

# Respite Care Policy for Children, Young People and Adults in Haringey

Looking after carers



**Easy read booklet**

# Introduction



We are **Haringey Council** and **NHS Haringey Clinical Commissioning Group (CCG)**.



**Haringey NHS Clinical Commissioning Group (CCG)** is the group that decides about health services in Haringey.

We spend money from the NHS on health services.



This leaflet tells you about our **Respite Care** policy.

It tells you what we do when a **carer** in Haringey needs a break.



We have lots of ways to support different carers. We talk about this in other leaflets as well as this one.



We think that **carers** are important.

We know that **carers** help the people they look after.



**Carers** help people stay living at home for longer.

Caring for people can be enjoyable for the **carer**.



Being a **carer** is sometimes hard work and can make **carers** ill.

A **carer** might need a break if they get ill.



We want to make sure that every **carer** stays happy and healthy.

# Carers



A **carer** is anyone who cares for a friend or a person in their family who needs support.

A **carer** can be a teenager, a husband or a wife.



People might need a **carer** because...

- they are ill
- they have a disability
- they are mentally ill
- they are old
- they drink too much alcohol.



**Carers** are not paid.



**Carers** are **not** volunteers.



A **young carer** is a **carer** aged 18 or younger who gives regular support to someone in their family.



A **parent carer** is someone aged 18 or over who cares for a disabled child.

A disabled child might need a lot of care.



A **carer** might need a break to...

- see friends
- go on holiday
- get better after an illness.

# What this policy is about



This policy tells you the way we organise **respite care**.

The policy tells you what we do when a **carer** in Haringey needs a break.



The person needing care is sometimes called the **cared for person**.



This can be a child, which is anyone under 18 years old. Or it can be an adult, which is anyone over 18 years old.



In this leaflet when we use the words **cared for person** it means that the law says this person needs support.



If a **carer** needs a break the **cared for person** can have a different **carer** during this break.

This is called **respite care**. Respite means a rest or break.



We want people who live, work and care for people in Haringey to know what **respite care** means.



We also tell you how we want **respite care** to be part of a **support plan** for **carers**. This includes **young carers**.

# Background



## Policy in the United Kingdom (UK)

Laws tell us about everyone's rights. There are special laws that we need to follow for a **carer** and a **cared for person**.



These laws make sure we are looking after the **carer** and the **cared for person** fairly and equally.

The laws say **respite care** is important and that carers can have a break.



The laws say that we must find out what help **young carers** need and we must make sure they get it.

## Policy in Haringey

We will work in an organised way with other services in Haringey that work with **carers**.

We want to make life better for **carers** and others in Haringey.



## We aim to work in these 4 ways...



**1**

We will respect and listen to the **carer** and the **cared for person**.

They will be at the centre of the support plan and will help to decide what care they get.



**2**

The **carer** and the **cared for person** will be treated fairly and equally.

People have different needs and we will offer **respite care** depending on what these needs are.



**3**

We check to see if the **cared for person** has a right to have **respite care**.

The **cared for person** will have control over how we give **respite care** to help them reach their goals.



**4**

It is important to us that we work in the best way we can for the **carer** and the **cared for person**.

# Who can have respite care



The law says that adults and children with certain needs could have **respite care** or a **short break**.



We will assess if the **carer** and **cared for person** needs **respite care**.

A **carer's assessment** is an assessment that the Council does to work out what the carer needs.



We will think about how the care work affects the **carer**. We will think about how the **carer** helps the **cared for person**.



A **short break** gives disabled children and young people time away from their carers.



A **short break** could be in the day, evening, overnight or at weekends.

It can be at home, a carer's home, a residential home or in the community.



People living in supported living, residential or nursing care cannot have **respite care**. They get care from **paid carers**.



A **paid carer** is someone who is paid directly when they care for someone.

This includes...

- Personal Assistants (PAs)
- Support Workers
- Care Workers
- Support Staff
- Nurses.

# What respite care is



## Respite care is given if...

- the **carer** cannot give certain care services that the **cared for person** needs
- the **cared for person** wants a break from the **carer**.



The **respite care** service might be different to the normal care someone gets.

But we will make sure the **cared for person** gets what they need.



## Respite care is flexible and can be...

- every week or month
- a yearly break
- an emergency break.

## Respite care can include...



- care given from a different friend or person in the family
- a volunteer who visits the **cared for person's** home
- a paid carer who visits the **cared for person's** home
- being taken to activities like day centres or play schemes
- having care overnight
- a holiday away from home with paid or volunteer **carers**
- a short stay in a supported living, residential or nursing care home
- a stay with a Shared Lives carer.

The **cared for person** or the **carer** can arrange the **respite care** themselves if they want to.

**The cared for person** or the **carer** can change the **respite care** if they need to.

# How to get respite care



We assess if **respite care** is needed when the **cared for person** or the **carer** have their **social care assessment**.



We write a **care and support plan** after an assessment.

The plan includes what money will be spent on someone's **respite care**.



We offer a **respite care** service that we think will best support the **cared for person**.



The **cared for person** needs to agree with the **respite care** plan.

If they do not like the plan, there are laws and guidance that help decide what it should be.



We want **respite care** to help the **cared for person** stay independent.

We have more information about this in our **Local offer** and **Preparing for Adulthood** leaflets.



The Disabled Children's Team can help some children have short breaks.



The **cared for person** or **carer** can ask us to use the **top up policy** for extra **respite care**.



Every year we look at the care and support plan and we think about what changes are needed for **respite care**.

We can also look at the **respite care** service if someone's needs change.

# Emergency respite



We can quickly arrange **emergency respite care**.

**We will do this if...**

- respite care fails
- if there was no plan in place for **respite care**.



The temporary care might be from a service which the **cared for person** has not used before.



In an emergency **respite care** can be given without the **cared for person** having an assessment.

We will only do this if we know that the **respite care** is safe.



We will assess the emergency care and write a support plan after the **respite care** is given.

We must follow safeguarding legal guidelines for adults and children.

# Other short term care



**Respite care** is not the only type of short term care. There are other types of short term care which are not in this policy.

**For example respite care is not...**



- when the **carer** cannot be there all the time because they are working somewhere else
- looking after family members when it is not for care and support needs
- using another carer when the normal **paid carer** goes on holiday or is sick
- using another **carer** when a Personal Assistant or a Shared Lives **carer** goes on holiday
- when someone has to stay somewhere else after hospital because their house is not ready.



# Personal budgets



A **personal budget** is money that we give to a **cared for person** or **carer** to pay for healthcare.

This money can be given as a **direct payment**.



The **personal budget** for **respite care** must be used to pay for the care of the **cared for person**.



**Carers** are given their own **personal budget** for their support needs.



Some children are given money for short breaks. The child's **carer** will be given the **personal budget** for this.

# Charges for respite care



A **charge** for **respite care** is the money someone has to pay for their **respite care**. This is included in their care and support plan.



**Respite care** for adults which is given for up to 8 weeks every year is assessed under the **Fairer Charging Framework**.

You can find out more on our website.



We will not ask **parent carers** to pay for **respite care** when they are caring for a child.

We will not ask **young carers** to pay for **respite care** when they are caring for a child.



We will not ask people who get their respite funded by the NHS to pay for **respite care**.

# Conclusion



This policy covers children and adults for health and social care.



Our clear and organised way of working helps people access **respite care** in Haringey.



This policy shows that we are making the lives of **carers** and **young carers** better.

We are also making the lives of **cared for people** better.