

# A guide to short breaks for disabled adults and children in Dundee



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### **Acknowledgements**

This guide has been compiled by

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**About short breaks:**

We use the term 'short breaks' to describe services which provide supported accommodation for disabled adults and children who wish to take a holiday or to give carers a break from their caring role (respite). This term also covers day services and short breaks with accommodation.

Information contained in this guide is accurate at the time of going to press.

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## Introduction

This guide is for disabled adults, carers and anyone interested in services which provide short breaks. It covers services for people with special needs, care needs, health care needs, or emotional and behavioural needs.

Short breaks may be anything from a few hours to a week or two at a time. Whatever the period, it is a time when both you and your carer can pursue a change of activities, perhaps make new friends, and experience a change of surroundings. For carers, there is also the important benefit that you may well get a boost to your ability to care, physically and emotionally.

There are short break services which meet the needs of people with physical disabilities, learning difficulties, complex health needs, sensory impairment, autistic spectrum disorders, mental health difficulties, progressive illness and drug and alcohol dependency.

## How do I use this guide?

The guide deals with the questions most frequently asked by people seeking a short break. The contents page lists the sections that give answers to these questions. We hope the layout will help you find the information you need. The section on **Short Break Services in Dundee** gives information about many of the services available and where you can get help and support. To use this section, look at the table of care homes and care units on page 15 to narrow your search then look up your chosen services in the table on page 21 for more information.

## How do I arrange the break?

### Support and advice

If you have someone from Health, Social Work or Housing Services working with you, you can ask them for advice. Workers from any of these agencies can assess your needs.

If you are not already in touch with anyone who can help, contact the Social Work Department First Contact Team. If you need care for a child or young person who currently has no social worker, contact the Social Work Access Team. You can find contact details for these services on page 35.

Dundee City Council has a duty to assess the needs of children and adults who are sick and disabled, including older people. A member of staff (sometimes called the Lead Assessor) will consider your needs. This is also a chance for you to discuss short breaks.

Short breaks provided directly by the Health Service are based on your medical or health care needs. Breaks provided by or supported by the Social Work Department are based on the assessment of your care and support needs. If you need it, your social worker or care manager can arrange a break at a respite unit or care home, or commission a service from a private or voluntary sector service. Alternatively, they might arrange a Respite At Home scheme that could give you up to 24 hour care at home for a short while. You may be asked to contribute towards the cost of your break, depending on your income and savings (see page 13).

The person who assesses you may offer your carer a separate Carer's Assessment. A Carer's Assessment can help identify how often your carer needs a break to allow them to continue to provide care and support. You or your carer can ask for a Carer's Assessment. If you would prefer, you can ask for a different worker to complete the assessment. If you do not have a health or social worker contact Social Work Department First Contact Team to ask for an assessment.

### **Private arrangements**

If you prefer to make arrangements yourself, you will find private services listed in the tables of **Short Break Services in Dundee** on page 15. Contact the service to check availability and to get information on other aspects of your chosen break.

You will probably have to pay the full cost of the break. It is very important to check the costs of your chosen break before you sign an agreement. Some care homes charge a cancellation fee for bookings if you do not take them up.

You can contact the Care Commission (see page 33) for inspection reports to help you to decide if the services available match your needs. The reports cover such things as the general atmosphere of the home, the extent to which residents are consulted about their interests and their likes and dislikes, activities programme, food and kitchen arrangements, and support services such as laundry and up-keep of rooms. The reports grade the service in five important areas. Even if you have already chosen the service that is best for you it is worth comparing their grades with other services.

Have a look round the facility and ask any questions you may have before you book your break. If you are planning a long break, ask if you can have a brief stay or day visit to check it out. Try to spend some time with the staff and residents.

## **What type of break do I need?**

The options for short breaks range from a few hours to several weeks. At different times residential services, care-at-home services or day services may suit your needs.

If you have care needs, such as help with daily tasks, contact the Social Work Department for advice. They can help to plan your care and, in some cases, help with the cost. We recommend that you use a registered care service.

You should check with the Care Commission before you contact any care service to make sure they are registered. If this is difficult for you, ask your Health, Social Work or Housing worker or the First Contact Team. You will find contact details for the Care Commission on page 33.

### **1) Short breaks with accommodation**

#### **Breaks in care homes and respite-only units**

There are a number of reasons why some people choose to go away for a short break. You may want a change of scene, to have the opportunity to make new friends and take part in new activities, or to allow your carer a break at home.

