

# **CARERS ISSUES AND ACTIONS FORUM**

## **Respite Care for Adult Carers**

Wednesday 18 May 2021

3.30pm – 5.00pm

# WELCOME AND INTRODUCTIONS



Purpose of the session today

Session format and today's focus

Council Values:

**Honesty**

**Equality**

**Ambition**

**Respect**

**Together**

Role of the Chair / Facilitator

After the meeting

Panel Members Introduction



**WE ARE NEWHAM.**

**People at the Heart  
of Everything We Do**

**Alex Chidgey**

**Head of Service –  
Older People & Disability**

## Policy Introduction

- Action from the Newham Carers Strategy
- Existing approach documented in one place
- Not new

The policy is located on the Newham Internet and can be found by following this link:

[www.newham.gov.uk/health-adult-social-care/short-breaks](http://www.newham.gov.uk/health-adult-social-care/short-breaks)

## What is Respite Care?

Respite Care is support to enable a Carer to have a break from their caring role.

## How is the need for Respite Care identified?

The need for Respite Care is identified through the **'cared for' person's Care Act Assessment and their Indicative Budget Calculation**

Respite Care is delivered directly to the 'cared for' person (replacing the care and support the Carer provides, whilst they have a break).

## **What type of respite care / services can the Carers Allocation be spent on?**

The Carer can use their Carers Allocation flexibly, choosing how and when they would like a break.

For example, the Allocation may be spent on:

- A volunteer or paid Care Worker / Personal Assistant to support for the cared for person in their home
- A day opportunity for the cared for person outside of their home
- One or more overnight stay for the cared for person in a Care Home, Extra Care, Shared Lives or Supported Living placement

Enabling the Carer to relax at home and / or go out.

# Respite Care

## **Respite Care is NOT:**

Replacement care required because a Carer has another regular commitment (e.g. childcare, employment, etc). If a Carer is unable to provide the required care and support for the cared for person due to these circumstances, they should be referred for an Assessment to look at how their needs can be met.

Replacement care due to a paid Care Worker, Personal Assistant or Shared Lives Carer being sick or taking leave. In this instance, the cared for person should use their Personal Budget to purchase replacement care.

Provision of a residential placement when the cared for person has been discharged as medically fit from hospital but are unable to go home due to the need for equipment or adaptation; or further assessment / review to determine their longer-term needs.

## An example – Mr P:

- 82 year old man, living with dementia. Needs help with washing and dressing and supervision to stay safe
- Lives at home with his wife Mrs P who is his carer
- Paid carers visit twice a day to help with personal care, and Mr P attends a day service twice a week
- When Mr P was assessed, his Personal Budget was agreed as **£288.30 per week** to meet his needs
- As part of his assessment, it was recognised that Mrs P is providing 50hrs of informal support per week to meet his Care Act eligible needs. As part of Mr P's budget, an additional **£4,029.60 per annum** is agreed as a respite budget
- Mrs P uses this for a sitting service and 2 weeks of residential respite care during the year



# Respite Care

## How to book residential Respite Care

To book respite care, please contact the allocated Team who is responsible for the 'cared for' person's care (see next slide for details).

If you are unsure, you can contact Access to Adult Social Care Team on **0208 430 2000 Option 2**.

- Care home bookings can only be made 2 weeks in advance
- Minimum stay is 1 week
- Work is underway to improve this

# Respite Care



## Neighbourhood Team

Area	Contact Details
North West Newham Neighbourhood Team	Email: <a href="mailto:ASCNorthWestNewhamTeam@Newham.gov.uk">ASCNorthWestNewhamTeam@Newham.gov.uk</a> Telephone : 020 3373 6492
West Newham Neighbourhood Team	Email: <a href="mailto:ASCWestNewhamTeam@Newham.gov.uk">ASCWestNewhamTeam@Newham.gov.uk</a> Telephone: 020 3373 6489
North East Newham Neighbourhood Team	Email: <a href="mailto:ASCNorthEastNewhamTeam@Newham.gov.uk">ASCNorthEastNewhamTeam@Newham.gov.uk</a> Telephone: 020 3373 6491
South & East Newham Neighbourhood Team	Email: <a href="mailto:ASCSouthEastNewhamTeam@Newham.gov.uk">ASCSouthEastNewhamTeam@Newham.gov.uk</a> Telephone: 020 3373 6490

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# Carers Assessment

**If a Carer's eligibility for Respite Care is determined by the cared for person's Care Act Assessment, what is a Carers Assessment?**

- All Carers are eligible for a Carer's Assessment
- Can be standalone or combined
- The threshold for support is based on the impact their caring role has on their wellbeing (Care Act Eligibility criteria)

Following the assessment, if a Carer:

- **Hasn't got eligible needs** - advice and information about services available in Newham will be provided. This will be tailored to specific circumstances
- **Has eligible needs** - a carers support plan will be agreed detailing how these needs will be met and a Personal Budget allocated. The carers support plan will be reviewed on an annual basis

**Hannah Leask**

**Senior Commissioner  
Adults & Health**

# Future Developments

As part of the Carers Strategy we will be delivering further work to improve the quality and availability of respite care i.e.

