

## We can also provide

- Advice and Information
- Advocacy
- Benefits Advice and Support
- Support Planning
- Direct Payments Support
- Payroll and Employment Service

*Please ask us for further information and free leaflets explaining these services.*

## Your Choice Your Support



## Support to take a break

**Do you provide care and/or support for a relative or friend?**

**Do you live alone but need some help to cope and remain independent?**

**We can offer some extra help so you can take a break from caring for somebody else, or continue to live independently in your own home.**

**Contact:** Carers Together, 9 Love Lane,  
Romsey, SO51 8DE

**Tel:** 01794 519495

**Email:** [admin@carerstogether.org.uk](mailto:admin@carerstogether.org.uk)

**Website:** [www.carerstogether.org.uk](http://www.carerstogether.org.uk)



## Carers Together

A consortium of carers in Hampshire  
Registered Charity number: 1051879

V3 Sept 2014

## We provide support workers who can:

- assist you to take a break from caring
- offer companionship to you and/or the person you care for
- provide flexible support to help you go out and about, including leisure, hobby and training opportunities.

Our workers are caring, reliable, trained and experienced, and provide continuity with the carer and the cared for person.

They can offer guidance and support, but do not provide personal care.

*There is a small fixed hourly rate for the service.*

## How does it work?

You can contact us yourself or someone you know may contact us on your behalf e.g. a doctor, social worker or a family member.

- We will then discuss your needs with you and arrange an appointment to visit you at home.
- You can meet us on your own or arrange for someone to be with you.
- If it is agreed that our service can support your needs, you will be introduced to one or more support workers.
- The support will then be agreed by you directly with the support worker to ensure you are able to choose a day and time that suits you.

## Criteria for the service

There are no fixed criteria - just your need to have support or a break. For instance;

- you may feel you cannot leave someone for any significant length of time without worrying about their safety.
- the person you care for may have a disability, illness or medical condition that means they should not be left alone or would benefit from social interaction or
- you may be an adult with a disability or an older person who needs 'that little bit of extra help' or companionship.

## Employment / payroll service

If you would rather choose your own support worker, we can help with recruitment, employment and payroll so that you do not need to become an employer.

