

There is a short 'assessment of need' to complete, this will allow us to make an agreement that we are all happy with.

This must happen before a service is offered.

Note:

- The Adult with the Learning Disability must be 18 +
- The Carer must be a resident of Birmingham.

This service is ideal where there is no day service provision and carers get no breaks from their caring role.

How do I apply for a SHORT BREAK?

Just call our 'Carer Support Services'

Carers Services Manager: Paul Jones

Head Office

171 Alcester Road
Moseley
Birmingham
B13 8JR

(T) 0121 442 2944



'Short Break Service'

everyone's included

Supporting and Promoting the
Needs and Rights of Carers

Affiliated to:



In association with:



Service Background

Working in partnership with Birmingham City Council Adults & Communities Directorate, Midland Mencap have set up a Carer Support Service.

The Carers Support Service aims to provide a range of services directly to Carers. This includes a SHORT BREAK SERVICE

What is a SHORT BREAK?

A trained Support Worker will cover your role as 'Carer', while you take a 'short break'.

The short break is usually offered in 2 hour blocks over a period of 12 weeks.

During your break, you can catch up on the things you have not had time for, while you have been busy Caring. You may want to think about taking a training course or adult education class and need someone to take over the care at home while you are away, you might want to see friends for coffee or simply have some time to yourself and put your feet up!

What ever you do, its your CHOICE...

Need help to find out what's on offer ?

The Birmingham Carers Centre has a SHORT BREAK OFFICER, who can help you plan things to do during your short break. They can be contacted on 0121 675 8170 or at;

The Carers Centre
130 Colmore Row
Birmingham
B3 3AP

What do the Support Workers do?

They are trained staff that do exactly as their title says, they offer support. Tailored to the individual needs of the person they support.

They may simply spend some time with the person you care for, talking to them and keeping them company while you are away for a short period of time.

They can also support a person to access the community, go shopping or attend an activity of their choice.

Will you have to pay?

In short, **NO**, it is a free service provided by Midland Mencap under an agreement with Birmingham City Council—Adults and Communities Directorate.

Depending on the support agreed during the initial assessment you may need to arrange for the cost of an activity, for example, if the person you care for wishes to be accompanied by a support worker to a place where there is an entrance fee, you would need to make provisions for both fees.

Are there things the Support Worker can not do?

Yes, they can not provide support with 'personal care'. A full list of details on this and other areas are provided during the assessment stage.

Will the service meet my needs?

Whenever possible we will try to offer you the support that you request.

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