

CYNGOR SIR POWYS COUNTY COUNCIL.

CABINET EXECUTIVE

6 October 2020

**REPORT AUTHOR: County Councillor Myfanwy Alexander
Portfolio Holder for Adult Social Care**

REPORT TITLE: Taking a Break – Respite in Powys

REPORT FOR: Decision

1. Purpose

- 1.1. The Social Services and Well-being (Wales) Act (SSWBA) promotes choice, flexibility and independence for people who need care and support and their carers by giving them more say in how their personal well-being outcomes can be achieved. The SSWBA promotes giving individuals greater choice and control over the way in which services are designed and delivered. This approach is reflected in the Health and Care Strategy and Vision 2025.
- 1.2. Powys County Council has, historically, been providing respite care according to legal requirements, with no formal respite policy in place over the last few years.
- 1.3. This report introduces a new respite policy for Powys (please see Appendix I) and requests Cabinet's agreement for the Council to implement.

2. Background

- 2.1. Respite care is provided in a variety of ways in Powys for eligible adults. Social workers work with individuals to identify care needs and carers' needs and consider methods of providing respite care and support to enable carers to have a break from their caring roles for a period of time.
- 2.2. The way in which this care is provided by the Council has changed in recent years. Formerly, the respite care needs of adults were met primarily through use of residential care facilities, both through block contracts and spot purchasing residential home placements where required.
- 2.3. More recently, it has been recognised that service users and their families want increased flexibility in the way that respite care is provided. People have chosen to have this delivered through a variety of means, including direct payments, sitting services, and 'Shared Lives' provision.
- 2.4. The SSWBA also requires that Information, Advice and Assistance is easily available to the public and supports individuals and carers to continue to live independently and to do what matters to them.

- 2.5. In pursuance of this it was decided to prepare an easy to read policy document which could be used as an information leaflet for carers in Powys.

3. Advice

- 3.1. This policy has been consulted upon with:
 - 3.1.1.1. Adult Social Care Senior Management Team
 - 3.1.1.2. Social Services Leadership Team
 - 3.1.1.3. Credu – Powys Carers' Organisation
 - 3.1.1.4. Powys Carers Steering Group
- 3.2. All comments made have been incorporated into the final document.

4. Resource Implications

- 4.1. It is not anticipated that this policy will have a negative impact on the Council's finances.
- 4.2. The Deputy Section 151 Officer notes the contents of this report and confirms that it will not have a financial impact.

5. Legal Implications

- 5.1. THE SSWBA requires a local authority to work in partnership with individuals and their families and carers to ensure that services meet the care and support needs identified. It also recognises the contribution people can make to their own well-being, and their responsibility to do so. (paragraph 7 code of practice part 4)
- 5.2. A local authority must provide and keep under review support plans for carers. This is in order to promote consistency between plans for carers and to treat carers in the same way as people with needs for care and support. In some instances, an assessment may identify that where the person is a carer with support needs the local authority can meet those needs by providing care and support to the person cared for. This may be the case even when there is no duty to meet the needs of the person cared for and there is no separate care and support plan for that person. (part 4, para 64)

6. Data Protection

- 6.1. This proposal does not involve the processing of personal data.

7. Comment from Local Members

- 7.1. Not applicable, as the policy is appropriate for the whole of the Council's area.

8. Integrated Impact Assessment

8.1. An Integrated Impact Assessment is attached.

9. Recommendation

- 9.1. For Cabinet to agree the contents and implementation of the policy, as set out in Appendix I.
- 9.2. For the Communications Team to develop the policy into a web-document which can be printed as a leaflet for sharing.

Contact Officer: Dylan Owen

Email:

dylan.owen@powys.gov.uk

Head of Service: Dylan Owen

Corporate Director: Alison Bulman

Taking a Break Respite in Powys

Title:	Taking a Break: Respite in Powys	Date:	1 August 2020
Author:	Dylan Owen	Version:	5.0
Status:	Final for Cabinet Agreement	Distribution	SMT

Are you a carer?

