

### We can also provide:

- Advice and Information
- Advocacy
- Benefits Advice and Support
- Continuing Health Care and Personal Health Budget information and advice
- Direct Payments Support
- Payroll and Employment Service
- Personal Support Planning

### This service is provided by Carers Together

**Address:** Hampshire Carers Centre  
9 Love Lane  
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**Tel:** 01794 519495

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

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

Registered Charity No. 1051879



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## Your Choice Your Support



## Support to take a break

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

**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.**

## **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

## **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, depending on your requirements.

You can then arrange with the service coordinator and support worker the day and time that suit your needs and requirements.

**Please note that we do not provide an emergency service. It takes a minimum of two weeks to set up the service.**

## **How much does it cost?**

The cost of the service per hour is £15.00 - as of April 2022.

If the support worker takes the client out, it is £0.45 per mile.

There is a initial start-up fee of £25, which must be paid when the service coordinator first visits, which will be offset against your first invoice.

## **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.