- Looking to develop a directory / single resource that lists all of the different types of respite available (to include 'traditional' models such as residential care and sitting services) as well as more community based options. This will include clear details on costs and the practicalities of booking.
- Developing a Business Case to commission some dedicated respite beds in a Care Home / Supported Living unit to increase amount of overnight respite available, and make it easier to access (i.e. via an online booking system).

**Nicky Hyde**

**Commissioning Officer  
Carers**

# CareFree



## New Respite Booking Service for unpaid Carers

A large, light orange rectangular graphic containing the word "Carefree" in a white, elegant serif font.

Carefree

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**CareFree is our new service for carers to obtain short breaks as follows:**

Carefree transforms vacant accommodation into vital breaks for unpaid carers.

We know all too well how challenging a full-time caring role can be, so a few days away with a partner or a friend can work wonders. It may seem like a small thing, but our experience shows us that it can make a huge difference.

Breaks consist of 2-night hotel stays, plus breakfast **at the cost of £25 plus admin fee.**

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## Impact

The impact of a break on a carer's wellbeing is tremendous, but it doesn't end there. By joining forces with the business and the social care sectors we are not only demonstrating a new way to tackle complex social challenges, we are also building resilience in a system that is overstretched and under-resourced. And with resilience comes longevity.

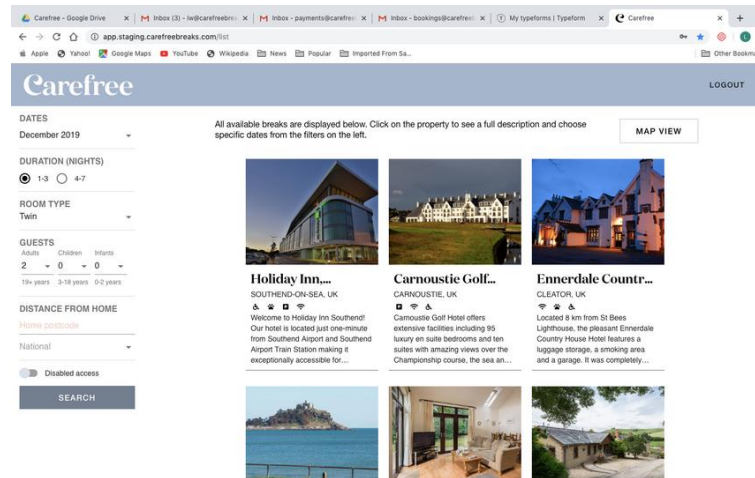
The changes that we make now will shape the social care landscape for years to come, and as all of us will either give or receive care at some point in our lifetime, those changes have a particular significance for us all.

**“Just what the doctor ordered and much better than any prescription they could ever give” Susan, Carer**

## How it Works?

Carefree provides the means by which these surplus assets can be shared. We build partnerships across the business and social sectors, employing easy-to-use, flexible technology to mobilise a network of support for those in need.

Our purpose-built technology has been designed in close collaboration with our partners and provide a range of benefits.



## How it Works?

Carers First can refer known carers quickly.

Registered Carers can browse breaks and filter for suitable options.

Once verified, Carers are issued login details and invited to create a profile to book breaks.

**Only one break per 12 months.**

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You are welcome to take a companion but not the person(s) you care for.

To qualify for a break, you must be:

- Aged 18+
- Full time unpaid carer (30+ hours per week)

To register and get a referral, please use the following options:

Contact: Carers First on 0300 3031555

Email Carers First: [hello@carersfirst.org.uk](mailto:hello@carersfirst.org.uk)

Self-refer directly to: [www.carefreespace.org](http://www.carefreespace.org)

# NEWHAM CARERS STRATEGY



The Newham Carers Strategy that was launched in July 2021 sets out an ambitious vision for how we can continue to make improvements for our Newham Carers of all ages.

One section of the action plan sets out a range of other improvements that will be made specifically to support Young Carers.

Newham Carers are working in partnership with us to deliver the strategy, and are equal partners on our multi-agency partnership Board.

We will be closely monitoring the outputs of the strategy and publishing an annual progress report.

For more information or to get involved in delivering the strategy with us please contact

[Carers.Queries@Newham.gov.uk](mailto:Carers.Queries@Newham.gov.uk)

**WE ARE NEWHAM.**

A poster for the Newham Carers Strategy. At the top right is the Newham London logo. The main text reads "WE ARE CARING." in large blue letters, followed by "WE ARE NEWHAM." in large white letters over a photograph. The photograph shows a young man in a blue shirt sitting next to an elderly woman in a white headscarf who is sitting in a wheelchair and reading a book. The young man is holding a white mug. At the bottom left of the poster is the text "Newham Carers Strategy" and "www.newham.gov.uk". At the bottom right is the slogan "People at the Heart of Everything We Do".

**WE ARE CARING.**

**WE ARE NEWHAM.**

Newham Carers Strategy  
www.newham.gov.uk

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# QUESTIONS?



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