



## Supporting carers to take a break

### Respite

(for Poole residents ONLY)

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#### **What is respite?**

Respite care is support provided to the person who is cared for so the carer can have a break from their caring role. Additional care may be provided to the cared-for person in their own home or a residential care placement may be arranged for them.

#### **Eligibility for respite care**

A carers assessment must be undertaken to determine whether a carer is eligible for support. The entitlement, and amount of respite, will be considered as part of the assessment.

#### **How a carer's need for respite can be met**

There are two ways the need for respite can be met:

- additional home care provided to the cared-for person in their own home;
- the cared-for person to be admitted to residential care (if needs cannot be met at home).

#### **Sourcing and funding respite care**

A financial assessment will need to take place to determine the contribution the adult with care and support needs must make towards the cost of their carer's respite. A placement will be sourced by Bournemouth, Christchurch and Poole (BCP) Council Adult Social Care to meet the cared-for person's eligible needs.

The cared-for person will not be entitled to financial help towards respite care if they:

- have savings worth more than £23,250 (this amount is the current 'capital threshold' and may change); or
- they choose not to have a financial assessment.

Travel to and from a placement in residential care is not included in respite funding.

People can source and fund their own respite care and they may wish to look at the Care Choices Directory, a guide to choosing and paying for care. Please contact the Adult Social Care Helpdesk for paper copies or access the directory online at [www.carechoices.co.uk/publication/dorset-care-services-directory/](http://www.carechoices.co.uk/publication/dorset-care-services-directory/).

It is advisable to check the latest report by the Care Quality Commission (CQC) before deciding on a care home. Please go to: <https://www.cqc.org.uk/search/services/care-homes>.

### Other factsheets that may be relevant

- Carers Assessment
- The Financial Assessment
- Paying for your own care ('self-funding')

For more information about services please go to [www.mylifemycare.com](http://www.mylifemycare.com).

#### To request or download a copy of this factsheet:

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