

# Support for carers: Breaks from caring



This easy read tells you about having breaks from being a carer.

## Breaks from caring



It can be difficult to be a carer, and being a carer can make your health and wellbeing worse.

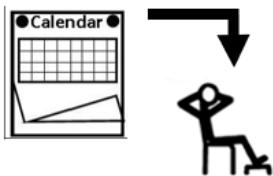


Having a break from caring is important for your health and wellbeing and there are different sorts of breaks you can have.

## Short Breaks



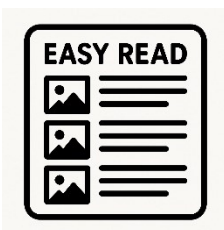
Short breaks give you a rest from your normal caring routine.



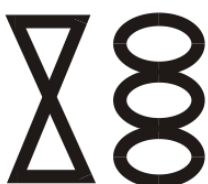
Short breaks should be planned with at least 24 hours' notice.



It is not a short break if you need help because of an emergency, such as a carer going into hospital or something happening you were not expecting.



This is support in an emergency and we have a different easy read with information about this.



There are different schemes where the carer or the person you care for can have a break.



The options are a bit different depending on whether you live in Nottingham City or Nottinghamshire County.

## The Carers Respite Service



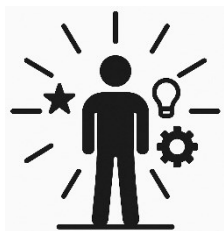
The Carers Respite Service can help carers who need a break from their caring role.



It is free.



To get help, you need to talk to the Carers Hub and have an assessment, so they know what you need.



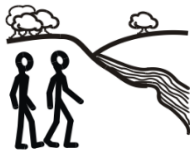
Support is given to the person you care for at home or in the community by an experienced care worker.



Things you can do include:



- Meeting up with a friend.



- Go for a walk or do other physical activities.



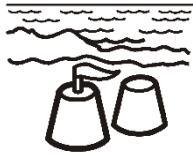
- Do some shopping.



- Go to medical or dental appointments.



- Taking some time to do your own hobbies.



- Go on holiday for a weekend.



- Go to a wedding or other family event.

## Planned short breaks from social care



Short breaks given by the council are agreed as part of someone's support package.



The support you get is decided after a social worker has looked at your needs as a carer and the needs of the person you care for.



Breaks can include overnight stays in a care home or the person you care for being looked after in their own home.



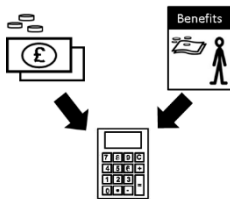
This would be part of planned, ongoing, regular support from the council.



Most of the time, the cared for person can get a direct payment to sort out their own care.



[We have a separate easy read to tell you about direct payments.](#)



You must have a financial assessment which means the council looks at the money you have to see what you need to pay towards the care.



[We have an easy read document to tell you more about financial assessments and paying for support.](#)

## NHS funded breaks (Nottinghamshire County only)



If you are a carer in Nottinghamshire County, you might be able to get breaks of either overnight stays or breaks in the home, which can mean someone else taking the cared-for person out.



The amount of money you can get to do this will be agreed. You can pay for someone else to be a carer so you can have a break.



Breaks can be arranged by someone from the social care team, or you may get a personal budget so you can organise it for yourself.



[We have an easy read document about personal budgets if you want more information.](#)

## Carers personal budgets (Nottingham City only)



If you are a carer in Nottingham City, you might be able to get a direct payment so you can have a break.



A direct payment is money you are given for care by the council.



To get this help, you need to get in touch with the [Carers Hub](#) to have an assessment.



You can pay someone else to be a carer so you can have a break.



You can use the money to pay for an activity to help your wellbeing and help you feel less stressed, such as going to a dance or exercise class.

## Social opportunities and activities for carers



[The Carers Hub](#) and [Young Carers Notts](#) have lots of social opportunities and activities.



The Carers Hub website has information about [support groups](#).



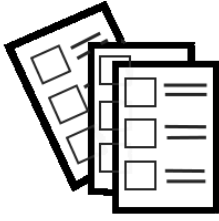
They also have information about [other local support groups](#).



You can use [Your Notts Directory](#) to find out information about support groups and activities.



[Rethink- Breaks for carers of people with mental illness.](#)



We 18 other documents about for support for carers in [our easy read library](#).

## **Links in this document**

### **Direct payments easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/direct-payments-factsheet-1-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/direct-payments-factsheet-1-easy-read)

### **Paying for support easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/paying-for-support-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/paying-for-support-easy-read)

### **Personal budgets easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/paying-towards-your-personal-budget-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/paying-towards-your-personal-budget-easy-read)

### **Carers Hub**

[carershub.carersfederation.co.uk/](https://carershub.carersfederation.co.uk/)

## **Young Carers Notts**

[youngcarersnotts.co.uk/](http://youngcarersnotts.co.uk/)

## **Carer's Hub support groups**

[carershub.carersfederation.co.uk/support-groups/](http://carershub.carersfederation.co.uk/support-groups/)

## **Local support groups**

[carershub.carersfederation.co.uk/whats-new-in-yourarea/](http://carershub.carersfederation.co.uk/whats-new-in-yourarea/)

## **Your Notts Directory**

[yournottsdirectory.org.uk/](http://yournottsdirectory.org.uk/)

## **Rethink Breaks for Carers**

[rethink.org/advice-and-information/carers-hub/advice-for-loved-ones-and-carers/respice-care-breaks-for-carers/](http://rethink.org/advice-and-information/carers-hub/advice-for-loved-ones-and-carers/respice-care-breaks-for-carers/)

## **Nottinghamshire County Council easy read library**

[nottinghamshire.gov.uk/global-content/easy-read-library](http://nottinghamshire.gov.uk/global-content/easy-read-library)

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