

16. TAKING A BREAK

There are local organisations which provide respite to a carer within their own home or within a caring environment. For example, a care attendant can sit with the person you care for and attend to their needs while you have some time to yourself. This can be for a day, or part of a day, or may be for a longer period so that the carer can take a holiday.

Short-term respite or relief care away from home for the person you are caring for could take the form of day care in a day centre or day hospital. The number of hours provided each week is negotiated. Longer term care, usually for a week or two at a time could be in a rest home or nursing home, in a hospital or perhaps a supported holiday. Respite care away from home can be a “one-off” or negotiated on a more regular basis.



Voluntary agencies provide many of the short break services in West Sussex, and the relevant ones are listed below. You might decide to purchase the respite care you need from a private agency. You can find these in Yellow Pages under Nurses & Nursing agencies, or from Social Services, and Welfare Organisations.

If your GP feels that the provision of respite care is appropriate, then he may be able to refer you to an appropriate service. You can also access respite via Social Services, who will need to make an assessment of need. The Social Services Department will make every effort to assist carers to have a break from caring using the resources available to them. See *Chapter 5, Social Services* for telephone numbers.

Ashmount House

A Guild Care dual-registered Home in Worthing offering carers across West Sussex a respite break of anything from one night to two weeks. The home can offer a place to the elderly without specialised nursing needs.

For more information telephone the Manager, Alison Wiles, Ashmount Nursing Home, Southey Road, Worthing, BN11 3HT. Tel: 01903 528500.

Email: ashmount@btconnect.com

British Red Cross Going Home with Support for Carers Scheme

This scheme is suitable for carers looking after someone recently discharged from hospital. It provides fully trained volunteers to sit with loved ones whilst their carer takes a well deserved break. Also offers a befriending service.

Tel:: 01243 870757 or 07709 406472.

Chichester and Arun Sitting Service

A Social and Caring Services sitting service providing respite care within the homes of families with a disabled child, to give carers a break. The service is available 7 days a week, at times to be agreed between volunteer sitter and family. No expenses involved for service users. The service is accessed through Social and Caring Services following an assessment of need.

Contact: Service Co-ordinator. Durban House, Durban Road, Bognor Regis PO22 9RE. Tel: 01243 642462 E-mail: doreen.bradbury@westsussex.gov.uk

Crossroads Rural Short Breaks Groups

Available to carers looking after someone over the age of 18 yrs, and who live near one of the groups. Trained staff are able to provide care for a wide range of disabilities, including physical disability, the elderly frail, early or mild dementia and sensory impairment. A wide range of activities are offered including quizzes, games, guest speakers, discussion groups and crafts. The carer is also welcome to stay if they choose to.

Selsey St Wilfrids Church Hall: Thursday from 1.30-4.30pm

Pagham Village Hall: Monday from 1.30pm-4.30pm

Lavant Memorial Hall: Tuesday from 1.30 – 4.30 pm

For further details of venue, the facilities provided and to discuss the needs of the person being cared for, contact: Eric Geddes on Tel: 01243 830797

Forresters Respite Centre

A respite centre in the New Forest for people who have severe mental illness, their families and carers, which is owned and managed by Rethink (formerly the National Schizophrenia Fellowship). It is registered as a residential care home with Hampshire County Council, and provides levels of support in accordance with their requirements. 80% of the guests are fully funded by their local Social Services.

Contact: Forresters, Southampton Road, Hythe, Hampshire, SO45 5GQ

Tel: 023 8084 3042 Email: foresters@rethink.org

Nursing Homes and Residential Care Homes

For details of all registered nursing homes, residential homes and Domiciliary Care Providers in West Sussex and to obtain copies of inspection reports on them contact: The Commission for Social Care Inspection, West Sussex Area, 2nd Floor, Ridgeworth House, Liverpool Gardens, Worthing, BN11 1RY. Tel: 01903 222950

Regnum (West Sussex) Crossroads

A registered charity which supports and provides respite to people who care for a disabled, ill or elderly person at home. The service is provided for carers and cared for, from Climping to Bognor Regis, Chichester, Midhurst, Petworth, Selsey, Witterings and surrounding areas. Can also offer longer, occasional and more flexible respite care for carers in their own homes.

Contact: Eric Geddes, Second Floor, 76 Bersted Green Court, Hazel Road, Bognor Regis, West Sussex PO22 9DY on 01243 830797.

The service in Arundel is provided by Worthing & District Crossroads, 117 Broadwater Road, Worthing, BN14 8HT, Tel: 01903 216678

Scope West Sussex

Run a day centre for people between 18-45 with Cerebral Palsy or other conditions. The Point, Scope West Sussex, Little Breach, Chichester PO19 5UA. Aims to help members achieve their full potential with a view to independent living. Activities include swimming, sailing, days out, daily living skills and computing.

Contact: Mr J Watson on 01243 775330.

National helpline: 0808 8003333 offers free information, confidential initial counselling and advice on Cerebral Palsy.

Website: www.scope-west-sussex.org.uk Email: info@scopews.plus.com



Short Term Breaks Development Officer

Works with West Sussex County Council, health, carers organisations and carers to develop services to enable carers to take a short break from caring. Welcomes suggestions for schemes for carers, groups and organisations that support carers but is not able to arrange short term breaks for individual carers.

Tel: 01243 642390

Stanhope Lodge

Offers short term respite for carers by providing a short break at home service for people aged 18 or over with learning difficulties. Referrals need to be arranged via West Sussex County Council (Adult Services). See *Chapter 5, Social Services*

West Sussex Family Placement Service (Disability)

Scheme run by West Sussex County Council Children and Young People's Services which recruits and assesses individuals and families to provide short breaks for children and young people with disabilities aged 0 to 18 years. The amount of care provided ranges from one visit to overnight stays with the project providing appropriate support and training. Tel: 01903 839460

Website: www.westsussex.gov.uk