

Respite Review

**easy
read**

**Service User and Family Carer
Consultation**

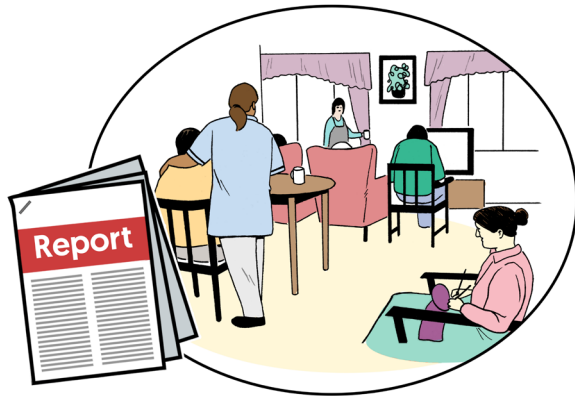


**Asking
You!**

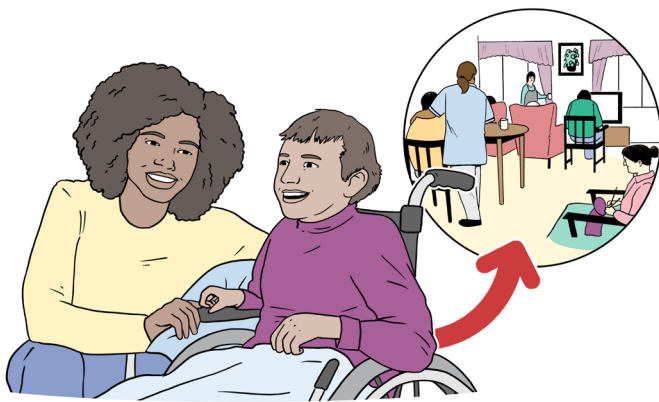
**Thank you to everyone
who took part in the
survey in 2020.**

**We want to share what
we found out and what
we want to do next.**

What we did



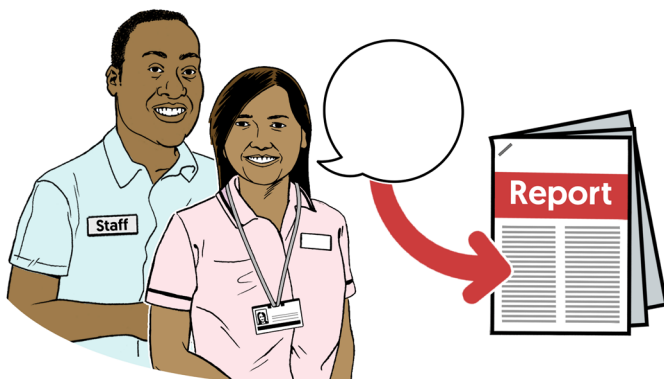
In 2019, a report called The Respite report gave lots of information about people getting **respite care**.



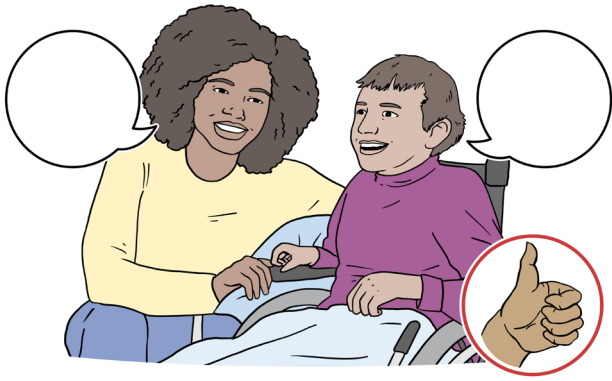
Respite care is short term care for children and adults who have a learning disability and/or need support.



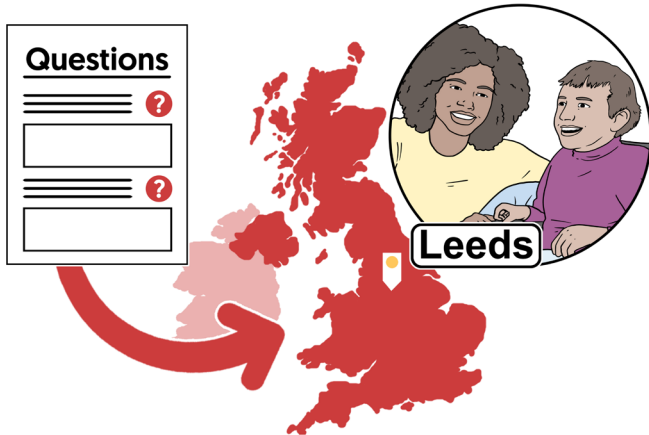
This gives their families and other unpaid care givers a short break.



