

Carers and people with learning disabilities need improved access to support services such as day services and short break services (respite care) particularly for those with more severe disabilities.

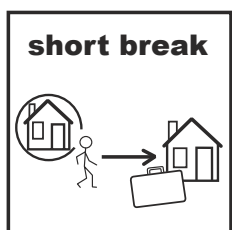
Government White Paper – ‘Valuing People’

chapter

7 Short Breaks (Respite)

Short Breaks for Children

Short Breaks for Adults



Support for people with learning disabilities and for their families or carers can include short breaks (also known as ‘respite care’ or ‘short-term care’). This is when a person with learning disabilities spends time away from his/her carer(s), or when another (trained) person takes over the care of the person with learning disabilities.

Short breaks can take many forms, from a few hours of sitting in the family home to a holiday for the person being cared for. These short breaks are provided by local authorities, NHS Trusts, private and voluntary organisations.

Short Breaks for Children

Listed below are local and national organisations that can help you and your child get a short break. It should be remembered that most short break services are in great demand and there may be a waiting list. It could be difficult to get exactly what you want, when you would like it.

If you would like more general information about short breaks or help with accessing particular services, please contact your local **Social Services Office** page 12 or the **Children’s Disability Team** – see page 26.

Family Placement Schemes

Leeds Social Services run several schemes via the Family Placement Service which are designed to give carers of children with learning disabilities a break:

Short Break Scheme

Under this scheme children with learning disabilities stay in a carer's home for a short break. These breaks are usually at the weekend, but they can include mid-week or overnight stays, or a few days or longer in the school holidays.

The scheme is available to anyone who has a child with a disability including those with moderate to severe learning disabilities and/or associated health needs, and/or a sensory impairment. There is no charge for this service.

Referral is through a social worker. **Contact your One Stop Service or local Social Service Office – see page 12.** If you would like to check your eligibility for the Short Breaks Scheme, please phone **Family Placement on ☎ 247 8411.**

Children's Sitting Service and the Children's Home Based Scheme

The **Sitting Service** arranges for sitters to look after children in the child's home to free their carers for short periods. They may also accompany the family on outings (to provide extra help and support), or provide overnight care. To access the Sitting Service you can contact them directly on **☎ 247 5889** or speak to your social worker.

The **Children's Home Based Scheme** is an alternative to the Short Breaks Scheme. (Carers can only access one or the other.) This scheme has been set up to enable longer periods of sitting. It is only possible to access the Home Based Scheme through a social worker. **Please contact your One Stop Service or local Social Services Office for more details – see page 12.**

Day Care for Young Children with Disabilities

If you have a disabled baby who needs a lot of extra care and you live in Leeds then you may be able to take advantage of this scheme. Children on the Scheme spend an average of a day a week with a specially trained carer (usually in term time). **For further information contact your One Stop Service or local Social Service Office – see page 12.**

Other Short Break Schemes

● Broom Court

Broom Court offers short-term care to children with learning disabilities. Referral is through your local Social Service Office – see page 12. Please note there is usually a waiting list.

● Martin House

Martin House provides care and support to families where there is a child or children with life limiting conditions. They offer short-term care, emergency care, terminal care and bereavement support. Care can be provided at Martin House or in the family home. From July 2002 there will also be a purpose built unit for teenagers.

Referral is through your GP and a consultant.

→ Martin House, Grove Road, Clifford, Wetherby LS23 6TX ☎ 01937 845045
✉ admin@martinhouse.org.uk 🌐 www.martinhouse.org.uk

● Hannah House

Hannah House is a purpose-built, self-contained facility in Rothwell. It provides planned or emergency short-break care for children in a ‘home from home’ environment. Care is provided by a team of trained professionals, which includes a community consultant paediatrician and local GP practices.

To use Hannah House, children must be 0–18 years old, with complex health needs, and have had an Integrated Needs Assessment. They must also be registered with a GP in Leeds.

