for patients who have a life-limiting illness and live in Brighton and Hove. The aim of the service is to provide carers with a short break. An experienced Martlets carer can provide social support at home, help with personal care and prepare a light meal. For a longer break there is the option of having up to a week's 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 Care Quality Commission are listed in the East Sussex and Brighton and Hove Care and Support Services Directory 2022/23 published by Care Choices Ltd. See the Introduction of this Fact Sheet (page 3) for details of how to access this Directory.

Pages 25/26 of the Directory refer. The types of services available e.g. for older people, people with dementia, people with physical disability, people with a mental health condition are specified for each provider. Charges for services will vary so rates should be checked carefully with any provider contacted. There is a helpful Home Care Agency Checklist on Page 23, which can be printed or downloaded from the website for use. The Council's Brighton and Hove Home Care service is included in the list of providers.

### **Community Activities**

The person you care for could go to a local day centre or community centre providing care, support, activities, meals etc. or attend group meetings or gatherings run by other voluntary or independent organisations providing support services within the community.

For further information in this regard refer to Brighton and Hove Council's Health and Adult Social Care Directory at [www.brighton-hove.gov.uk/adult-social-care-hub/health-and-adult-social-care-directory](http://www.brighton-hove.gov.uk/adult-social-care-hub/health-and-adult-social-care-directory)

### **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.

The following care homes run by Brighton and Hove City Council cater for respite for adults:

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

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

For further information about these homes contact the Council's Adult Social Care Access Point:

Tel: 01273 295555

Email: [accesspoint@brighton-hove.gov.uk](mailto:accesspoint@brighton-hove.gov.uk)

Care and Nursing Homes in Brighton and Hove registered with the Care Quality Commission are listed in the East Sussex and Brighton and Hove Care and Support Services Directory 2022/23 published by Care Choices Ltd. See the Introduction of this Fact Sheet (page 3) for details of how to access this Directory.

Pages 69/75 of the Directory refer. The types of services provided e.g. for older people, people with dementia, people with physical disability, people with a mental health condition are specified for each home. Fees for care and nursing homes will vary so rates should be checked carefully. There is a helpful Care Homes Checklist on Page 51, which can be printed or downloaded from the website for use.

### **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, short term and 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 home nursing and care services for the community.

Address: Group House, 92-96 Lind Road, Sutton, Surrey SM1 4PL

Tel: 0871 873 3324

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

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

### **Country Cousins**

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

Address: Suite 5G Gatwick House, Horley, Surrey RH6 9ST

Tel: 0808 196 7219

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 808 9516

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

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

### **The Carers Centre – Support Groups and Activities for Carers**

The Carers Centre runs regular in-person groups and activities for carers at venues across the City so that they can have a break, meet with other carers and find out about local services. These include:

- Community Coffee Mornings (monthly in Brighton and Hove, mornings)
- Changes Ahead Meet Ups (for supporters of people with mental health challenges, mornings)
- Working Carers Peer Support (monthly, evenings)
- Carers Wellbeing Walking Group (monthly, mornings)
- Meditation Group (monthly, mornings)
- Music Appreciation Group (monthly, afternoons).

For more information or to register interest contact the Carers Hub - see Page 2 for details.