



INFORMATION SHEET 8

RESPIRE

Most carers need to take a break from their caring role and it is important that they have this opportunity, whether it be for a chance to go to the local bingo hall, spend time with friends or go on holiday.

Whatever the reason, it is often a worry to carers if there are no local family members or friends who can help, especially when they are not sure who to contact from the local community services.

There are a number of different types of respite care available in the Stockport area. Listed below are some of them and a brief description of the services they can offer.

Residential Respite Care

This is when the person you care for is admitted to a care home for a short period of time. This can be accessed in two ways:

Via Adult Social Care (AS)

In order to decide whether a person is eligible for residential respite care, AS have to carry out an assessment. If the person is in hospital this will be done by a hospital social worker, and if at home this should be requested via the Adult Services Assessment team on 0845 644 4314.

The respite care may take place in a local authority or private nursing home. If AS are providing or funding the care services, the person you are caring for may have to contribute towards the cost. If the person may not want a financial assessment carrying out, then that is their choice. However, if they decline, then they will be expected to pay the full cost.

Privately

There are many private care homes in the Stockport area that you can contact directly to arrange private short-term respite care, however, as these are private services, the person you care for will be expected to pay for the cost.

Signpost Stockport have comprehensive lists of approved Residential and Nursing

Homes within the Borough. Telephone us on 0161 456 2808 for a copy.

Day Support Services

There are a number of day support services in Stockport run by Adult Services and by voluntary and private organisations. They provide a friendly and caring environment and regular attendance provides a change of scene for the cared-for and a break for the carer.

Private Sitting Services

There are several private agencies that can provide sitters and care attendants. You can approach these agencies direct if you or the person you are caring for are prepared to pay the full cost of these services. Phone Signpost on 0161 456 2808 for a list of private Caring & Domestic Agencies.

Other Respite Services

Stockport Care Schemes

Provide visiting, help with shopping, transport to hospital for people with poor mobility, support for young families during a crisis, and a sitting service to give a break to the carer. Contact your local care scheme for more details:

Edgeley 0161 477 0207

Gatley 0161 426 5142

Offerton 0161 477 8782

Reddish 0161 476 2812

Oasis For Carers

Support and relaxation for carers. Provides a friendly atmosphere where carers can find help and support, can share experiences with other carers, and can let go of the tensions and pressures of caring for a few hours. Contact then on 0161 292 7270.

Signpost Carers Breaks Service

Open to carers in Stockport over the age of 18. Carers can apply for a grant of up

to £500 to spend on a break from caring. Eligible carers can use the grant, for example, for a holiday, gym membership or leisure interest. Please telephone them on 0161 483 6600.

Weekend Day Centre

Based at the Torkington Centre, Hazel Grove and provides respite for people with Alzheimers Disease, confusion and related dementia and their carers on Saturdays, Sundays and Bank Holidays. Contact them on 0161 491 4346.

Luncheon Clubs

Provide a meal for older, blind or disabled people who find it difficult to cook for themselves. These clubs are accessed through Adult Social Care and Signpost have a booklet with all the details.

Age Concern Stockport

Provides a range of day care opportunities for people aged 50+ who are mentally and physically frail, including an ethnic minority centre. They also do Holiday Cover for Carers, where a carer is offered 21 days holiday cover per year, to be taken as and when required. Their care staff will visit once or twice a day, for up to 30 minutes each time. The telephone number is 0161 480 1211.

Independent Options

Offers breaks for people with learning disabilities ranging from day activities to short-term stays or weekend care. Also available during school holidays. Offers community support at home for people with learning disabilities or mental health issues.

Referral is needed from a Social Worker in addition to a needs and financial assessment. Contact them on 0161 456 6502.