

# What is the **TAKE A BREAK Service?**

This service gives carers the chance to have some time off from their caring duties by providing a replacement carer for the person they care for. **The service can only be accessed via Adult Services through a carers assessment** and is provided, under contract, by a range of providers throughout Hampshire.

Carers who are eligible for the service will receive confirmation by letter which serves as a voucher for them to book their break directly with a provider. Further information and a list of approved providers is sent with the letter.

Carers can book their breaks when it suits them, choose to have a few regular hours off each week or a longer break. Unused hours can be 'banked' and used later in the month.

This service offers minimal disruption for the cared-for person who remains in their home and can continue to access their usual activities if desired.

## **It offers:**

**Support:** help with personal care, some health care, preparation of a snack or meal or some light domestic chores

**Flexibility:** Carers can choose to use the hours allocated to them at set times on set days every week or on a more flexible basis as and when they are most needed. Hours that have not been used one week may be "banked" for use later in the same calendar month

**Reassurance:** staff providing the short break are specially trained and police checked

**To request a Carer's Assessment, contact your care management team or Hantsdirect on 0845 603 5630**



In July 2011, some **enhancements** were introduced to the TAKE A BREAK service to support further carers and families.

These include:

- **Overnight service.** Support is now included for planned overnight breaks and up to 48h in any one break. This is provided in the home of the cared for person, minimising disruption to routines and allowing people to stay in familiar surroundings. This could allow a carer to be away for up to 48h to have a break, attend planned events or visit family. Alternatively, this could be taken for just one night on a recurring regular basis, with the carer staying in the home and being able to have an undisturbed night sleep, knowing their cared-for person will be supported if they wake up. Overnight care requires a minimum one weeks notice to the provider.
- **Access to the community:** during a break, the cared-for person can be supported to go out in the community, to attend clubs, activities, visit friends etc. This can be done by car in the replacement carer's car if the person can access an unadapted car without difficulty. Each hour of TAKE A BREAK (Enhanced) service allocated to you will have an allowance of 5 miles car travel. Extra mileage travelled, if required, will be charged directly to you by the provider. This service would allow the carer to have time off in their own home, knowing their cared for person is safe and entertained.

**Access to any of these Enhanced elements is based on needs identified during your carer's assessment.**

