

Caring for Older People (including the mentally ill/confused)

Taking a break from caring:

There is a range of facilities for short and long term relief care for the person you care for, depending on their care needs and disability. Most people benefit from regular attendance at some form of day or respite care, and you as a carer certainly will. It is important to know what is available so that you can plan your breaks or know who to contact in an emergency.

How to find out about and ask for these services

These services may be offered by your local social care team, the local Health Service, Borough Council or Voluntary organisations. You can contact your local Social Care Team or GP or day centre directly. Any charges for these services should be explained to you.

Services in the Community –

Day Centres -

All open Monday to Friday unless otherwise stated. Transport available. Run by Age Concern. Activities at each vary, such as bathing, craft, entertainment, etc, but all include lunch

Ash

Shawfield Day Centre, Shawfield Road, Ash

Tel: **01252 326304**

Bramley

Four Villages Day Centre, Blundon Court, High Street, Bramley

Wednesday only

Tel: **01483 894062**

Cranleigh

Rowland House Day Centre, Rowland House, Victoria Road, Cranleigh

Tel: **01483 277155**

Farncombe

Farncombe Day Centre, St Johns Street, Farncombe GU7 3EH

Tel: **01483 426685**

Farnham

Brightwells Gostrey Day Centre, Brightwells Road, Farnham GU9 7SB

Tel: **01252 725330**

Guildford

North Place Day Centre, Haydon Place, Guildford GU1 4LL

Tel: **01483 503567**

Park Barn Centre

Welcomes those over 55 for a variety of activities. Mon-Fri, 9 am-4.30 pm

Coffee shop, lunches, transport

Tel: **01483 458055**

Haslemere

Wey Centre, St Christopher's Road, Haslemere GU27 1DQ

Tuesday & Thursday only

Tel: **01428 648716**

Milford & Villages

Chapel Lane, Milford

Tel: **01483 420668**

Ripley

White Hart Court Day Centre, White Hart Court Meadows, Ripley GU23 6ND

Tel: **01483 225168**

Day Centres for Older people with confusion/dementia -

Run by Alzheimers Society with experienced volunteers (many ex-carers) who can look after sufferers to allow carers a break

Haslemere

Tel: **01428 642055**

Guildford

Four Seasons Unit for older people with confusion. Daily sessions for those with confusion requiring specialised support. Referral directly or via Health or Social Care professional

Contact: Park Barn Centre, Guildford

Tel: **01483 452606**

Day Hospitals -

All provide sessions Monday to Friday for assessment and treatment (including physiotherapy) for older people with nursing/medical needs. Referral through your GP or Consultant

Cranleigh Day Hospital

Tel: **01483 782400**

Farnham Road Day Hospital, Guildford

Tel: **01483 443554**

Florence Desmond Day Hospital, RSCH

Tel: **01483 571122 ext 4001**

Hale Day Hospital, Farnham Hospital - for older people with dementia

Farnham Community Mental Health Team for Older Adults, 9 am - 5 pm,

Monday - Friday

Tel: **01483 782070**

Haslemere (Rehabilitation) Hospital

Tel: **01483 782000**

Milford Day Assessment and Rehabilitation Centre, Godalming
Tel: **01483 782544**

Norman Day Assessment Unit, Farnham Hospital
8.30 am - 4.30 pm, Mon - Fri
Tel: **01483 782080**

Residential Respite Care for Older People –

Resource Centres for Older People

Provide respite care for older people in high need as part of a planned programme and may have beds for emergencies. Referral through your local Social Services Centre

Hospitals –

Referral through your GP or Consultant

Milford Hospital - only for rehabilitation
Contact: Milford Hospital, Tuesley Lane, Godalming
Tel: **01483 782544**

Cranleigh Hospital - acute care only
Contact: Cranleigh Hospital, High Street, Cranleigh
Tel: **01483 782400**

Farnham Hospital - some respite care beds
Contact: Farnham Hospital, Hale Road, Farnham
Tel: **01483 782000**

Haslemere Hospital - only for rehabilitation
Contact: Haslemere Hospital, Church Lane, Haslemere
Tel: **01483 782000**

Holy Cross Hospital - short and long term care in a peaceful, caring environment
Contact: Holy Cross Hospital, Hindhead Road, Haslemere
Tel: **01428 643311**

Royal Surrey County Hospital - short and long term care for older people with confusion/dementia
Contact: Royal Surrey County Hospital, Guildford
Tel: **01483 571122**

Private Residential and Nursing Homes for Older People –

These provide varying degrees of care for older people. You are advised to contact your Social Care Team firstly to discuss your needs. If you want to make your own arrangements, always visit a home in advance to assure yourself of the care that they can give, particularly if the person you care for needs a lot supervision or is incontinent. You should also check on all fees and charges before agreeing any period of care. Ask for a recommendation from friends or other carers. Homes are listed in the *Yellow Pages* under *Nursing Homes* and *Residential and Retirement Homes*

(see also Factsheet 8 - Moving into Residential or Nursing Home Care)

Contact: Help The Aged Care Fees Advice Line (Freephone)

Tel: **0500 767476**

Clubs –

Generally for those who do not need care or assistance

Japonica Court Luncheon Club, Shawfield Road, Ash
Luncheon club for anyone aged over 55

Tel: **01252 333582**

Luncheon Club East Horsley – organised fortnightly
Contact: Mrs Moy

Tel: **01483 283966**

Dray Court Luncheon Club, Guildford

Tel: **01483 566228**

Other Organisations –

Age Concern Surrey

Rex House, William Road, Guildford GU1 4QZ

Tel: **01483 503414**

Waverley Branch - 2 Ivy Hall Bungalow, Parsonage Road, Cranleigh GU6 8NY

Tel: **01483 458812**

Alzheimers Society

Gordon House, 10 Greencoat Place, London SW1P 1PH

Tel: **020 7306 0606**

Guildford & District (includes Farnham & Godalming)

Contact: Carolyn Ireland

Tel: **01483 457817**

Haslemere Branch

Tel: **01428 642055**

Alzheimers Helpline - advice, support and information

Tel: **0845 300 0336**

Arthritis Care

18 Stephenson Way, London NW1 2HD

Helpline 12 noon-4 pm, Mon-Fri

Tel: **0800 289170**

Grayscott Branch

Contact: Shirley Williams

Tel: **01428 632435**

Counsel and Care for the Elderly – residential care advice

Twyman House, 16 Bonny Street, London NW1 9PG

Tel: **020 7485 1556**

Help the Aged – advice and support for older people and their carers

St James Walk, Clerkenwell Green, London EC1R 0BE

Tel: **0800 650065**

Note: please photocopy if required. All information was believed to be correct at the time of production. Inclusion does not imply recommendation. Please advise us if you should find any errors, in order that we can update the information

Produced by Carers Support Guildford and Carers Support Waverley

For more information contact:

Carers Support (Guildford) Tel: 01483 458123, or

Carers Support (Waverley) Tel: 01252 718166