

Objective

- Define community care
- Importance of person-centred and care plan
- Define respite care
- Funding
- Who are the carers
- Effect on the individual and family
- Conclusion

What is community care?

- Help available for people who need care and support to live with dignity and independence in their own home (Balloch and Hill 2007).
- Domiciliary care, equipment aids and home adaption, meal on wheels, day care or respite care (Age UK 2017).

Importance of person-centred and care plan.

- Person-centred involved negotiating a care plan to suit individuals.
- Helps organisations to provide accessible and flexible services.
- Allow clients to have greater control over their own lives (Tilly 2011).
- Care plans provide direction for individuals to evaluate of individual need.
- A guild line to all who are involved with a patients' care and need update and review at least monthly (QCS 2011).
- Reviewed by social services within the first three months, then at least annually (NHS).

Respite care

What is respite care?

- A short term care that give parents, family or informal carers a temporary break from their responsibilities (NHS 2015).
- Each client has a personal care plan that takes into account their support needs, interests, likes and dislikes, and daily routines.
- Day centred, care at home, a short stay in a care home, respite care centre, shared lives or holidays (Randell 2017).

Funding

- Free respite care through the social services department from local authority after carer's assessment.
- Family or relatives of client might have to pay extra if they want client to extend the stay which is over than the local authority is given (NHS 2015).

Who are the carers?

- Informal carers - family, relative or friends.
- Carers are trained and qualified to deal with any situation and undertake personal and domestic care as well accompanying the client to various activities (NHS 2015).

Effect on individual and family

- Engage client in social activities and opportunity to socially interact with another friendly face.
- Necessitating a change of routine and environment
- Prepare a person for better transition to full-time life in a permanent care services.
- Provide assistance and personal care on site 24 hours a day.
- Allows the regular carer to take a temporary break from their caring responsibilities (NHS 2015).

Conclusion

There are various services that available and suitable for each individual in care setting. Respite care is one of the community services that very useful for informal carers to have a break from their responsibilities. It could help them to relax and have some time off to spend and enjoy themselves.

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