



Information and guidance for Carers Application for Respite Care

Background

Many carers find it easier to continue in their caring role if they can get some support. Local councils can provide care and support for people who require care and their carers. If you have not done so already, please get in touch with your local council to see if you qualify for support in your home for example, to help your loved one with personal and hygiene needs.

This application is independent of any support being received by the local authority or privately. You will have the opportunity to tell us about any support you are currently receiving and to provide information about your family member's existing care plan.

What is a Parkinson's Care and Support UK carer's assessment?

A Parkinson's Care and Support UK carer's assessment is for family carers over 18 years old who are looking after another adult over 18 years old who has Parkinson's on a full-time basis. It is an opportunity to record the impact caring has on your life and what support or services you need. The assessment will look at for example, physical, mental and emotional needs, and whether you are able or willing to carry on caring. The objective of the assessment is to find out which family carers are of the greatest need for respite care.

Who can have a Parkinson's Care and Support UK carer's assessment?

Any full-time family carer who appears to have needs for support can have an assessment by Parkinson's Care and Support UK. As a family carer you are entitled to an assessment regardless of your financial means or whether you are receiving local authority support. Respite care is usually awarded to those living with their family member who has Parkinson's. However, you can still apply if you are not living with your relative live and are juggling work and care and this is having a big impact on your life.

How this application works

Stage 1: Assessing your support needs

Your needs will initially be assessed via a written application form. This application will be assessed by Parkinson's Care and Support UK to determine whether you are of great need of respite care. If it is decided that you could possibly benefit from some respite care, your application will be referred to our external carers team, who will arrange for a home assessment with you and your family member who has Parkinson's.



Stage 2: Assessing your care needs at home

How do you prepare for a home assessment?

If your application shows that you could benefit from respite care, we will contact you to arrange a home assessment. If it helps, you may have a family member (other than the person you are caring for) with you at the home assessment. In preparation for your home assessment, it is useful to give yourself some time to think about how caring affects you. It's also important to start thinking about how respite care would make a difference to you as a carer. This will help when you discuss things that the carers team have to consider when doing a home assessment. For a list of questions which should give you a clear idea of the help you may need, please see the **Questions to Consider** section of this information sheet.

The home assessment will consider whether or not your caring role impacts on your health or prevents you from achieving outcomes, for example staying in work or having a social life, and how respite care could help you combine these things with caring. It should cover:

- your caring role and how it affects your life and wellbeing
- your health – physical, mental and emotional issues
- your feelings and choices about caring
- work, study, training, leisure
- relationships, social activities

You are likely to meet the eligibility criteria if there is a significant impact on your wellbeing as a result of your caring role. There are three questions the carers team will have to consider in making their decision:

- Are your needs the result of you providing necessary care? The carers team could decide that the care you provide is not necessary, that the cared for person could do the things you do themselves. Or they could decide that your needs or problems are the result of something other than your caring role.
- Does your caring role have an effect on you or significant impact on your wellbeing? The effect on you must be either: your physical or mental health is at risk of getting worse, or you are unable to achieve at least one of the following outcomes: – look after any children you have responsibilities for – provide care to any other person, maintain your home in a fit and proper state, eat properly and maintain proper nutrition, maintain and develop your relationships with family and friends, take part in any education, training, work or volunteering you wish to, time for social activities, hobbies etc.
- Has your health or quality of life diminished as a result of you providing necessary care? You are now experiencing significant pain, distress or anxiety as a result of caring duties, you have documented health problems as a result of caring, you are unable to attend medical and wellbeing appointments without bringing your family member with Parkinson's.

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Stage 3: The Outcome

Following the home assessment a decision on respite care is usually made within 2 weeks. If your application is unsuccessful you will be notified in writing with a brief explanation as to why you have not been awarded respite care. We are unable to provide detailed feedback. You are welcome to reapply after 3 months if you feel your personal circumstances have significantly changed.

If it has been decided that respite care will be granted, you will be told how many hours a week you have been awarded and when we feel that this will be most beneficial according to your application and home assessment. A respite care agreement will be sent out to you which will cover the role of the carer e.g what they can and cannot do in the home whilst you are receiving respite. You will also be given a start date for your respite plan.

Questions to Consider

Do you help the person you care for with:

- housework? – cooking? – shopping? – laundry?
- bathing?
- going to the toilet? – other personal care?
- keeping an eye on them? E.g not being able to leave them unattended
- dealing with money and their financial affairs?
- How many hours a week do you provide care? Include all the time you spend with the person you care for, the things you do for them, and how long it takes.
- Do you have to help during the day or night, or both? E.g by the Local Authority, private carers?
- Does anyone else help? E.g Family members? Friends? If so, for how long?
- Would you like respite care for help with the above jobs? List the tasks you would like help with (putting the most important first).
- Would you like respite care for your own health and wellbeing concerns?
- Are you able to spend enough time on other family responsibilities, eg being with your children, your partner, parents or siblings?