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## **‘Take a Break’ scheme for carers of adults**

### **Factsheet 602 – 08 October 2010 (4 Pages)**

#### **What is the ‘Take a Break’ scheme?**

**It is a new county wide subsidised scheme which gives carers of adults a single route to arrange day time or evening breaks from their caring responsibilities. The breaks are provided by a care worker coming to look after the cared for person so the carer can have a break. The care worker may stay in the carers home in a ‘sitting’ arrangement or may ‘escort’ the cared for person out of the home for a social activity.**

#### **Who can use ‘Take a Break’ services?**

**This is a service for carers of adults. A carer is someone who looks after family, partners or friends in need of help because they are ill, frail or have a disability. The care they provide is unpaid.**

**The service is available for all carers who look after an older person or someone with a physical or sensory disability over the age of 18 years. It is not currently available for carers of adults with mental health difficulties under 65 years of age, learning disabilities or who have children with disabilities. Young carers can access the scheme if**

they are looking after an eligible adult.

### **What does the 'Take a Break' scheme offer?**

- **It is an open access service, which means that carers do not have to go through any Health or Adult & Community Services assessments to be able to use the scheme.**
- **Carers must be a member of 'Carers Link'. See our Carers Contact Card – Ref 6 or visit [www.devon.gov.uk/carers](http://www.devon.gov.uk/carers) for more information or you can call Care Direct - 0845 155 1007.**
- **Carers are allocated 3 hours per week of breaks services which can be saved and used in blocks of up to 12 hours at any one time.**
- **The charge to the carer is a standard rate of £3.00 per hour with no requirement of a financial assessment.**
- **The scheme uses vouchers and every voucher is worth one hour of breaks.**

### **How does it work?**

**To request a break, carers should contact one central "Take a Break" phone number**

**01392 823315. (Westbank, Exminster is a voluntary organisation under contract to co-ordinate the scheme). The carer can also be**

referred by an agency such as health or social care. Westbank take basic details about the situation to enable an appropriate break to be arranged. The carer is then sent contact details of any suitable local providers and arranges the break themselves. If the carer wishes, Westbank may be able to assist with arranging the first break.

Once accepted onto the scheme the carer is sent the appropriate number of vouchers (36 vouchers for each full quarter of the year). When the break takes place the carer simply gives the correct number of vouchers to the breaks provider along with the £3.00 per hour charge. For example a 4 hour break would require 4 vouchers and a payment of £12.00. The provider submits the vouchers to the Take a Break scheme to receive their payment.

**Who provides the breaks?**

The scheme co-ordinator selects the most appropriate cost effective local provider to meet the needs of the carer and cared for person. The provider may be a voluntary organisation or a domiciliary care agency - which will always be the case if personal care is required during the break. (Personal care could include help with toileting, moving and handling or issues which make the care more complex)

**Are any breaks NOT included in the scheme?**

Breaks which are for the cared for person such as overnight sleeping or waking services or breaks/respice care in residential or nursing homes still require assessment by the local authority. See Fact Sheet

**53 Short-term breaks for adults in residential or nursing homes. It will also exclude enabling schemes where these exist.**

**If I have received these types of breaks before – will these changes affect me?**

**All day and evening breaks for carers involving a ‘sitting’ or ‘escorting’ services will now be included in this scheme. This is to ensure we are fair and consistent across all Devon. If you are currently receiving this type of service you will be contacted well in advance of any changes taking place with clear advice about what will happen next.**

**How do I contact the ‘Take a Break’ scheme and set up my break?**

**To use the scheme simply call the co-ordinator at Westbank, Exminster on 01392 823315. They will be happy to hear from you. Remember to plan as much in advance as you can to ensure you get your break when you want it.**

**Further factsheets can be found online at**

**[www.devon.gov.uk/factsheets](http://www.devon.gov.uk/factsheets)**

**If you would like this factsheet in a different format such as Braille or audio, or in a different language, please contact our Customer Service Centre on: 0845 155 1015 or email: [customer@devon.gov.uk](mailto:customer@devon.gov.uk)**

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