No.7  Respite & Holidays

Respite
Shared Lives South West includes an amount for respite to cover the cost of giving the full time carer a break. The Respite payment is to be spent on the provision of alternative care so the full time carer can have a break.

How Much?
The amount allocated is a minimum of £782 per long term person supported or an amount equivalent to two weeks at full fee if greater.

E.G. Tracy is funded by Devon County Council at Band 4 which attracts a payment of £423.55 p/w. Therefore Respite would be available up to £847.10

How can I spend it?
- Fund the cost of a stay in a care home
- Fund a stay with a Shared Lives South West Short Break Carer (Standard weekly rate)
- Pay for an approved Support Carer to care for your SU in your home or elsewhere (negotiable rate not more than Standard weekly rate)
- The cost of a DBS for your support carer
- The cost of first aid training or any other training for your support carer

Standard weekly rates

<table>
<thead>
<tr>
<th>Short Term Band</th>
<th>Long Term Band</th>
<th>Rate per night</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>1 - 2+</td>
<td>£62.00</td>
</tr>
<tr>
<td>B</td>
<td>3 - Special</td>
<td>£77.00</td>
</tr>
</tbody>
</table>

Respite must be booked in advance unless in emergency. For external respite invoices should be submitted by the provider to Shared Lives South West at the Devon Office. Respite using Shared Lives South West carers or support carers will be paid direct to the respite provider.

This is not your money and cannot be paid to you as part of your fees as that would make it taxable. Respite monies can be used in a single payment or spread throughout the year.

Respite is allocated on a pro-rata basis for new starters and leavers. Apart from exceptional circumstances respite is not available for the first 12 weeks of a placement. In the event that an SU leaves and all respite monies have been used you may be asked to repay the respite for the period where there was no entitlement on a pro-rata basis.
Emergency Respite

In the event of an emergency where respite is essential but the carer has used all of their allocated respite money there is a limited fund available to cover the cost of respite. The Shared Lives South West Operations Manager is responsible for deciding whether the circumstances would qualify and will consider each situation individually. We understand that in an emergency it is unlikely that a written application will be possible but you may be asked to provide reasons why the respite was required in writing once the emergency has passed.

An example of when the emergency respite fund could be used might be that a Carers partner is admitted to hospital and requires their support leaving nobody to support the Service User.

The earlier you contact us in the event of an emergency the easier it will be for us to provide support.

Although Shared Lives South West will support the Carer as much as possible, it must be recognised that the Emergency Respite Fund is limited and not every application will be successful which may mean that the Carer will have to pay for respite from their fees.

Holidays

Going away on your own

The need for breaks

Shared Lives South West believes that from time to time taking complete breaks away from your caring role will help you as a carer to stay well and feel able to meet the demands that the role places on you. This is also stated in the CQC and Shared Lives Plus good practice requirements.

Our minimum standard is that you take at least 14 days complete break from your caring responsibilities each financial year (April – March). For some households supporting people with very complex needs, a greater amount of breaks might be required, and we will work with you to discuss how this could be achieved.

Your respite payments may not always cover all breaks required, in this instance you will need to supplement them from your fees.
Taking and arranging breaks
Shared Lives South West will support you if you say you need to take a break. Your Shared Lives Coordinator can help you to make arrangements for the people you support. This might be by using support carers, using the Shared Lives South West Short Break service or us finding a support carer for you. Some people might choose to take a break with their own family at the same time as you are away.

You cannot arrange to take a holiday or break and leave the people you support in the care of any other person either at home or elsewhere without the prior notification and agreement of Shared Lives South West. This is because we have to ensure that the people using the service will continue to be appropriately supported in your absence.

You must give Shared Lives South West a minimum of two weeks’ notice in advance (except in an emergency) of any periods of time where you plan to be away from the home and intend to make alternative provision for the care, support and/or accommodation of people living with you. See Respite section for more information.

Joint Holidays – going away with the people you support
Many carers enjoy joint holidays with the people they support. This can be difficult to arrange and help is available from SLSW. Reference should be made to Factsheet 6 (Supporting Service User Financial Skills) as well as a discussion as to who will pay for what. This will depend on whose choice the holiday is. If holidaying together is to be regular this can be included within the best interest/capacity decision as recorded in “My Plan”.

Important: qualification for some benefits is dependent on remaining in the UK.
If your service user plans to go abroad contact the F&B Team straightaway as ALL trips abroad must be notified to the DWP.

Holidays without you
It may be that the person you support wishes to take a break on their own. If they have capacity this is to be encouraged, examples may be a visiting an area they have enjoyed before or visiting relatives within the UK or abroad. Again, Capacity/ Best interest meetings may be required and documented and the travel accommodation arrangements recorded. The SU would be expected to fund this type of holiday.

