

NORTH YORKSHIRE COUNTY COUNCIL  
CARE AND INDEPENDENCE SCRUTINY COMMITTEE

Thursday 4 April 2019

Agreed scope re Respite Discussion

## What is respite?

- An understanding of the different types of respite provision and their purpose
- Why do we like respite
- current practice and national thinking
- Key legislation - carers

## Who is it for?

- Care management and respite - How assessments play into this - how we approach them - criteria and eligibility
- What are the barriers that may prevent a carer or a cared for person accessing respite provision and how are these being overcome
- How do we empower people to have a voice and control over the respite support they receive

## Availability: State of (and managing) the market and levels of respite: Quality Flexibility and Choice

- Profile of what is on offer locally, what we arrange and what we provide. How much is day breaks, community based day-services, Home or away, sitting services, Carers-breaks, residential, specialist and/or additional support, and so on. Volunteering?
- Emergency and Planned respite
- What is our overall assessment of the current level, quality and location of respite provision in North Yorkshire provided either in-house, by the independent sector or by the voluntary and community sector
- What are carers and users saying about respite provision in North Yorkshire from all providers

## Us as an in-house provider: provision, challenges and Future

- What is our provision
- Where is it at
- What are we looking to do with this
- What are occupancy levels - dealing with emergency cases
- Relationship to other in house provider services
- What does the future look like

## Commissioning, Funding and affordability

- Levels of Need and meeting demand
- How to ensure sufficient flexibility and choice - ensuring respite options are flexible for people with multiple and complex needs
- Local Commissioning approaches - use of in-house and spot purchasing options
- Funding for respite services including CCGs input and expenditure
- To what extent has Putting People First and direct payments had on enabling carers to access respite services that best meet their needs. take up carers personal budgets and direct payments

### Moving beyond respite

- Moving beyond "respite" to ensure wellbeing outcomes are given serious consideration
- Creative forms of respite in partnership with a range of sectors - moving away from the traditional one size fits all approach
- Avoiding a situation where respite, because of its institutional setting and/or practices, becomes isolating, avoiding segregated provision for example. Social contact, befriending, supported to build emotional resilience
- Seeing respite as an opportunity (eg people with dementia) to sustain and maintain their mental and psychological well being
- As a way of maintaining and Building relationships and social networks and peer support -activity based groups
- Keeping people active, learning new skills, social networks - having an ordinary life
- How do we make sure respite is more than just a break for the burden of caring, more that is a way to support families in maintaining important relationships, maintaining and developing new skills, and should underpin and sustain the overall wellbeing of both individuals and families.
- How can we measure the effectiveness of respite beyond just provision so that quality is seen in term of outcomes for people - Measurement of outcomes - individual and strategic level to understand meaningful outcomes are being delivered

### Information, Advice and Advocacy

Explaining, publicising, making people aware of the routes to respite available

### Supporting transitions

What are the issues users of the children's service have to face when they reach 18 and enter into adult services?

### Transport

Transport service for users of day services, including working with the Voluntary and Community Sector.

### Safeguarding, Risk taking issues