

# Time Out



## What is Time Out?

Time Out is a service which provides support to carers and the people they care for, for a few hours at a time.



## Time Out staff:

- provide relief to carers on a regular basis
- visit people in their own homes
- provide you with company and support so that carers can take 'Time Out'
- help people to stay in their own homes
- support those who live alone
- provide person centred support
- promote well-being

## Who is Time Out for?



People who need support to:

- stay independent
- find a new hobby
- learn a new skill
- stay active and well
- socialise
- to go out and meet people
- socialise with people in their own home



Carers who may need a break from caring.

You may need time to:

- go shopping
- visit friends and family
- follow an interest or hobby
- sleep or rest
- attend appointments

## Who provides Time Out?



Time Out is part of the department of Adult Social Care Services. The Scheme has a team of casual workers employed by Time Out. They are carefully chosen and matched to the person they are visiting.



## When is Time Out provided?

It will usually be for a couple of sessions a week. There is a minimum of 2 hours weekly. The times can be between 7am and midnight and includes weekends.



## How do I apply?

You will need a Care Act Assessment from a Social Worker to access the Time Out Service.

Contact the [Independence Advice Hub](#) on 01274 435400 or by using the [online form](#) to arrange an assessment.

## What happens after the assessment?



Once Time Out receive the referral a member of the team will come to visit you. They will find out a bit more about your interests and what sort of person would be a good match for you or the person you care for.



We will then introduce you to someone we think you will get on with. If this match is not suitable we can look for someone else.



## Is there a charge?

You may need to pay towards the cost of the Time Out Service.



### **Can I get help with the cost?**

This depends on your personal circumstances.

A financial assessment will be carried out and we will let you know what help is available.



### **Do the Time Out Workers have any training?**

All Time Out Workers are fully checked and will have a DBS in place. They are also part of the Care Quality Commission regulated service, which currently has a good rating.



They have to attend training and have annual reviews as well as regular contact from a manager on the team.