Shared Lives South West arranged breaks
As an organisation we try to arrange holidays/breaks from time to time for our carers and service users to get together and enjoy activities that they might not usually get to try. These breaks are usually at discounted rates negotiated by Shared Lives. In the past these have been at:
- The Calvert Trust ([www.calvert-trust.org.uk/exmoor/exmoor](http://www.calvert-trust.org.uk/exmoor/exmoor))
- Perran Sands ([www.perransands.org.uk/](http://www.perransands.org.uk/))

Keep an eye out in the Shared Lives newsletter for details of any upcoming events.
Specialised Holidays
There are a number of organisations that organise holidays suitable for service users and their carers both in the UK and abroad. Some examples of these are listed below:

Bendrigg Trust 01539 723766 / www.bendrigg.org.uk
The Bendrigg Trust offers a wide range of indoor and outdoor courses and activities which are open to people with learning disabilities and physical disabilities.

Bruce Trust 01264 356451 / www.brucest.org.uk
The Bruce Trust provides purpose-built, wide-beam canal boats on the Kennet and Avon Canal from two bases, for hire for self-catering holidays by disabled or elderly people and their carers. The Kennet and Avon canal runs through Berkshire and Wiltshire, from the River Thames at Reading to the River Avon at Bath. Most boat trips are run by groups.

Canal Boat Project 01279 424444 / www.canalboat.org.uk
The Canal Boat Project, in Essex, provides a fleet of disability access boats for use by disabled people and community groups to hire for day trips, short breaks and canal boat holidays. These can be either “self-steer” or the project can provide a fully qualified and experienced skipper and crew. Hire can be for day trips, short breaks or holidays; two of their boats provide sleeping accommodation for up to 12 passengers.

Diana’s Supported Holidays 0844 800 9373 / www.dsh.org.uk
Diana’s Supported Holidays offers breaks for people with a learning disability. Their choice of holidays all around the world are available throughout the year. Holidays can be tailored to suit the individual. Carers/support workers do not need to accompany, as professional staff can provide support. All holidays are led by a qualified leader with additional support staff to ensure a ratio of 3/4 guests to one staff member (1 to 1 support can also be arranged). There are at least 6 holidaymakers on each holiday.

Jolly Days Supported Holidays 01277 355565 / www.jollydaysholidays.co.uk
This company provides supported holidays for adults with mild to moderate learning disabilities. The majority of the holidays are wheelchair accessible. They offer a range of holidays in UK and abroad.

Options Holidays 01285 740434 / www.optionsholidays.co.uk
Run range of holidays in UK and abroad for people with learning disabilities. Can provide support to people with learning disabilities who are also wheelchair users.
Funding & Benefits Fact Sheet

**Trevanion House 01208 814903 / [www.trevanion.co.uk](http://www.trevanion.co.uk)**

Holidays for adults with a learning disability based at Wadebridge in Cornwall. The house is registered with the Care Quality Commission.

**Jubilee Sailing Trust 023 8044 9108 / [www.jst.org.uk](http://www.jst.org.uk)**

Provide sailing holidays on tall ships for people aged 16+ (no upper age limit) with disabilities and also mild learning disabilities to work alongside the able bodied. Wheelchair users can be included. Personal carers can be accommodated to provide personal care.

**Let’s Go Supported Holidays 01202 760311 / [www.letsgosupportedholidays.co.uk](http://www.letsgosupportedholidays.co.uk)**

Provide holidays for adults with mild to moderate learning disabilities. Organise supported holidays throughout the year to both UK and worldwide destinations. The majority of their holidays are wheelchair accessible.

**Smile Holidays 01273 597995 / [www.smilehols.com](http://www.smilehols.com)**

Provide all-inclusive holidays for adults with learning disabilities. A variety of destinations including England, Majorca, Tenerife and Belgium are available.

**Vitalise 0303 303 0145 / [www.vitalise.org.uk](http://www.vitalise.org.uk)**

Vitalise (formerly Winged Fellowship Trust) is a national disability charity providing breaks for disabled adults, children and their carers at five accessible UK Centres in Cornwall, Nottingham, Southport, Essex and Southampton. Some centres have themed weeks and others can offer adventure activities.

**Yellow Submarine 01865 236119 / [www.yellowsubmarine.org.uk](http://www.yellowsubmarine.org.uk)**

Yellow Submarine organise holidays and trips for adults with learning disabilities and autism. They run a number of different holidays each year. Trips are arranged to various fun locations and they take groups of up to five people with similar interests.