Registered Charity no. 1085491

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Factsheet G12 –
Carers Breaks – Make a Difference for Carers

Finding 'time for you' is important to maintaining your health and wellbeing. This can be particularly difficult for carers and so can have an impact on their health. Making a Difference for Carers is designed to support you to find time for yourself and to make a positive difference to your health. In some instances we can help you to access health funding from Hertfordshire PCT to pay for this.

How does it work?

One of our Carer Support Workers will call you to explore with you what would help you to take time for yourself. Everybody's situation is different and so *Carers in Hertfordshire* staff will use their knowledge of what is available to enable you to develop your own plan. This may involve accessing existing services from either statutory or voluntary sector providers and/or receiving, through *Carers in Hertfordshire*, one off help to purchase a service or equipment that will enable you to have some time for you.

Whatever is agreed must be for you (not the person you care for) to give you a break from your caring responsibilities. Examples could be:

- Help to visit friends or family
- Materials to pursue a hobby
- Something to help you stay fit or relax
- Access to educational courses or classes
- Something to help you stay in touch with friends or family
- A short break or holiday
- Help to take part in cultural or faith based activities
- Something completely different

This service cannot:

- Pay existing bills or debts; but we can put you in touch with people who could support you to deal with these issues.
- Pay for services currently provided through funding from statutory agencies e.g. play schemes.
- Offer support more often than once, although we may arrange a one off service over a period of time such as a 3 month course. If long term support is required we can put you in touch with the agencies that may be able to arrange this.

The information contained on this sheet is correct at the time of issue.
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January 2012

What happens next?

Once we have agreed with you what would help you to have some time for yourself, you will be sent a short questionnaire about your health to complete and a time will be agreed for you to complete another once you have had your break. You will be given the opportunity to see the results of both your questionnaires, should you wish to. Your answers will **not** be shared with any outside person or organisation without your permission, but the statistical information may be used anonymously in reports about the service. We do this as we want to see if the break has made a difference to you as a carer, so that we can ensure that the service is improving carers' lives.

You will be given the option of researching and finding your own break or asking us to do some research to offer you a choice of options and providers. Once we have agreed what would be a break for you and who will provide it, we will send you an agreement and in most cases set up the break directly with the provider.

The funding for the Making a Difference for Carers service comes from Hertfordshire Primary Care Trusts and is administered by *Carers in Hertfordshire. Carers in Hertfordshire* and Hertfordshire Primary Care Trusts accept no responsibility to you in respect of the satisfactory provision of the break but do accept responsibility to pay for it. If the break is not satisfactory we will encourage the provider to mediate with you to resolve the situation.

Once you have received a break through the Making a Difference service you will not be eligible for another break as this is a one-off service. *Carers in Hertfordshire* will continue to support you with information and support to access other services.

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