The Respite report was made by working with staff from different respite services.

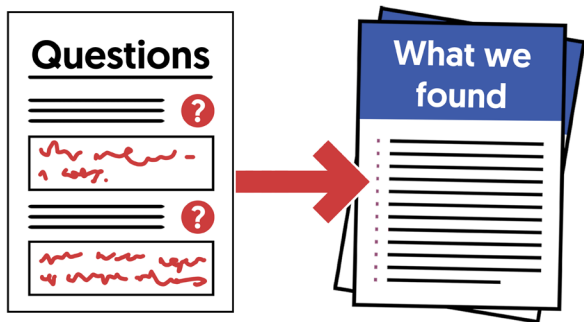


But we wanted to hear what people that used respite and their family carers thought.



We sent out questionnaires in 2020 to include the voices of respite users, and their family carers, in Leeds.

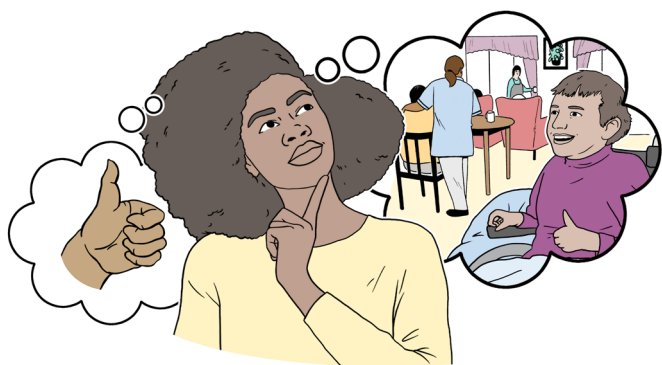
What you told us



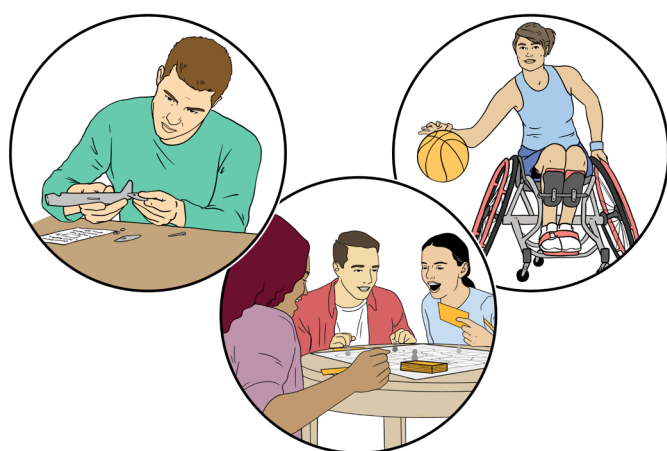
These are the main points that we got from the feedback.



Respite is an important service for family carers, they need a regular break from caring.



When family carers see that their loved ones are happy going to respite, the carer's break improves.



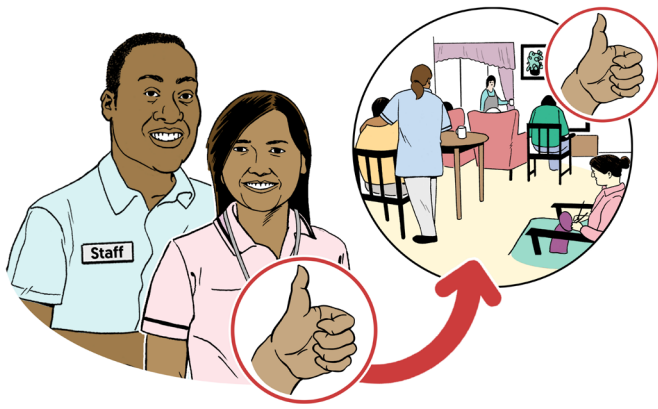
It is important to have a range of activities open to people who use respite.



When there are more activities, more people enjoyed their respite stays. This also meant it improved the quality of the family carer's break.



