

Case study examples of the different ways in which carers' respite needs are currently met in Cheshire East

Service Type	Examples
Shared Lives - the service can offer customers long-term respite or day support either in their own home or within the Shared Lives carer's family home.	A customer with a diagnosis of Dementia supported through Shared Lives day care which provides respite for his carer. A customer who lives with his wife who is his main carer. He has a diagnosis of dementia, he struggles to understand some questions and give accurate answers due to his cognitive and memory impairment. The referral to Shared Lives was to match to a Shared Lives Carer who could encourage the customer to pursue his interests and give the clients wife respite away from her caring responsibilities. The Carers comments on the service she received: Feedback from the carer The carer reported that the service has given her the confidence to leave her husband with competent, experiences carers and allows her time to have respite. Two customers jointly supported through Shared Lives Day Care & flexible overnight stays. The customer has a diagnosis of advanced dementia. She lives with her daughter who has a learning disability. Both are supported by the son, who is he is the family's main carer. The son lives over 40 miles away and had resorted to staying most nights with his mother and sister, away from his own family home, to ensure their safety. Shared Lives has supported the family to remain together within the family home since 2005. During this time they have had the same team of Shared Lives Carers. The service has provided flexible day time support, as well as regular overnight respite (shared lives carer staying overnight in the clients home). This has allowed the main carer a break from his regular caring responsibilities. Feedback from the carer "The Shared Lives Service has helped to keep the family as a unit and remain in the family home together. The respite arrangements have been successful and I appreciate the sterling job the girls do".

Support provided by a Personal Assistant paid for through Direct Payments. A personal assistant (sometimes called a PA or a support worker) is employed by people who need social care, either because of their age or disability, to enable them to live as independently as possible. A direct payment is one of the ways in which people can receive a personal budget from the Council. Customers can spend this money on services that will help them with their everyday life.	A customer with memory difficulties A customer who has a poor short term memory as a result of a brain injury uses a direct payment to receive daily visits from personal assistants to support her to live independently in her home and local community. This enables her husband, who is her main carer, to work and maintain his caring role, which is what he wishes to do. Customer with a Neurological Impairment A customer who lives with her partner uses a direct payment to pay for personal assistants to support her in her own home which enables her partner to have a break from his caring role. This flexible approach meet the needs of the customer who requires consistency and to base herself at home as a familiar environment and meets the needs of the carer to maintain his employment. A customer with autism and learning disabilities Customer with autism and learning disabilities uses a direct payment to pay for a personal assistant (PA) but visits the PA in their home to enable his parents to have respite in their own home. In addition to having a break from caring, this approach also enables his parents to complete household tasks (for example, vacuuming) that he would find difficult to cope with were he to remain at home. A customer with learning disabilities Customer with learning disabilities uses direct payments to pay for support hours to be provided by a personal assistant when she goes on holiday with her parents as a family. This allows the family to have a break together but both the parents and their daughter can follow their own interests when they are away alongside spending time together as a family.
Support through Assistive Technologies – assistive technologies are electronic sensors, detectors, monitors, apps and alarms that can support people to live in their own home and community.	Use of a GPS (Global Positioning System) unit to provide peace of mind for a full time carer of an individual living with dementia. Whilst the customer has a diagnosis of dementia, his mobility and energy are unaffected and he wanted to continue to follow his regular routine of getting out of the house and visiting regular locations in his local community. A GPS device allowed the carer of a man living with dementia to monitor the location of her husband who had in the past become lost and disorientated and needed the police to search for him. The GPS device enables the man to continue to pursue his interests whilst allowing the carer to have a predictable break, not needing to be concerned about where her husband is as she is able to track him using her computer and knowing that she will be alerted if he enters an area where he may become disorientated or lost.
Early Intervention & Prevention Services	There are a large number of services in the Cheshire East area which support people with a wide range of health and social care needs in group and individual settings. For example; the Neighbours Network who help older people and/or those with disabilities, living in Haslington and Winterley, to retain their independence so that they can continue to live in their own homes. This support also provides carers with a break from their role. Another example is the Cheshire and Warrington Carers Centre which provides support and information to carers as well as being able to allocate a carers personal budget to support carers have respite and maintain their caring role.

