

Short Breaks for adults with disabilities



This easy read document is about short breaks for adults with disabilities who live at home with their families.

What is a short break?



Short Breaks allows carers and other family members to take a break from their caring role.



A short break is a break from caring that is planned. It is not because of an emergency, crisis or illness.

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

Some examples of short break

Residential and nursing homes



This is a care home that has people living there all the time but they have a room you can use for a short break.



There are staff working there all the time and can support you.

Short break units



This is a service run by the council to provide short breaks.



There are staff working there all the time and can support you.

Shared Lives scheme



This is where you would go to someone's house for a short break.

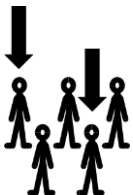


You will stay with their family, and they will help with your support.

Sitting services



This is a service that can give you support in your home for a short time.



Sometimes this will mean that you have different staff come to help you with your support.

Other options



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?



For us to provide a short break, you must live in Nottinghamshire. Contact your local council if you live elsewhere.



Your carer will need to have a carer's assessment.

If they haven't had one they should contact the council.



You will need to have a care and support assessment this helps you and the council work out what support you need.



The assessments are used to think about your needs and how they affect your carer and their quality of life.



Both assessments will be used decide if you or your carer can be offered a personal budget for short breaks.



A personal budget is the amount of money the Council has agreed to pay towards your care and support needs.



The Council can pay this straight to the short breaks service or you can have it as a direct payment and the money goes to you.



If you have a direct payment you will need to arrange payments to the short breaks service.



This money can only be spent on your short breaks.



There is also an NHS Personal Budget that can pay for short breaks.



For this money you will need to be registered with a GP in Nottinghamshire.



The number of weeks you are offered will depend on your needs and the needs of your carer.



Someone from the council will work with you and your carer to write a plan for your short breaks.

Council short breaks service



The council has three residential short breaks centres.

The service 24 hour a day and are open every day of the year. They are:

- **Helmsley Road**

29-33 Helmsley Road

Rainworth

Nottingham

NG21 0DQ





- **Holles Street**

Holles Street

Worksop

Nottinghamshire

S80 2LJ



- **Wynhill Lodge**

3-5 Wynhill Court

Bingham

Nottingham

NG13 8TE



They offer a range of activities to do.

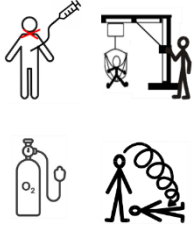


They offer freshly cooked meals and support dietary needs.



There is one to one support available to meet your personal needs.

These include:



- Health and support needs
- peg feeding
- moving and handling
- blood monitoring
- using oxygen
- rescue medication for epilepsy.



You will have your own bedroom and bathroom.

There are shared areas for example:



- dining room
- kitchen
- living room
- sensory room
- garden

Where can I find more about Short Breaks?



The [Notts Help Yourself](https://nottshelpyourself.org.uk) website has information about Short Breaks and other support available in your community



The [Nottinghamshire Carers Hub](https://nottinghamshirecarershub.org.uk) has lots of information, advice and support for all carers.

Who can I contact?



Nottinghamshire County Council's Customer Service Centre.

Telephone: 0300 500 80 80



Email: enquiries@nottsccl.gov.uk

Text Relay: 18001 0115 977 4050



If you use British Sign Language, the [SignVideo](https://signvideo.org.uk) app will help you talk to us.

Links in this document

Notts Help Yourself

www.nottshelpyourself.org.uk

Nottinghamshire Carers Hub

carershub.carersfederation.co.uk

SignVideo App

www.signvideo.co.uk/downloads

For plain English web page versions of this information, go to:

- [Breaks from caring | Nottinghamshire County Council](http://www.nottinghamshire.gov.uk/care/adult-social-care/carers/breaks-from-caring)
www.nottinghamshire.gov.uk/care/adult-social-care/carers/breaks-from-caring
- [Short break services for adults with learning disabilities | Nottinghamshire County Council](http://www.nottinghamshire.gov.uk/care/adult-social-care/carers/breaks-from-caring/short-breaks)
www.nottinghamshire.gov.uk/care/adult-social-care/carers/breaks-from-caring/short-breaks

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