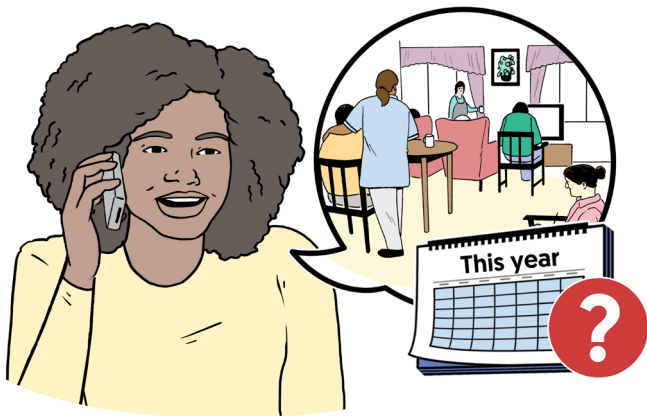
Lots of people talked about wanting a break and a change from their usual routine. Things like seeing friends, and becoming more independent.



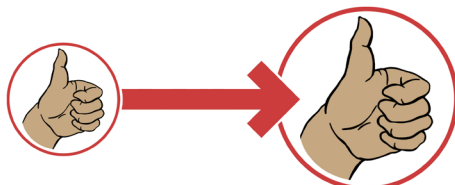
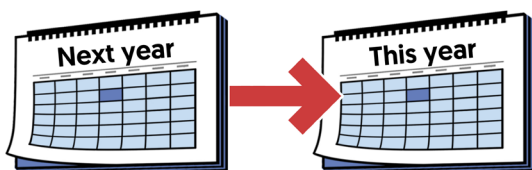
Service users and family carers thought that staff were important for respite to work well.



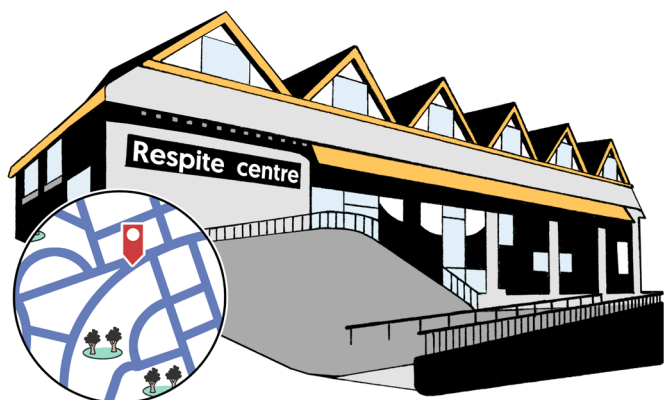
Family carers felt worried when staffing changed, or staff were not familiar with service users and their needs.



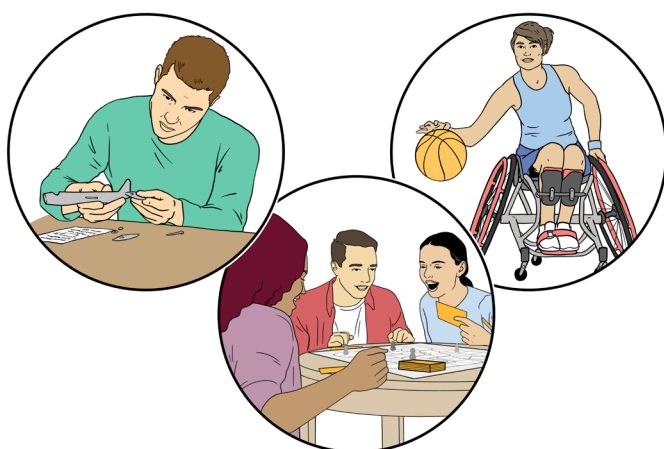
Family carers would like it to be easier to book respite sooner. It is difficult to book respite a year before you have it. Family carers do not always want to book respite so far ahead.



Most people understood that this is because of so many people needing the services. But they would like changes to be made to make it easier for everyone.



The feedback showed that people think the location of respite buildings and how they are set up is important.



