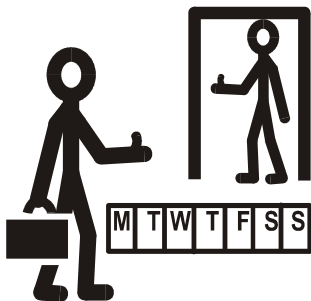




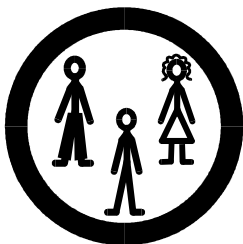
Easy Read version:



Short Breaks



This document will tell you about short breaks for adults with disabilities who live at home with their families. This means they can go and stay somewhere else for a short period of time.



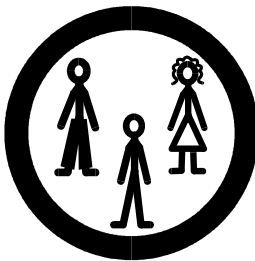
This allows carers and other family members to take a planned short break from their caring role.



What is a short break?



A short break is a break from the routine of caring. It is planned and is not the result of an emergency, crisis or illness.



It usually is to help give your carer a break from helping with your support.

Some examples of short break are:

Residential and nursing homes



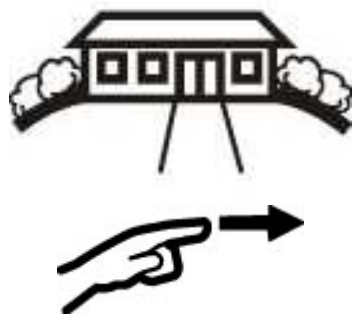
This is a care home that has people living there all the time but they have some room for you to come for a short bit of time. This is where there are staff on shift and they will help you with your support.

Short break units



This is where you go to a service run by the Council which is set up just to help people with short breaks. This is where there are staff on shift and they will help you with your support.

Shared Lives scheme



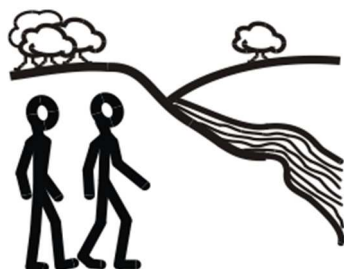
This is where you would go to someone's house for a short bit of time. This means that you will stay with their family and they can help with your support.

'Sitting' services



This is provided by an organisations that can give you support in your home for a short bit of time. It sometimes means that you can have different staff come to help you with your support.

More options are:



Going on holiday and using your money to pay for someone to go with you.



Have a Personal Assistant (PA) look after you in your home.



How do I get a short break?



You must live in Nottinghamshire. People who live in the city need to contact Nottingham City Council.



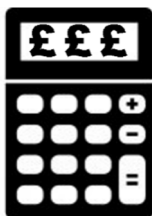
Your carer will need to have a carer's assessment, if you haven't had one then they should contact the Council.



You will need to have a care and support assessment to look at your needs.



The 2 assessments together are used to identify your needs and the impact that this is having on your carer and their quality of life.



These assessments will decide if you or your carer will be offered a personal budget for planned short breaks.



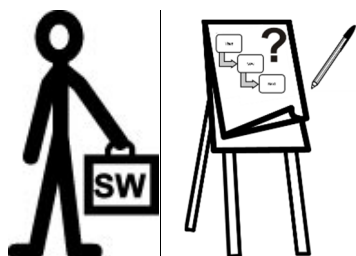
This can be paid by the Council to the short breaks service or you can have it as a direct payment. This money can only be spent on your short breaks.



You might get an NHS Personal Budget that will pay for planned short breaks. You will need to be registered with a GP in Nottinghamshire for this.



The number of weeks of planned short breaks will depend on your needs and the impact on your carer.



A Council worker will work with you and your carer to make a plan around short breaks.



What about the Council's services?



The Council has 3 short break services that people can use. You have to book these but they are open all day, every day.



Helmsley Road

Address: 29 - 33 Helmsley Road, Rainworth, Nottinghamshire NG21 0DQ

Holles Street

Address: Holles Street, Worksop, Nottinghamshire S80 2LJ

Wynhill Lodge

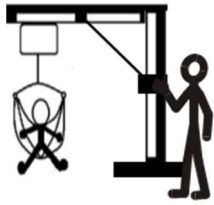
Address: 3 - 5 Wynhill Court, Bingham, Nottinghamshire NG13 8TE



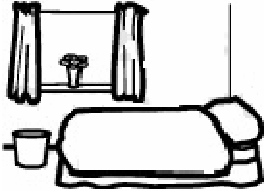
There is a range of activities to do when you are there.



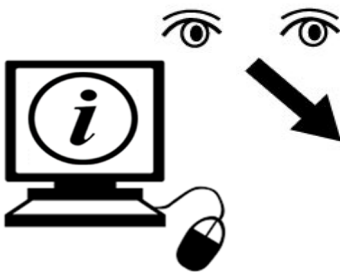
All of the meals are cooked fresh on site and they can help with your dietary needs.



They can support you with any complicated support needs such as peg feeding, moving and handling, blood monitoring, using oxygen and any rescue medication for epilepsy.



You will have your own bedroom and bathroom. There are shared areas such as dining room, kitchen, living room, sensory room and garden.



How do I find out more about short breaks?

You can find out about support available in your community by looking online.



<http://www.nottshelpyourself.org.uk>

If you type this in your browser it will take you to the Notts Help Yourself web site.



Nottinghamshire Carers Hub has lots of information, advice and support for all carers.

<http://www.carerstrustem.org/hub.html>



Telephone: 0115 824 8824

Email: hub@carerstrustem.org.uk



Who do I contact?



Nottinghamshire County Council



Phone Customer Services on
0300 500 80 80



Email:
enquiries@nottscc.gov.uk



Website:
www.nottinghamshire.gov.uk



Minicom:
01623 434 993



Tell us if you need the information in another language or format.