



## Supporting carers to take a break Short Break Sitting Service (for Poole residents ONLY)

---

### Who the Sitting Service is for

This service is available to carers who look after a friend or relative who has an illness or disability and cannot be left alone. The cared-for person must be aged 18 years or over and pay their Council Tax to BCP Council.

BCP Council Adult Social Care pays the total cost of the service, except mileage.

If the person the carer looks after is supported through NHS Continuing Healthcare (CHC) funding, the carer is not eligible to use this service.

Contact Dorset Clinical Commissioning Group on 01202 541400 for more information about CHC.

### What the service provides

This is a flexible service which supports carers to take a break by providing a trained and background-checked care worker from a local approved home care agency.

### How many hours of service can be provided

If the carer is eligible for support after a carers assessment, up to 120 hours of care per year can be provided. If more hours are required, the cared-for person will need to have a financial assessment for the additional hours. Up to 12 hours per year can be provided if the carer is not eligible for support or does not want a carers assessment.

### What the care worker can do

They can look after the cared-for person by providing company, making a drink or a meal, helping the person to bed, providing continence care, administering medication or taking the person out. If the care worker uses

their own car to take the cared-for person out, mileage will need to be paid for by the cared-for person.

### **What the care worker cannot provide**

The care worker cannot look after anyone other than the cared-for person. They do not undertake housework, provide treatment or accompany the cared-for person on any medical appointments.

This service is not meant to replace a package of home care.

### **Other factsheets that may be relevant**

- The Financial Assessment
- Carers assessment

### **Contact details**

To find out more about the service or to register please telephone 01202 126200 or email [a.sittingservice@bcpcouncil.gov.uk](mailto:a.sittingservice@bcpcouncil.gov.uk). The office is open on Tuesday, Wednesday and Thursday from 10am to 2pm.

An answerphone is available outside of these hours.

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

**To download a copy of this factsheet:**  
[www.poole.gov.uk/adultsocialcarefactsheets](http://www.poole.gov.uk/adultsocialcarefactsheets)



We can give you help to read or understand this information:

#### **Adult Social Care Contact Centre**

Tel. 01202 123654

Email [asc.contactcentre@bcpcouncil.gov.uk](mailto:asc.contactcentre@bcpcouncil.gov.uk)

For those who are deaf, have hearing loss or who are speech impaired:



Text Phone 07747 757570