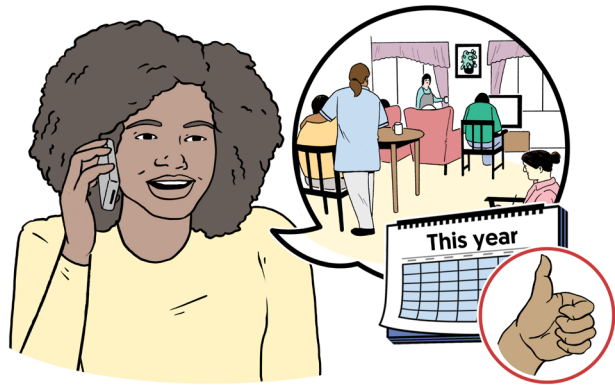
But people thought the most important things about respite were:

The activities

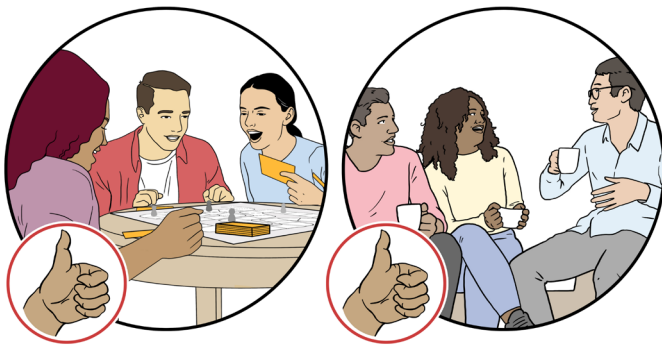
The staff

Getting to meet with other people

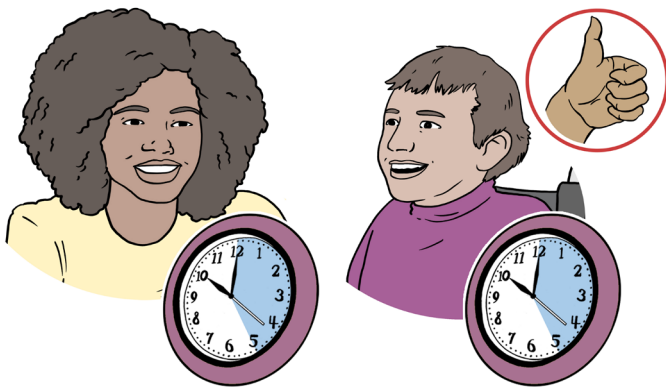




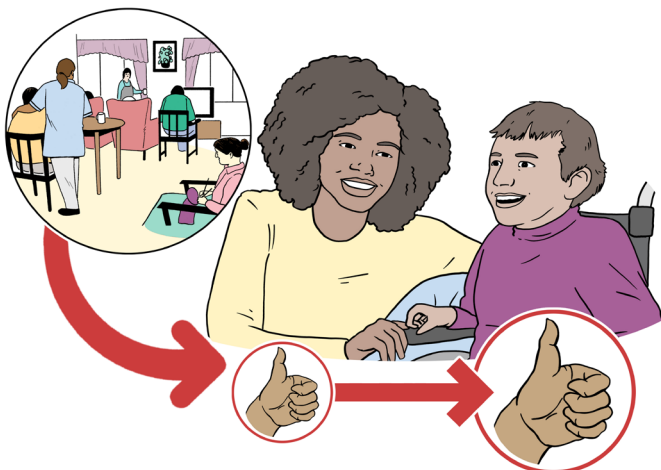
Being able to book respite easily.



The feedback showed how important having fun and socialising is.



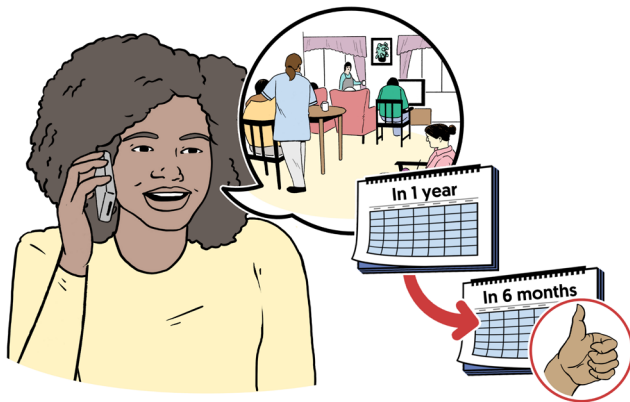
One of the biggest things we learnt from this feedback is how important a break is for people going to respite, and for their family carers.



The feedback showed that family carers found that respite services helped them to care for their loved one.

