

Never have a break?

Sitting Service:

Crossroads works with disabled people of all ages and their carers, from babies through to the elderly, with many disabilities. Crossroads take over the caring role for a few hours to give the usual carer a break.

01372 469964

Elmbridge Relief Carers Scheme can provide a paid sitting service to provide care in the home to enable carers to have a break. **01372 474553**



Making time for your self to relax and re-charge your batteries.

Finding Time For Yourself

Looking after someone full time is a demanding job. At times you will need a break, not only from daily chores, but also from the person you care for. This could be for a few hours, a day, a week or even longer. To do this you will need alternative care which can range from someone sitting with the person for you for an afternoon or the person going into a residential Care Home for a short stay. Small breaks can enable you to carry on caring and it will mean that the person you care for can benefit from having someone else to talk to and something else to talk about.

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Carer Support Elmbridge

TimeOut for Carers



Taking a break from caring.

Carer Support Elmbridge

Tel: 01932 235817

TimeOut for Carers



Making time for yourself

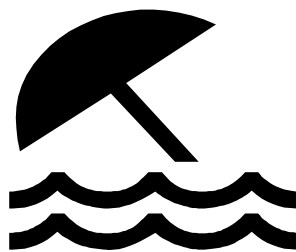
You may feel guilty about wanting a break, feeling that it implies that you do not care about the person you care for. However, there are many reasons why it is essential to take time away from caring.

Being **Stressed** will mean that you are prone to illness, irritability and depression. Carers often soldier on unaided, denying themselves any relief until their own health suffers. Time away can help you put things in perspective.

To keep a relationship alive and interesting, you need to talk to other people and have other experiences. The relationship that you have with the person you care for is no different: time apart will almost certainly give both of you new perspectives and different things to talk about.

The person you care for may be dependent on you, the carer, but remember that you also need time for yourself. This could be spending time keeping up with friends and family and maintaining your own social life. Try to carry on with a hobby, if you have one. Trying to retain some degree of independence will mean that you are less likely to become isolated and feel overwhelmed.

TimeOut Elmbridge is part of the Carer Support network and its aim is to identify carers who receive little to no support to



Have you thought about taking a small holiday?

enable them to take some time out. We do not provide alternative care for the person you care for; our aim is to help you access services, information and possible funding.



TimeOut Elmbridge also run 'days out' to various places of interest, we organise pamper days and days where you can meet other carers just like yourself.

Everyone should have time to themselves to spend as they would choose.

Surrey County Council have also introduced Carer Break Vouchers which is a simple and flexible way to provide some short term breaks. The Voucher scheme has been designed to offer carers flexibility in the timing of a break and a choice in how alternative care can be provided while you take a break from your caring role. There are also Direct Payments to carers which can provide a further option in how you take a break.

Carers can be assessed to see if they are eligible for Vouchers or Direct Payments by asking for a Carers Assessment from Social Services. **TimeOut Elmbridge** can give you further information on how to request a Carers Assessment.