

# Respite care and carers' breaks

Respite care and carers' breaks are short-term breaks for those who have direct responsibility for supporting or caring for someone with a disability or illness. This includes care provided to a spouse, partner, brother, sister, son, daughter or friend.

## How can I access respite care or a carer's break?

If you look after someone with a disability, or intend to do so, you are entitled to a carer's assessment which will look at your needs as a carer, the support you need, and whether you need a break. You must have an assessment to be able to access this service.

## How will I be assessed?

The assessment will take into account whether you are employed, involved in education, training or any leisure activity, or would like the opportunity to be.

Our community team worker will discuss with you whether you are still willing and able to look after the person you care for, what help you need with caring, the help you need to maintain your own health, and how you can balance your caring responsibilities with other life, work and family commitments.

You should automatically be offered a carer's assessment when the person you care for has a community care assessment or review. You can also request one at any other time by contacting the Adult Social Care Contact Team on 01582 54 76 59

We will tell you the outcome of your assessment. If it is identified that you need a break, we will discuss how this can best be met.

**If you need this in large print, on tape or in**

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**01582 54 75 23**

**Full details, forms and advice are available from:**

**[www.luton.gov.uk/  
learningdisabilities](http://www.luton.gov.uk/learningdisabilities)**

**[respitecare@luton.gov.uk](mailto:respitecare@luton.gov.uk)**

**Adult and Social Care Contact and  
Assessment Team  
Luton Borough Council  
Town Hall  
Luton LU1 2BQ**

**Tel: 01582 54 76 59**

## What is available?

We can offer a number of services, depending on your individual needs and those of the person you care for, such as:

- direct payments – these can be used flexibly by carers or those being cared for to arrange home care; home based support, such as a sitting service; or support for the person being cared for to access community facilities and holidays, including organised holidays for people with disabilities
- family based respite – family based carers, who are fully checked (via the Criminal Records Bureau), trained and supported, can provide care and support, usually in their own homes, to the person you care for
- floating support or home based respite – our support workers or carers can visit the person you care for at home and provide appropriate care and support, including helping them to access community and leisure facilities
- respite in a care home – this is sometimes an option for people with moderate or high level of need, including those with profound and multiple disabilities, and/or challenging behaviour. Allocation of placements is dependent on need and prioritised accordingly.

## How much does respite services cost?

Some services are charged for, and we can let you know about these at the time of your assessment.