



## **Replacement Care Project Fact Sheet**

This factsheet looks to provide a brief summary of what replacement care is, the various types that are available, and how to pay for it.

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### **What is replacement care?**

Replacement Care (previously known as 'respite care') is any care which provides rest or relief to Carers (by Carers we mean family members or friends who look after someone).

### **Torbay Replacement Care Project**

Torbay Carers' Consultation of Nov 18 identified that Carers' main priority was the need for a break and improvement of replacement care. There were issues involving availability, cost and variety of services and problems booking short breaks either at short notice or well in advance.

The main objective of this project is to provide Carers with more opportunities for a much-needed break from their day-to-day caring role to help avoid crisis point for them and hence the person for whom they care. This will involve working with Carers and their families about what is valued and what would most help to improve the Carers' health and wellbeing. This project is focussing on replacement care for Carers of adults but it is hoped that some of the help will be equally accessible to Carers of children.

Everyone needs a break from time to time. Carers are no different, and it is important that they are able to have a rest, whether it is a short break to run errands or meet friends, or longer time spent away. Breaks are good for a Carer's physical and mental wellbeing and can enhance the relationship with the person they care for who should also benefit from the break. It could

provide social interactions and opportunities to pursue hobbies and interests, remain involved and active, and form new relationships.

### **What types of replacement care are there?**

There are many different types of replacement care and it is possible to have a combination of different types. It can be helpful to speak to a professional (eg social carer worker) to discuss the options available. They might include:

- Day opportunities/day centres and local community groups
- Domiciliary Care i.e. care provided at home
- Overnight stays somewhere with care coming in
- Buddying/befriending services
- Holidays or short breaks
- Personal assistant/enablement where the person goes out with support
- Sitting services where someone sits with them at home
- Technology e.g. personal alarms which means they can be safely left

### **How is Replacement Care provided?**

Carers save the economy £132 billion per year, an average of £19,336 per Carer (Carers UK, 2019) yet their health and wellbeing continues to deteriorate yearly. All Carers have the right to a Carers Assessment/ Carers Health and Wellbeing check which should help them to identify the best way to have a break and how best to support them. If they meet the criteria for Adult Social Care funding, a value based discussion should help to produce a Care plan that suits both parties' needs. If they do not meet the criteria for Adult Social Care funding then the above options can be purchased directly and a Carer Support Worker can support the Carer to make decisions regarding Replacement Care. When considering replacement care it is important to consider the type of care that the person needs and values, and which gives the Carer peace of mind. Overnight nursing care is expensive and will not always be necessary.

With special thanks to Alzheimers UK who have allowed us to adapt some of their factsheet to use for our project

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