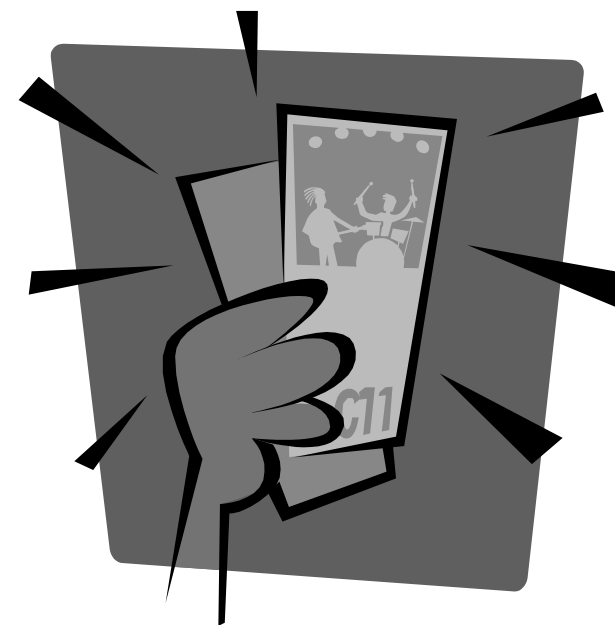


A Carer's guide to Carer Break Vouchers





What Are Carer Break Vouchers?

Carer Break Vouchers are a simple and flexible way to help Carers like yourself take a break.

Following the Carers and Disabled Children Act 2000, your local authority has introduced the Carer Break Voucher scheme to help you book time and pay for short-term alternative care for the person you care for while you take a break.

Your local authority recognises the importance of your role as a Carer and understands the strain this can place on you personally.

The Carer Break Vouchers scheme has been designed to offer flexibility in the timing of your break and to offer choice in how temporary care is provided.

Example: "Mrs R has considerable physical disability and health needs. Her carer is her husband, who has Aspergers Syndrome and cannot always predict when he will need to take a break, but with the flexibility of the Carer Break Voucher scheme he knows he will get it when needed. He values this support greatly as it relieves the pressure."



Who is entitled to Carer Break Vouchers?



Carer Break Vouchers are given to carers who have been assessed under the Carers Recognition Act 1995. This may include carers who look after people needing a substantial amount of care, such as the following:

- People with physical difficulties
- People with mental health problems
- People with learning difficulties
- People with HIV/AIDS
- People with long term illnesses
- Older people



Who will provide care when you take a break?

Once you have received your Carer Break Vouchers, you will be able to choose from a list of service providers who have been approved by your local authority and have joined the Carer Break Voucher Scheme.

The care provided may be residential, day care, domiciliary, nursing or any other carer break service offered by an approved service provider.

A list of registered service providers can be obtained from your social worker/ care manager or your Local Authority.

To find out more about the vouchers contact your Care Manager or Social Worker

How much of a break can you take?



Your Carer Break Vouchers entitle you to break(s) depending on your local authority's assessment of your needs and the needs of the person you care for.

The aim is to provide a positive experience for the person receiving the care, while at the same time giving you a chance to have a much needed break.



How to use your vouchers

You should use the voucher(s) before the expiry date shown on the front.

However, if you retain your voucher(s) for any reason beyond the expiry date or you need any further information on how to use your Carer Break Vouchers, contact your social worker/ care manager or your local authority as soon as possible.

Example: "Miss K-S is nine years old and has a severe learning and physical disability. Her main carers are her parents with whom she lives. The family are keen football supporters who attend home games with their other children. When required, Miss K-S goes to a registered care worker that meets her needs"

