



Older People's Commissioner for Wales
Comisiynydd Pobl Hŷn Cymru

Rethinking Respite for People Affected by Dementia

Annex 1: Useful information and practice examples

Useful sources of information

Note: This is not a comprehensive list of respite information, but includes sources of information included in the Rethinking Respite report.

Understanding the Social Services and Wellbeing Act

Age Cymru - Direct payments for social care services in Wales Factsheet 24w August 2017:

<http://bit.ly/2n6Nkdg>

Carers Wales - Assessments; A guide to getting an assessment in Wales from April 2016 (March 2016):

<https://www.carersuk.org/files/section/5424/factsheet-w1020-assessments-a-guide-to-getting-an-assessment-in-wales-from-april-2016.pdf>

Older People's Commissioner for Wales - 'Navigating Social Services Toolkit':

<http://www.olderpeoplewales.com/en/publications/sswb.aspx>

Funding respite

Age Cymru - Paying for care and support at home in Wales Factsheet 46w May 2017:

<https://www.ageuk.org.uk/global/Age-Cymru/Factsheets%20and%20information%20guides/FS46w.pdf?dtrk=true>

**Age Cymru - Paying for temporary care in a care home in Wales
Factsheet 58w August 2017:**

<https://www.ageuk.org.uk/Global/Age-Cymru/Factsheets%20and%20information%20guides/FS58w.pdf?dtrk=tr ue>

Age Cymru - NHS continuing healthcare and NHS-funded nursing care in Wales Factsheet 20w September 2017:

<https://www.ageuk.org.uk/Global/Age-Cymru/Factsheets%20and%20information%20guides/FS20w.pdf?dtrk=tr ue>

Carers Trust - How to pay for respite:

<https://carers.org/article/how-pay-respite>

Emergency Planning

Carers Trust - Emergency schemes:

<https://carers.org/article/emergency-schemes-carers>

Carers UK - Planning for emergencies:

<https://www.carersuk.org/search/planning-for-emergencies>

Other useful organisations / sources of information

Alzheimer's Society – information and advice on a range of issues related to dementia:

<https://www.alzheimers.org.uk/>

Carers Trust Wales – information and advice on a range of issues related to carers:

<https://carers.org/country/carers-trust-wales-cymru>

Carers Wales – information and advice on a range of issues related to carers:

<https://www.carersuk.org/wales>

DEEP Dementia Engagement and Empowerment Project - brings together groups of people with dementia from across the UK to try to change services and policies that affect the lives of people with dementia:

<http://dementivoices.org.uk/>

DEWIS Cymru - provides information about organisations and services that promote well-being in Wales:

<https://www.dewis.wales>

Social Prescribing; Primary Care One Wales – provides an interactive map of social prescribing projects in Wales. A search can be undertaken by theme or by area:

<http://www.primarycareone.wales.nhs.uk/social-prescribing>

Young Dementia UK – information and support for people with young onset dementia; also includes links to a range of resources in Wales:

<https://www.youngdementiauk.org/wales>

[All website links accessed 18/04/2018]

Practice examples

This list of respite services is drawn from the examples included in the Rethinking Respite report. It also includes further respite examples from the responses to the call for good practice undertaken by the University of Worcester, in partnership with the Older People's Commissioner for Wales. Submissions have to the call have not been listed where there was limited information or the service/project was indirectly related to respite.

The projects and services have been categorised into:

- Wales;
- the Wider UK; and
- beyond the UK.

The Older People's Commissioner for Wales is not in a position to validate these practice examples, they are to help illustrate the range of respite opportunities and do not form a comprehensive list. All website links accessed 18/04/2018.

Wales

| Service Example | Dementia specific or wider focus | What is provided |
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| Bridgend Carers Centre | Wider focus | Provides information, support and short break opportunities with a diverse programme of activities to enable carers to maintain their caring role, including trips, holistic therapies, social events, training, information events and opportunities. Also provides specialist welfare benefits advice, legal advice and person centred counselling for carers. www.bridgendcarers.co.uk |

