

What are Short Breaks?

Short breaks or respite are an activity a person does which allows their carer to have a break from caring.

Can anyone have a short break?



You and your carer will need an assessment. This means someone from the Children, Adults and Health department will come and talk to you and your carer about your needs.

If they assess you and your carer as needing short breaks (possibly as well as other things) they will write a care plan with you and your carer. This will tell you how many short breaks you can have.

Where can I have a short break?

There are different types of Short Breaks depending on what your needs are. These are listed below.

Building based short breaks - These are homes such as Stibbs, Fairburn, or Susan Hampshire House. People stay for 1 night or longer. These breaks usually have to be booked in advance.



Stibbs House



Fairburn



Susan Hampshire House



Tea Visits - This is when people go just for tea, usually at one of the building based short break homes. This may help people get ready for overnight stays in the future



Emergency Short Breaks -

Sometimes people have to have a short break in an emergency. People usually go to one of the building based short break homes when this happens.



Adult Placements - This is where people go to stay in the home of an adult placement carer. This means that people can stay as part of someone's family.

People can go to an adult placement carer for part of the day or evening, or overnight.

Social Short Breaks –



This is when people go out for an activity. It usually means that people only have a break for part of a day or evening rather than overnight.



Social Short Breaks help people take part in the activities they enjoy.



Short Breaks in your own home - This is something new. It means staff come and help the persons in their own home while their carer has a break away from home.

This can be in the day, evening or overnight. Staff can help the person with things like shopping or cooking. It enables the person to stay in their community and may help with independence skills.



Would you like to know more?



To see if you can get short breaks or need more information, speak to the worker you already know.

Or contact us:



- Telephone: 01454 868007



- Email: CSOdesk@southglos.gov.uk

What if I am unhappy with a service I get?



If you are unhappy with the service that you get, please speak with someone from the team who is providing your service. Most things can be sorted out quickly this way. You can ask a friend or relative to do this for you if you wish.

If you are still unhappy you can ask for information about making a complaint. Ask for the factsheet – Your Feedback Counts:



- telephone 01454 865924



- email CAHFeedback@southglos.gov.uk or



- write to this address. You don't need a stamp.

Freepost RTXL-YHGY-GSYS

South Gloucestershire Council

CA&H Department - Customer feedback

Council Offices

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