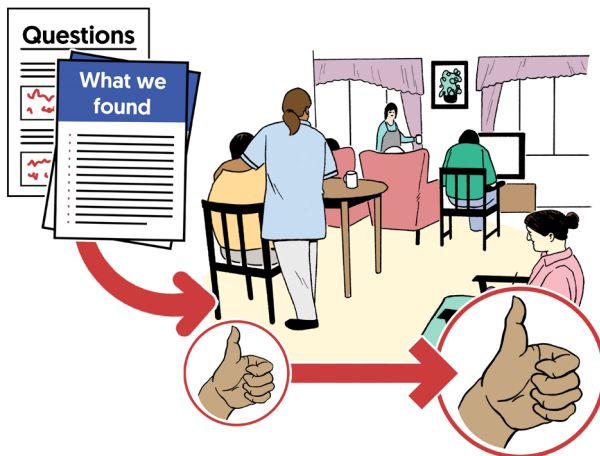


Many family carers said they were thankful for the services they used.

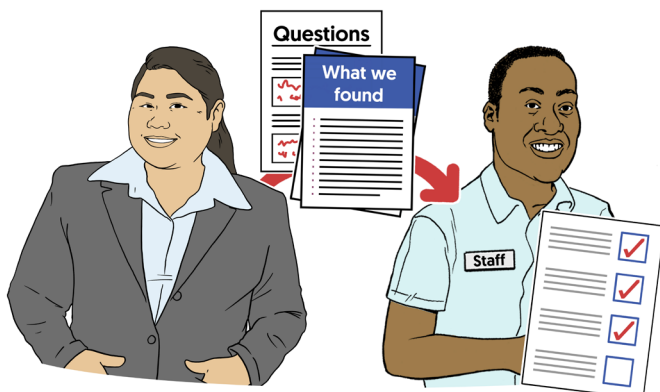


When people were asked what really good respite would look like, most people wanted small things, like being able to book respite for in 6 months time rather than a year.

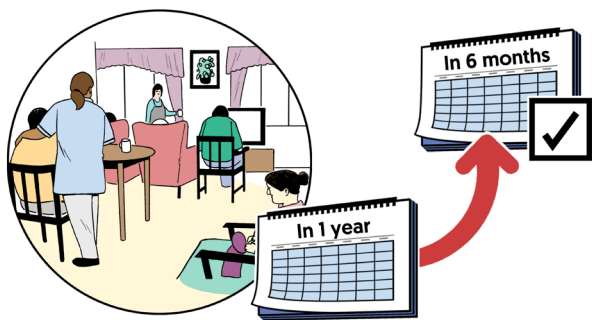
What are we doing next?



We would like to use the information you have given us to help improve respite.



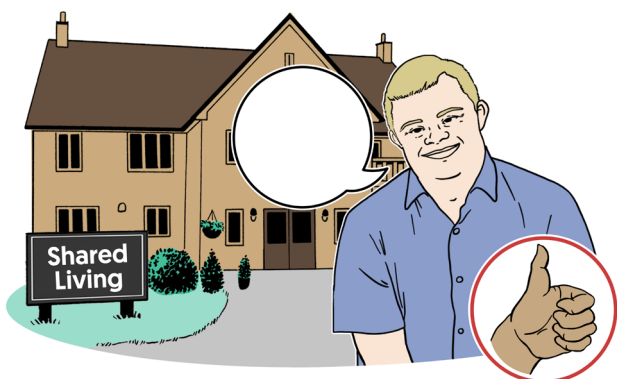
The feedback has been shared with other services and they have made changes.



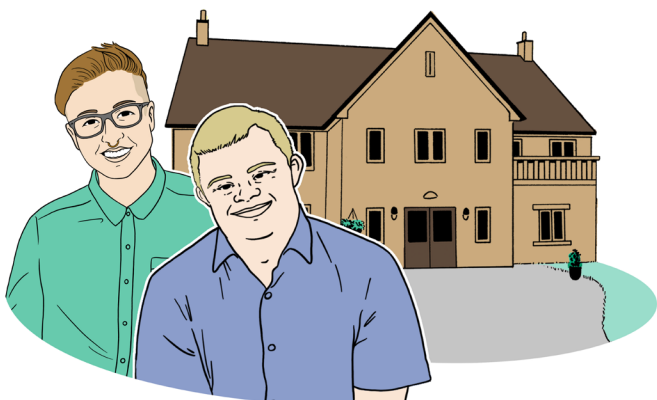
For example, you can now book respite services for in 6 months time, rather than a year.