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| Caerphilly Social Services Carers Support | Wider focus | <p>Carer Support Groups provide a chance to meet other carers and share experiences. These are timetabled throughout the year across Caerphilly. Additional information events and carer activities and events are provided throughout the year, including the opportunity to meet useful organisations.</p> <p>The 'Time out' service provides emergency/one-off sitting service where carers can self-refer for one off periods of support. There is also a time out young carers service www.caerphilly.gov.uk/carers</p> |
| Café Cofio (Anglesey) | Dementia specific | Provides opportunities for carers and/or people being cared for to meet, talk to people in a similar situation to themselves, receive practical and emotional support and take part in various activities. http://www.nwcrossroads.org.uk/community-groups |
| Care to Listen, Listen to Care (Gwent Valleys) | Wider focus | The project works in partnership with residential care providers, placing volunteers in residential care homes so that they can help identify ways in which the services could be more tailored, taking into account the views and concerns of older people. https://www.royalvoluntaryservice.org.uk/hubs/1507-gwent+valleys/3-local-partnerships |
| cARTrefu (All Wales) | Wider focus | Twelve week programmes within residential care homes to improve access to quality arts experiences for older people. https://www.ageuk.org.uk/cymru/health--wellbeing/cartrefu/ |

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| <p>Dementia GO, (Gwynedd County Council)</p> | <p>Dementia specific</p> | <p>Provides weekly chair based exercise sessions to improve the strength, balance, coordination and stamina of people living with dementia.</p> <p>(no electronic link, but details can be sourced through Gwynedd County Council)</p> |
| <p>Direct Payments & Citizen Directed Support Scheme Disability Wales (All Wales)</p> | <p>Wider focus</p> | <p>Citizen Directed Co-operatives Cymru is delivered in partnership between Disability Wales and Wales Co-operative Centre. The project supports greater voice, choice and control for disabled people through the development of citizen directed co-operatives as a new way to manage Direct Payments.</p> <p>http://www.disabilitywales.org/project/citizen-directed-co-operatives-cymru-project/</p> |
| <p>Hafal Crossroads (Regional)</p> | <p>Wider focus</p> | <p>Provides replacement care at home, giving carers time to themselves and a break away from their caring responsibilities. Care Support Workers can provide care in person's home, completing general chores and providing company.</p> <p>http://www.crossroadsmww.org.uk/services/respice-care/</p> |
| <p>Home Instead Senior Care (Swansea)</p> | <p>Wider focus</p> | <p>Provides a companionship service – a relationship led home care service for older people in their own homes. Care is personalised and tailored to meet the needs of the clients.</p> <p>www.homeinstead.co.uk/swansea</p> |

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| <p>Homeshare (day support) (North Wales)</p> | <p>Dementia specific</p> | <p>Carer Support Workers take up to 3 clients with Dementia into their own home for the day (approx 6 hours for up to 12 weeks). This enables support a homely setting, whilst the carer has a respite break. http://www.nwcrossroads.org.uk/homeshare</p> |
| <p>Homeshare (accommodation) (UK wide with branch in Wales)</p> | <p>Wider focus</p> | <p>Homeshare connects older people who have a spare room, with people that are happy to help around the house, in return for affordable, sociable accommodation. Participants are carefully vetted and matched, and there is ongoing support from the scheme to ensure the placement runs smoothly. https://homeshareuk.org/</p> |
| <p>Hospice of the Valleys (Blaenau Gwent)</p> | <p>Dementia specific</p> | <p>Provides education and support to people living with dementia and their families, including palliative support from a range of professionals. http://hospiceofthevalleys.org.uk/dementia-services/</p> |
| <p>Llantrisant Support Group</p> | <p>Dementia specific</p> | <p>The group is for people living with dementia and carers; carers are also welcome to attend on own. Held twice a month to provide activities and support. http://parishofllantrisant.org.uk/dementia.html</p> |
| <p>Me, Myself and I Community Friendship Club (Britton Ferry)</p> | <p>Dementia specific</p> | <p>Provides support and activities for people living with dementia and carers in a relaxed setting. There are options of a 'Day Break' service (charged, including meal and transport, where people can self fund or be referred through Social Services) plus a drop-in Community</p> |

