

The Newcastle Guide to Carer Break Personal Budgets

Supporting carers with short breaks



A carer looks after **someone** who could not manage without their help. They don't get paid for this. They may get Carers Allowance.



Carers look after people of all ages and for lots of different reasons.



Being a carer can sometimes be hard. Sometimes carers need support for themselves.



If you are a **carer**, the council can carry out a carers assessment to find out **you need** support.

If you do need support, there's some other things that can help:



You can be put in touch with people who **will** give you good advice on different things like benefits, getting extra support, and lots more.



You can get help to make an Emergency Care Plan. This shows how to look after the person you care for if you if you can no longer be their carer.



Helping you to apply for small amounts of money, which you can use for things to make your life better **and improve your own health and wellbeing.**



Look at ways to reduce the amount of caring you need to do. This could be by using paid workers to help.

A Carers Break Personal Budget



A Carers Break Personal Budget is when money is given to a carer so they can have a short break **from caring.**



You will make a plan with the **Social Worker** of the person you look after. This will say how much money you **will** get **and how you can spend it.**

What can I spend my Carers Break Personal Budget on?



- **Respite Care**

The person you look after can stay in a residential home for a week (or two), this gives you a break from looking after them.

- **Short-term replacement care**

A paid care worker provides care to the person you look after in their own home. This can be for a few hours, a day or overnight.



- **A holiday together**

This is where you and the person you look after can use the money to go on holiday together. This can be for a day or more.



- **A holiday alone**

This is where you can use the money to go on a holiday alone. This can be for a day or more.

What you need to do



You must look after the money properly.

- Set up a bank account for the carers budget
- Keep all receipts to send in when asked
- Spend the money on what is agreed in your plan



You must tell us if you stop looking after someone or if you want to spend the money in a different way.



You must return any money you don't spend to the council.

Who you can call if you need advice and support



If there is a problem the council will help you to sort it out.

- You can phone your social worker if you have one



- You can phone the Community Health and Social Care Direct Team on 0191 278 8377

- If you have a problem with managing the money you can phone (0191) 278 7878 and ask for direct payments

- You can phone Newcastle Carers for support on (0191) 275 5060

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