For more information or to make a referral contact Hannah House directly.

→ Margaret Greenwood (Home manager), Hannah House, Coppice Head, Rothwell, Leeds LS26 0DX ☎ 282 9173

● Leeds Jewish Welfare Board – Rainbow Project

The Children’s Service offers respite care to Jewish children and their families (Home Based/Community Based Care).

→ Pam Wisnia (Community Care Manager), Rainbow Project, Leeds Jewish Welfare Board, 311 Stonegate Road, Moortown, Leeds LS17 6AZ
☎ 268 4211 ✉ LJWB@dial.pipex.co.uk

● **Wilf Ward Family Trust – Outreach/Sitting Service**

This scheme provides support workers to help disabled children to access community activities after school, at the weekends or in the holidays. It can also take the form of a sitting service if that is what suits the child and family best.

→ For further information contact the Children's Manager on
☎ 01937 849 249

● **Homestart – Leeds**

Homestart are committed to promoting the welfare of families with at least one child under 5 years. Volunteers offer support, friendship and practical help to families under stress and help to prevent crisis and breakdown.

→ Homestart, Oxford Chambers, Oxford Place, Leeds LS1 3AX ☎ 244 2419
📠 244 8464 ✉ office@home-startleeds.co.uk

● **Weekenders Club**

This club provides play activities for disabled children on Saturdays and Sundays – see main entry on page 40.


Short Breaks for Adults

There are a number of services that enable adults with learning disabilities and their carers to take a break:

Social Services Hostel Accommodation (short breaks)

Currently, adults with learning disabilities can take a short break in one of the social services hostels that provide long-term residential care. However in the future, such services may be provided separately. These short breaks can be a 'one-off' or at regular intervals throughout the year. Arrangements are made through your social worker, or contact your local [Social Services Office](#) – see page 12.



	
Bailey's House, Seacroft	214 4170
Delph Manor, Woodhouse	214 5279
Healey Croft, West Ardsley	253 2184
Mawcroft Grange, Rawden	250 6826
Ridgeside, Cookridge	267 2569
Roo's Court, Horsforth	258 1226
Rossedene, Bramley	256 7277
Templars Croft, Wetherby	01937 584 127
Wesley Street, Morley	252 2105

● Social Services – Raynel Drive

Social services have a small 5 bedroomed group home exclusively for younger adults requiring a short break from their family carers. It is based at Raynel Drive, Ireland Wood, Leeds. Stays can range from a few days to a few weeks, arranged at regular intervals throughout the year. They are arranged each October/November for the following year. Please note that the home does not cater for longer-term residents.

Referral is via Leeds Social Services. [Contact your local area office](#) – see page 12.

Family Placement Schemes

Family Placement also run schemes for adults with learning disabilities and their carers. These include:

Home Based Care Scheme

Specially trained home-based carers can also provide a service in the service user's own home. They can help during the day, evening and night, and are flexible to suit people's needs.

Short Breaks Scheme

This scheme recruits and trains people to become carers who can offer short breaks in their own homes to adults with learning disabilities. Such short breaks can be overnight, or last a weekend, a week or two or possibly longer. They can be used for regular breaks or in crises and emergencies. The scheme helps people to develop skills, make friends and encourages greater independence.

...➤ To find out about either of these schemes contact your local social services office, see page 12, or contact Family Placement on ☎ 247 8657/8.

Social Services – Home Based Short Break Services

These services are available for carers across Leeds. All services are free of charge and each is available to people living in a specific part of the city (which matches the boundaries of the Primary Care Trusts).

● Moorcare – North East Leeds

A culturally sensitive, domiciliary care provider offering bathing assistance, home care, palliative care and home-based short breaks (respite care) to the community of North East Leeds.

The short break (respite) service operates 24 hours, 365 days a year and is available to anyone with full-time care responsibilities for a relative, neighbour or friend who is unable to manage due to illness, disability or frailty.

