

Respite opportunities and Short Breaks

Feedback from the Public Consultation held

4 September to 10 November 2017



What this report is about



Short Break (Respite) services support people with a learning disability and / or autism to be supported away from home, which also gives their families a break from their caring role.



The National Health Service want to change the way we think about the needs carers and people have, and how we match the needs people have to the best services for them.



Respite and Short Breaks could include a night away in a hospital, care setting, hotel or other accommodation, with the right support depending on need.



The National Health Service provides Respite and Short Breaks for people in Hartlepool, Stockton-on-Tees, Middlesbrough and Redcar and Cleveland.



This report is about what people have said they want from their Respite and Short Breaks.

At the moment Respite and Short Breaks happen in two buildings:



At Aysgarth Short Term Care Unit in Stockton.

and

At 2 Bankfields Court Short Term Care Unit in Middlesbrough.



These are called bed based because people stay overnight in them.



The National Health Service have the same amount of money to spend on respite but want to use this money in a different way to support people's needs.

Lots of different people were asked about what they think about Short Breaks. This is what was found out:



90 people use respite now, but the NHS knows that more people need support for Respite and Short Breaks. Carers also need more support.



Each person who needs Respite and Short Breaks has a different level of need.



Lots of people want choice about how they have Respite and Short Breaks.



But some people don't want changes to how they already get Respite and Short Breaks.



Some people want to be supported to do more things in the community.



Some people want better support when there is an emergency and people need to go into Respite and Short Break quickly.



Young people want different things to older people.



People and their carers want well trained staff.



People do not always think transport is good enough to support people to have Respite and Short Breaks.

The ideas for short breaks in the future

Based upon ideas people said Respite and Short Breaks in the future need:



Flexible support is needed to support in emergencies



Respite and Short Breaks be used to take a holiday or be part of the community



Many people are happy in the Respite and Short Break services they already use. New services could be stressful for people.



People want money to be given to support local services so they can provide Respite and Short Breaks.



People want the choice of using their Respite and Short Breaks for either longer breaks or for shorter breaks more often.



Make sure Respite and Short Breaks are planned around the needs and choices of each person.

People were given two options to think about:

Option 1



Stop using 2 Bankfields Court and Aysgarth Short Term Care Units.



Offer different places that people could have a Respite and Short Break that people could sleep at. This could be:

- Adapted community buildings with appropriate support.
- Providing services in care settings

or

- Looking at how to support people to have Short Breaks in places like hotels.



Buy different support so people can have their Respite and Short Breaks somewhere else in the community. This could be being supported to stay over-night in the community and having things to do during the day.



Have some community services that support people who have a lot of health issues do what they want in the community. These services would be led by appropriately trained staff.



People would be able to use the different types of Respite and Short Breaks based on needs.

Option 2



Keep 2 Bankfields Court and/or Aysgarth open for people who need support overnight and want Respite in a hospital setting.



Buy different support so people can have their Respite and Short Breaks somewhere else in the community. This could be being supported to stay over-night in the community and having things to do during the day.



Have some community services that support people who have a lot of health issues do what they want in the community. These services would be led by appropriately trained staff.



People would be able to use the different types of Respite and Short Breaks based on needs

The difference between option 1 and option 2



Both options will look at making sure people's Respite and Short Breaks are about their own needs and choices.



Keeping 2 Bankfields Court and/or Aysgarth open in option 1 may mean that there is less money for community based support.



The main difference is about whether or not to keep using 2 Bankfields Court and/or Aysgarth.

This is how the views of people were collected



Sharing information about the changes in lots of different ways and with lots of different people.



Making sure information was easy to understand.



Listened to people, their families and carers to talk about the different ideas for Respite and Short Breaks.



Had an online questionnaire.

What people said about the two options



Some people said the ideas about changing Respite and Short Breaks were so confusing they could not make a choice.



Most people who did make a choice wanted option 2, keeping 2 Bankfields Court and Aysgarth open for Respite and Short Breaks.



Although people from Hartlepool did choose option 1 overall there were still a lot more people that chose option 2.

The reasons people chose option 2 were:



People asked 'why replace services that are already good?'



People did not think services provided in the community would be as good as what is already provided.



People felt that community based services would not meet the needs of people with complex health needs.



People were worried that there would be less days for people to sleep overnight at places.

The next steps



The National Health Service will use people's ideas when deciding how to provide Respite and Short Breaks in the future.



A final decision about what Respite and Short Breaks will look like in the future will be made the week commencing the 29th of January 2018. They will tell people about this.