



Flexible Dementia Respite Pilot



Supporting unpaid carers of people with Dementia in their caring role

The Flexible Dementia Respite Pilot is developing a new model of providing respite services, based on the needs of unpaid carers of a person with a diagnosis of a dementia, who are not currently receiving any respite to support a break from their caring role.

This leaflet contains a range of respite opportunities that are available currently, both with or separate from the person you care for. We can also create bespoke respite solutions – please get in touch!

We would encourage you to explore the wide range of respite services available and hope that you find the services a great support.

Please note you may only make one request for respite at a time via the co-ordinator detailed at the back of this leaflet

This project is enabled by the Gwent Regional Partnership Integrated Care Fund 2018/19 and is supported by a consortium of service providers including but not limited to the above agencies

We understand the value of someone who cares and how carers also need support from time to time, and for this reason we offer a range of services that can be tailored to suit your personality and your needs.



The Flexible Dementia Respite Pilot can provide you with this opportunity, whether you wish to have an hour or two to visit friends, go shopping or just have someone with you to support you whilst you spend quality time with the person you care for.

This pilot will help us to better understand the type of services you prefer, and those services that help you most so that in future you can access the support you need, when you need it.

Please note

This pilot does not provide emergency respite services – please make contact with your local authority social services department should you require urgent support.

What we have on offer...

At Home Care and Support

If you wish, our service providers can come to your home and support you by either spending some time with the person you care for whilst you have some time to yourself, this can be day or night time. We also provide help with shopping; taking you and the person you care for, or simply do the shopping for you and deliver it back to your home

They can also help with food preparation and personal care such as washing and dressing, or supporting the household chores of the home.

Wellbeing Services

We have a range of services and groups to give you opportunities to engage and build friendships with other people in similar situations to yourself; you will also be able to join in activities if you wish to.

At times when you may need a little extra support, we have counselling and Dementia Life Coach experts who can provide advice in effective care-giving practices and give considerable attention to the needs of you, the care giver.

We can even arrange for a beauty and pampering session!

We also recognise that not all carers are adults and offer a support group for Young Carers

Activities and Assistance

If you feel the person you care for would benefit from attending a Day Centre this can be arranged for you both with and without transport being provided. Day Centres offer a variety of activities for your loved one to be engaged in whilst giving you the opportunity to maybe use one of our beauty or relaxation therapy treatments or simply have some time to recharge your batteries.

Our providers can also provide transport to medical appointments and special trips for you and the person you care for.

Bespoke services

In addition to the types of services described above, we are able to offer supported breaks away from the home and are also very willing to create bespoke respite solutions for you where at all possible.

Please get in touch with your co-ordinator to discuss how we can support you, we will try to be as flexible as possible to meet a person's needs.

How to request a service...

Services are available to unpaid carers that are providing regular support in person to an individual with Dementia, and is only available to carers supporting a resident of Gwent. We can provide services to people with a diagnosis of a Dementia, including Alzheimer's Disease.

We have introduced two co-ordinators to provide single points of access for you to request any type of respite provision.

If you live in **Blaenau Gwent, Caerphilly** or **Monmouthshire**
please contact **07790 807707**

If you have live in **Newport** or **Torfaen**
please contact **07790 807667**

Co-ordinators are contactable Monday to Friday, 9am to 5pm
(excluding bank holidays)

Our co-ordinators will ask you a few questions when you ring to ensure we provide you with the right service. Following this, you will receive a response from us within 48 hours of your request to confirm which provider is available to support you. With your permission, we will then handover your details to the provider who will make contact with you to finalise arrangements.

You will also be contacted by the co-ordinator after you have received respite to check that everything went well, and your thoughts on the type of respite you received. Please be assured our co-ordinators are working on behalf of the Regional Partnership and are impartial to any of the providers.

**If you require a copy of this leaflet in Welsh please contact a co-ordinator
Please also let us know if you would like respite services in Welsh - we will
do our best to accommodate requests wherever possible**

We hope that you find the new approach to respite beneficial. However, should you have concerns regarding this project please contact the Integrated Care Fund Programme Office on telephone 01633 431615, or email ICF.Gwent.ABB@wales.nhs.uk