Do you provide unpaid care for someone who is unwell, frail or has a disability?

It is great to be able to provide care and it can be very rewarding and positive. It is also possible to become tired and to feel that your emotional and physical health is being affected. It is important that carers have the opportunity to do other things in the community, or to access work or education.

We consider you to be a carer if you provide unpaid support or care for a family member, partner, child, or friend because of their age, disability, physical or mental illness, substance misuse or other addiction and who cannot cope without your support.

Anyone can be a carer, no matter what their age, gender or background.

It is important that you are supported to be able to do what matters to you, including to continue being a carer.

What is respite?

If you are an unpaid carer and feel that you need a break from caring, we can provide 'respite care'. Respite care aims to provide care for the person you care for, so that you can have a break. This can be any of the following:

- **A Direct Payment:** this is a payment that would be made to you or the cared-for person so that you can purchase care, either at home, or somewhere else. This payment can be up to the normal cost of care or the amount we would pay for residential care for the same period of time or for the cost of a sitting service.
- **Residential Respite:** this is where you can book a room in a residential care home for the cared-for person for a short period of time. This could enable you, the carer, to go for a holiday or just to take a break and relax. This could

be in a residential care home, or in one of many other options, such as in supported housing. This type of respite is usually available for up to a fortnight, six times a year.

- Replacement Care: if you are going away, we can pay for care workers to provide care for a short period to support the person for whom you usually provide care. This would usually be for up to a fortnight.
- Shorter Periods of Respite: we can arrange for you to have regular short periods of support. This can be from a few hours every week to a few days occasionally:
 - We can provide a '*sitting service*' where the paid care worker will stay with the individual for a few hours on a regular basis, so that you can go about your regular business.
 - We have a '*Shared Lives*' service, where the individual can stay with paid care workers for a short period of time. This service has a 'familial' nature, in that the individual lives with another family for a period of time.
- Children's Short Breaks: there is short break provision for children in Powys to which we can help you gain access. There is a separate short break policy statement available about this provision.

Finding the right respite for you and the person who needs care

To access respite care, you will need to contact social services through our call centre, ASSIST on this number: 0345 602 7050. They will ask you about you and the person you care for, and they will try to find out what matters to you and what type of support you may like. They will then, probably, ask a social worker to visit you. The social worker will want to consider with you what type of support or respite would be most suitable and will then prepare a plan with you for your support and/or care. Please note that the person you care for will need to agree to accept support from the Council.

The social worker may also ask someone else to visit you in order to create a bespoke respite service specifically for you. This would give you the chance to have flexible respite and for the support to be specially prepared for you (or the cared-for) and your interests. Social services can provide information on respite available to individuals even if they intend funding this for themselves.

Safeguarding people who receive respite is extremely important and we work with care providers to ensure that they comply with Wales Safeguarding Procedures and Care Inspectorate Wales' requirements. We also monitor the quality of services regularly in order to ensure that they are of the highest quality possible.

How much can I have? And do I have to pay?

The amount of respite care an individual may be offered will depend on their, or their carers' individually assessed needs and circumstances. The amount of respite will be written down in a formal plan. This plan should aim to ensure that individuals and their carers can carry on with their caring role and support their wellbeing. The plan should be reviewed annually or if there's a change in your circumstances. Different types of respite will be available for different time periods, but residential respite is usually available for up to a fortnight and up to six times a year

Services to carers are free of charge in Powys, so because respite is a service to the unpaid carer, respite is almost always free of charge. However, if the service is to provide personal care for the individual then the Council would need to undertake a financial assessment and charge based on disposable income, part of the "Welsh Government Charging for Community Services", capped at £100 per week (please note that the cap may change and that the figure quoted relates to the amount during 2020).

Not all care is respite

Respite is an occasional, but planned break. It is not an emergency stay at residential care, nor a short term stay in residential care for whatever reason.

Respite is not providing care for someone because there isn't an unpaid carer available at short notice. If that's the case the person should have an assessment in their own right for care and support.