



Support Available

If you are finding caring at home increasingly difficult you may benefit from extra help in the home, this could involve a break, or maybe you need to consider residential or nursing care. For more information about what care options are available you can request an assessment of care and support needs from Social Services for the person you care for as long as you have their consent.

If you prefer not to have an assessment and are able to cover the costs yourself, you can contact a care agency directly. If you do not wish to approach social services you can contact an organisation relating to the illness of the person you care for to provide information, advice and support.

Domiciliary Care (Help in the Home)

This may include help with personal care for the person you care for, such as dressing, washing, using the toilet, getting out and about or preparing meals. Domiciliary care may be available through Social Services when the person you care for has an assessment. If you or the person you care for can cover the full costs, prefer not to be assessed by Social Services, or want additional care to that assessed, you can contact an agency in the Vale Council's Directory of Care Services directly. If you live in Cardiff, call the First Point of Contact for more advice on 029 20 234 234. Domiciliary care is for the person you care for and so they may be financially assessed.

Respite/Sitting Services (Short Breaks)

Respite offers you a break, with someone else looking after the person you care for and, in some cases, taking you out of the caring situation. Respite can either take place in your own home or elsewhere. You can obtain respite through being assessed by Social Services or directly contacting a respite agency. Respite is considered a service for the person you care for and so they may be financially assessed.

Residential and Nursing Care

If you are unable to continue caring at home, you may consider residential or nursing care for the person you care for. Nursing homes offer a high level of support for people with complex health care needs or challenging behaviour. Residential homes offer a lower level of support for people who are more independent.

You can ask Social Services to assess the person you care for and they will then assist you to find a nursing or residential home and possibly help with fees. If you can, or want to cover the costs yourself you can still ask social services to assess the person you care for, to identify their needs and to help you manage this process.

If you do not want to involve social services, you can contact a home directly through the Vale Council's Directory of Care Services. Each home has separate assessment procedures. The Care Inspectorate Wales also provides information about care homes and they can be contacted on 0300 7900 126.

Age Cymru also published a number of factsheets and checklists to help people choose a care home (<https://www.ageuk.org.uk/cymru/information-advice/information-guides-and-factsheets/>).

Extra Care

People who live in Extra Care Housing have their own self-contained homes and their own front doors with care and support available on site. Extra Care Housing is also known as 'very sheltered housing', 'assisted living', or simply as 'housing with care'. It comes in many forms, including blocks of flats, bungalow estates and retirement villages. It is a popular choice among older people and can be an alternative to a care home.

Supported Living

For younger disabled people there are various alternatives to residential care, such as supported or independent living schemes. For more information contact Disability Rights UK on 0330 995 0400.

NHS Funded Care

If the health care needs of the person you care for cannot be met by social services then they may be entitled to a package of care provided by the NHS. This includes accommodation and nursing support provided at home or in a nursing home. For more information contact your GP/social worker or, if the person you care for is in hospital, the ward staff.

Specialist Services and Support

There are organisations that provide specialist advice, information and support depending on the needs of the person you care for. Details for some of these organisations can be found on Dewis, an online database of local services – www.dewis.wales.

Counselling

Counselling is an opportunity to talk with someone trained to help you see things in a different light and find ways to help you cope or make positive changes. You can discuss anything, for example retirement, loneliness, anxiety, stress, painful family relationships and grief. Some GP practices have counsellors attached to their surgeries, or they can signpost you to a counsellor in your area.

Support Groups

You may find it useful to meet with others who have experience of being a carer. Support groups provide an opportunity to meet other carers, share advice, information, tips and a chance to relax and make friends. Some groups are open to the cared for person as well. Many specialist organisations run support groups including those which are age appropriate or culture specific and their details can be found on Dewis – www.dewis.wales.

Carers Training

Cardiff and Vale of Glamorgan Councils run a number of training days which you may be able to access. They include manual handling and first aid. If you live in the Vale, contact the Carers Development Officer on 01446 704604.

Health and Wellbeing Courses

The NHS Education Programme for Patients and Carers (EPP) runs free health and wellbeing courses for people living with a long term health problem and for carers.

The Live Well while Caring: Carers Workshops are two, two hours, sessions looking at your physical and emotional well-being. For more information contact 029 2033 5403 or email Epp.info.cav@wales.nhs.

Primary Mental Health Support Service

The service offers two open access courses 'ACT-ion for Living' and 'Stress Control', for more information ring 029 2090 6210.

You could visit the Stepiau website (www.stepiau.org) which has been developed by the Primary Mental Health Support Service (PMHSS) for Cardiff and the Vale of Glamorgan.

Stepiau primarily provides accessible self help resources and links to local services as a first step to developing mental wellbeing.

Housing Support

For information on Housing in the Vale of Glamorgan contact the Supporting People Team on 01446 700111. For Cardiff phone the Housing Options Service on 029 2057 0750 or visit your local Hub.

Advice and Information

Sometimes getting the right advice at the right time is all that you need. Cardiff Council have local Hubs where you can go to get a range of advice and information on council services. To find out where your nearest Hub is go to www.cardiff.gov.uk/hubs or call C2C on 029 2087 2087. The Vale of Glamorgan has a contact centre 'Contact One Vale (C1V)' on 01446 700111.

Barry Hospital, University Hospital Llandough and University Hospital of Wales have Information and Support Centres that provide a range of advice and information and support.

Contact the Information and Support Centre Manager by telephone: 07973715912, email pe.cav@wales.nhs.uk or visit one of the Centres - <https://cavuhb.nhs.wales/patient-advice/patient-experience/information-and-support-centres/contact-us/>

Following a Carer's Assessment you might be signposted or referred to other services to help you continue caring or to be able to go to work, take part in leisure activities or continue with some form of education. You will need to discuss this with the person completing the Carer's Assessment with you to decide what would help you.



Cardiff and Vale University Health Board
Unpaid Carers Information Service

Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Gwasanaeth Gwybodaeth i Ofalwyr Di-dâ

We are here to help



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