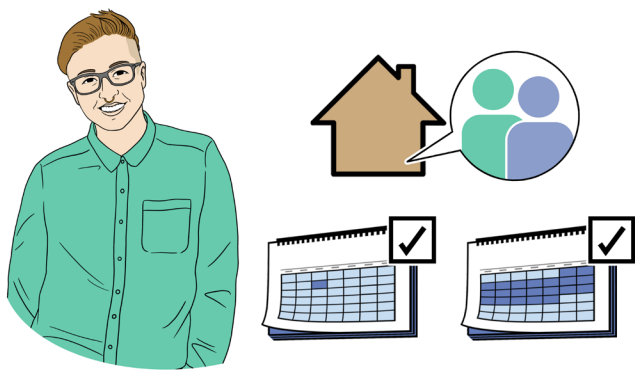
We want to hear more people's opinions so we can make respite services better.



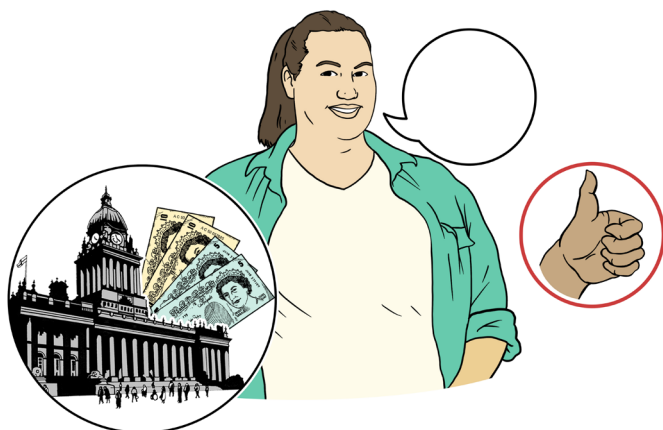
We want to include the voices of people using and supporting **shared lives schemes**.



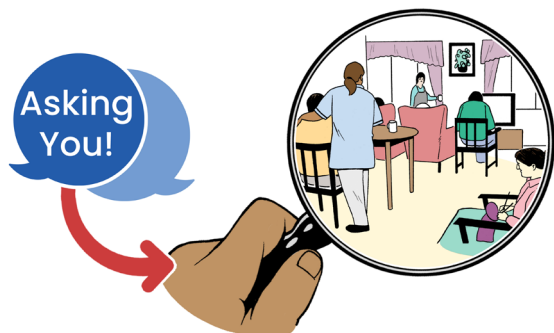
Shared lives schemes are where you spend time in the home of a trained carer so they can give you care, support, and share their lives.



Shared Lives carers provide care in their own homes. It can be for a few hours, overnight, or even a couple of weeks.



We also want to hear from people who use **direct payments**. This is when money from the local council to help with care is paid directly to you, so you choose where it is spent.



We have asked Asking You! to find out more about Respite.

The Advonet Group
Providing Independent Advocacy

Asking You!



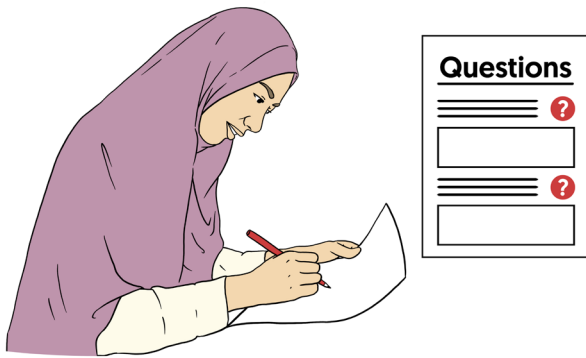
Asking You! are part of Advonet group. Hearing your voice and making services better is their goal.

Get involved



If you would like to tell us more about respite services and help make improvements, Asking You! would love to hear from you.

There are different ways to get involved:



You can fill out the survey we have sent



You can join the steering group



You can come to one of their focus groups



They can arrange a one to one meeting to hear your story in a way that works for you.



For more information or if you have any questions please email:

askingyou@advonet.org.uk

Or call

0113 244 0606

and ask to speak to a member of the Asking You! team.

Asking
You!

The Advonet Group

Providing Independent Advocacy



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