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| | | <p>Friendship Club, which is free and open to all</p> <p>http://www.me-myself-and-i-club.co.uk/</p> |
| <p>Meeting Centres – Brecon Friendship Circle, Dementia Matters (Powys)</p> | <p>Dementia specific</p> | <p>The Brecon Friendship Circle meets twice weekly to offer practical information, personal advice and support for people living with dementia or memory loss who may be isolated in the community.</p> <p>http://dementiamatterspowys.org.uk/dementia-meeting-centres</p> |
| <p>Older Person’s Mental Health Team – Dementia Home Treatment Team (Powys)</p> | <p>Dementia specific</p> | <p>Offer support to people through crisis situations at home, to reduce the risk of hospital admission.</p> <p>http://www.powysthb.wales.nhs.uk/crhtt</p> |
| <p>Person Shaped Support TRIO Scheme (Wales and wider UK)</p> | <p>Dementia specific</p> | <p>Adult Placement Carers work one-to-one or with very small groups of people living with dementia up to six hours a week, to provide personalised opportunities to meet others with similar interests in the local area.</p> <p>http://psspeople.com/how-pss-can-help/get-out-and-about-and-meet-people/who-are-also-living-with-dementia</p> |
| <p>Shared Lives (UK service with branch in Wales)</p> | <p>Wider focus</p> | <p>A regulated service that encourages registered carers to welcome adults with a learning disability or dementia into their family and community life. The individual that needs support may stay with a Shared Lives carer from one night to several weeks, or in many cases may become a permanent part of a supportive family.</p> |

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| | | https://sharedlivesplus.org.uk/home/nations-and-regions/wales |
| Solva Care, (Solva, Pembrokeshire) | Dementia specific and wider focus | A range of individualised support is available to help people get out and about, including help with small chores, pop-in visits, respite support and community activities. https://solvacare.co.uk/ |
| SYD - Service for Younger People with Dementia (Flintshire County Council) | Dementia specific | Offers support for people with early onset dementia in a homely setting. 'Dine with SYD' is another strand of the service, which provides regular opportunities for members to meet and go out in the evening to a local pub or restaurant. https://www.youngdementiauk.org/wales |
| Ty-Golau (House of Light) (Kidwelly, Carmarthenshire) | Dementia and with wider focus | A health and wellbeing facility for people aged 50 and over, many of whom have memory problems / dementia. Support is also available to carers. http://www.tygolau.org.uk/ |
| Waengoleugoed Independent Chapel Day Service (St Asaph, Denbighshire) | Wider focus | The Day Services within the Chapel hosts a bilingual day service for anyone that is "not in health", including people living with dementia. The centre offers a range of activities, as well as a small bilingual library and regular visits from benefit advisers. http://www.capelywaen.btck.co.uk/ |

Wider UK - Excluding Wales

| Service example | Dementia specific or wider focus? | What is provided |
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| <p>Circles of support for people with dementia (South of England)</p> | <p>Dementia specific</p> | <p>A Circle of Support is a group of people who help the person with dementia think about how they can maintain or enhance their enjoyment of life and what support they need to do this. The group (which can be large or small and include family, friends and professional supporters) works together, with the person with dementia at the heart of decisions, to create new connections and opportunities.</p> <p>https://www.ndti.org.uk/our-work/areas-of-work/ageing-and-older-people/circles-of-support-for-people-with-dementia</p> |
| <p>ConnectEd Onside Advocacy (Worcestershire)</p> | <p>Dementia specific – young onset</p> | <p>Encourage and support community involvement for people who may face barriers to participation. A range of projects provide one to one mentoring and peer support to enable people to become actively involved in mainstream leisure, social, educational and volunteering opportunities.</p> <p>http://www.onside-advocacy.org.uk/what-we-do/community-services.html</p> |

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| Coombe House (Cornwall) | Wider focus | A care home that offers short visits of increasing duration to ease the gradual transition from care at home to residential care. http://coombe-house.org.uk/ |
| Debenham Project (Suffolk) | Dementia specific | A community-based initiative which aims to provide dedicated practical and emotional support to all in the Debenham area who care for people living with dementia. http://www.the-debenham-project.org.uk/ |
| Dementia Adventure (UK wide) | Dementia specific | Supported holidays and outdoor activities for people living with dementia and carers, families and friends. http://www.dementiaadventure.co.uk/ |
| Dementia and Imagination | Dementia specific | A project exploring how art can contribute to the creation of dementia friendly communities led by the University of Bangor http://dementiaandimagination.org.uk/ |
| Dementia Care Respite (Newcastle upon Tyne) | Dementia specific | A respite centre for people living with dementia that has five dementia-friendly en-suite bedrooms for overnight respite support as well as day time respite activities. http://www.dementiacare.org.uk/services/residential-respite-care/ |
| Dementia dogs (Scotland) | Dementia specific | Provides assistance dogs and community dogs to increase confidence and reduce social isolation. A collaboration between Alzheimer Scotland and Dogs for Good. http://www.dementiadog.org/ |