...➤ **Moortown Community Care Scheme, L.J. Welfare Enterprises Ltd.,**
311 Stonegate Road, Leeds LS17 6AZ ☎ 268 4211

● **Crossroads Leeds – South Leeds**

Crossroads offers a service for carers and people with care needs. Their trained workers provide practical support in the home. They take over the carer's usual tasks, enabling them to have a break and to have time to themselves. Where appropriate, the person being cared for is taken out, away from the home.

Crossroads supports carers and people with care needs of all ages, whatever the disability. Breaks can be provided on a regular or ad-hoc basis as needed. Crossroads operate an open referral system. For more information, please contact

- **Jan Egan (Manager), Crossroads Leeds – Caring for Carers, Middleton Skills Centre, 110 Middleton Park Avenue, Middleton, Leeds LS10 4HY**
☎ 271 6457 ✉ crossroadsleeds@hotmail.com

● **Anchor Care Alternatives – North West and West Leeds**

This home-based respite care service is available all year round, 24 hours a day. The support provided is in accordance with the wishes of the carer. They primarily offer day and evening care rather than night-time care. Each client can access up to 8 hours care a week through the service. These are usually taken at the same time each week with the same worker, although emergency care can be provided.

- **Joanne Hunter or Kathy Booth, Anchor Care Alternatives, Flat 44, St Peter's Court, Dewsbury Road Leeds LS11 5NR** ☎ 387 2600

● **Springfield Home Care Services – East Leeds**

This home based service is available to all adults who care for a friend, neighbour or relative of adult age, who has an illness, disability or is elderly. The service runs 7 days a week, 24 hours a day and aims to allow carers to have a break from their caring responsibilities.

- **Springfield Care Services, 78 Main Street, Garforth, Leeds LS25 1AA**
☎ 287 6789

Other Short Break Schemes

- **Community Mental Health Trust: Woodlands Square (Respite Care Unit)**

See Good Health Chapter, page 76 for details.

- **Wilf Ward Family Trust**

Errol House

For Leeds residents, residential respite care is provided at a 5-bedded adapted property, Errol House in Boston Spa. Errol House can also provide a casual care service designed to enable families to have a break of a few hours.

Referral to Errol House is through social services.

→ Errol House, 155 High Street, Boston Spa LS23 6BH ☎ 01937 849 726

- **Community Based Services (Care at Home Scheme)**

Support workers are employed to support the person with disabilities within the family home or help them to access community activities. Both the family and the service user benefit from this service. Again, referral is through social services.

→ Wilf Ward Family Trust, Community Services Leeds, 1555 High Street, Boston Spa LS 23 6BH ☎ 01937 849 249

- **TACT (Thames and Chiltern Trust) Holiday and Respite Scheme**

The aim of the Holiday and Respite Scheme is to provide supported holidays and respite for adults with disabilities. Within the scheme, short breaks can be taken as a one-off break (e.g. as a small group holiday or an individualised holiday) or as day, weekend or week-long breaks on a planned basis throughout the year. The scheme is flexible in tailoring its services to meet the needs of the individual and of the carer(s). TACT do not run any residential respite homes, instead they provide home-based respite in the carer's home or at another chosen venue.

→ For further details, please contact the Holiday Co-ordinator on ☎ 01491 652303

→ TACT Head Office, Millbrook House offices, Caps Lane, Chorsey, Oxon OX10 9HS ✉ tacthq@btconnect.com

● **St. Annes Community Carers Scheme**

The scheme provides long-term placements for adults with learning disabilities who live with their community carers as part of the family.

→ ☎ 281 6967 📠 245 1526 ✉ info@st-annes.org.uk

Other Private and Voluntary Short Break Provision

In addition to the services outlined above, a few of the providers of long-term residential care in Leeds have a dedicated respite bed or they may provide care on a short-term basis in an emergency (if they have a bed available). **Contact should be made through your social worker or your local Social Services office – see page 12.**