

# Carers' Breaks Demonstrator Site

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## Key Findings

The respite breaks and other sources of support provided by the project have positively impacted the well-being of carers and often helped them to continue coping with their caring role.

The project has provided mentally and physically stimulating activities for people with dementia, enabling social interaction and often improving the mood and well-being of service users.

The project has often been successful in involving people with dementia who were reluctant to engage with services. This has been achieved through a person-centred approach through which relationships of trust with community support workers (CSWs) have developed.

There were variations in the support provided to carers in terms of regular breaks and input from a CSW. In cases where more support was received this tended to have had a more significant impact.

The project teams have established successful partnership (Z R U N L Q J Z L W K W K H 2 O G H U 3 H R S O H Teams (MHS)) in which they are based, and with other agencies. However, some problems with the efficiency of communication systems were identified.

Challenges faced by the project have included finding ways to meet the growing demand for the service with limited staff resources, and managing transportation needs especially in rural areas.

## Background