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| Galanos House– British Legion, (Warwickshire) | Wider focus with a specialist dementia care wing | Offers day care for older people, including people living with dementia, as well as overnight respite. Specifically for Ex-Service People and dependents. https://www.britishlegion.org.uk/get-support/care/care-homes/galanos-house/ |
| ‘Respitality’ (Scotland) | Wider focus | Respitality (Respite + Hospitality) is currently available in 14 different areas across Scotland. The scheme ‘gifts’ short breaks, such as overnight stays, dinner reservations or spa days to unpaid carers. https://www.sharedcarescotland.org.uk/respitality/ |
| Short Breaks Fund, Shared Care (Scotland) | Wider focus | Short Breaks Fund, in Scotland, provides grants to third sector organisations that support unpaid carers to take a break from their caring role. This programme is not dementia specific, but does include dementia short break options, and a range of short break services are described. https://www.sharedcarescotland.org.uk/about-us/ |
| Supporting Happy Healthy Lives (WRVS) | Wider focus | Providing support for older people inducing physical and cognitive activities aimed at improving quality of life and providing positive stimulation. https://www.royalvoluntaryservice.org.uk/task-us/supporting-healthy-and-happy-lives |
| Surrey GP Carers Prescription Service (Surrey) | Wider focus | Provides support through ‘Social Prescribing’ for carers who need a break. The support can be provided |

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| | | <p>directly to the carer, or to the person being cared for, to help the carer have a better balance between their caring role and their life outside caring.</p> <p>https://www.actionforcarers.org.uk/professionals/general-practitioners/surrey-gp-carers-prescription/</p> |
| The Mede (Devon) | Dementia specific | <p>Offers day and night care facilities for families living with dementia. This includes holiday type accommodation for self-catering holidays. Carers can be organised for helping with personal care and/or a sit-in service. Meals can be arranged upon request.</p> <p>http://www.themedede.org/</p> |
| Thrive (programmes in Berkshire, London and Birmingham) | Wider focus | <p>Uses gardening to bring about positive changes in the lives of disabled people, people with ill health, or who are isolated, disadvantaged or vulnerable, including people living with dementia. There is a focus on positive reminiscence, re-connecting with others including friends and family and gentle appropriate exercise and cognitive stimulation.</p> <p>https://www.thrive.org.uk/</p> |
| Wick Care Farm (Evesham) | Wider focus | <p>The 'Care Farm' offers a structured day, designed to help people improve their mental and physical health, including people living with dementia. Provides a wide variety of activities in an active outdoor environment.</p> <p>http://wickgrange.co.uk/</p> |

Beyond the UK

| Service example | Dementia specific or wider focus? | What is provided |
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| <p>Bega Valley Mobile Respite Team (New South Wales, Australia)</p> | <p>Dementia specific</p> | <p>The Mobile Respite Team offers a flexible service with the capacity to provide two team members to respond quickly with education and support for both the carer and the person with dementia in their own home. It is supported by a mobile dementia specific library and resources.</p> <p>https://www.dementia.org.au/nsw/support-and-services/services-and-programs-we-provide/rural-and-regional-services</p> |
| <p>DAYS BLG (Tokyo, Japan)</p> | <p>Dementia specific</p> | <p>Days BLG is a not-for-profit day centre for people with dementia. Daily activities focus on making choices, working in the community and supporting people to carry on their 'ordinary' lives for as long as possible. The centre's view is that the people who spend the day there are not passive people, but active members of society.</p> <p>http://www.caretalk.co.uk/pathways-to-dementia-care-in-japan/</p> |
| <p>Elizabeth Lodge (Sydney, Australia)</p> | <p>Dementia specific</p> | <p>Elizabeth Lodge enables residents living with dementia to enjoy the outside – either by supporting them to go outside for walks or by making use of their balcony area to bring elements of being outside into the lodge.</p> <p>http://journalofdementiacare.com/taking-the-risk-dementia/</p> |