Whatever the reason you want a break, you can use the tables in the **Short Break Services in Dundee** section to check on the available services. The information is based on the results of a questionnaire we sent out. We thank the services involved for their co-operation.

Although we have listed some common features, each facility provides a unique service. We recommend that you contact them to make sure their services suit your particular needs.

Some homes provide nursing care and some meet personal care needs only. Breaks will sometimes take place alongside people who stay in the home on a permanent basis and sometimes in a respite-only unit. If you have complex health care or medical needs you may be offered a break in a hospital. If you think this is what you need, talk to your health worker.

Disabled children and young people can access a family-based short break service with a registered foster carer. You can usually arrange this with your child's social worker following an assessment. Dundee City Council works in partnership with Barnardo's Side by Side Service. If your child currently has no social worker, contact the Social Work Access Team to arrange a short break (see contact details on page 35).

Before you book a break, check that the care service is registered with the Care Commission. Most services will send you a brochure and a copy of the latest Care Commission Report if you request it. You can also obtain a copy of the inspection report from the Care Commission (see page 33).

## **2) Holidays**

### **For disabled people**

You can, of course, arrange your own holiday. You can also get help to make arrangements especially if you need support when you are away from home. Holidays can take various forms; some voluntary organisations provide supported holidays, or you can arrange to hire a care worker to give support for a conventional holiday.

We have listed some information about holiday resources in the Holidays section on page 29. You can also ask the Dundee Independent Living Centre about your options. They can search the Up-Date holiday database which gives more details of holidays for disabled people (see page 29).

### **For Carers**

Some carer support organisations arrange group holidays or you can arrange your own holiday. In either case there may sometimes be financial help available towards the cost. For more information, contact Dundee Carers Centre (see page 33).

### **3) Day activity, day support, day care facilities**

Day care can be a useful way to get some respite. Day services include private and voluntary sector services as well as social work services. You can access a variety of organisations in your local community that give you the chance to take part in activities and make new friends. At the same time this can offer a break for your carer. There may be a charge for some of these services.

You can get information about activities from your local community centre, library or Dundee Carers Centre. Your local church or religious centre may provide activities you can take part in, and the same is true of some sheltered housing complexes, even if you do not live there.

The Dundee Healthy Living Initiative provides some interesting possibilities. You can find out about these on their website [www.dundeehealth.co.uk](http://www.dundeehealth.co.uk). If you do not have internet at home or need help to access it, you can ask at your local library or visit Dundee Carers Centre.

We have listed some local daytime resources in the **Day Activities** section on page 30. You can arrange day hospital services through a health professional. You should make a request for Health Service day centres or day hospitals directly to NHS Tayside staff.

#### **4) Care at home services (breaks at home through a care worker or sitting service)**

There is a wide range of Care at Home services. There are two types of service; an **enabling service** assists you to take part in activities, while a **respite service** provides the care you would normally get from your carer so they can have a break.

The Social Work Department provides some of these services directly and sometimes arranges them through another service. There may be a charge for these services depending on your income and savings. Some private agencies provide services and you can approach these yourself. We have listed care at home services for adults in the **Home Support** section on page 32.

You should arrange short breaks and enabling day services for children through a professional from Dundee Children's Services. If you do not have a children's services worker and need help to use these services, contact Dundee City Council Social Work Access Team for advice (see page 35).

#### **5) Flexible breaks**

If you have significant care needs you may be able to arrange flexible breaks through funds from the Independent Living Fund or Direct Payments. Please contact the Dundee Direct Payments Support Service for information (see page 33) or ask your health or social worker.

#### **6) Carer services**

These include residential breaks, emotional support and groups. Details of these are available from the Dundee Carers Centre (see page 33) and health and social care workers.

## **What happens in a crisis?**

There may be times when you need alternative care urgently, for example if you are ill, or your carer feels unable to cope or is admitted to hospital. It makes sense to plan for emergencies. You and your carer should get some idea of what support is available in a crisis. This should be covered in your assessment.

If a crisis occurs before you have made a plan, contact:

- your health or social worker (if you have one)  
or
- Social Work Department Access Team (01382) 434350 for children and young people or First Contact Team on (01382) 434019 for adults  
or
- Social Work Out-of-Hours Service on (01382) 432 270

Depending on your needs and what service is available, you might be offered extra support at home or a care home place. Some short-term services can support you at home. This can be up to 24-hour care if you only need care for a short time. Your emergency arrangements will be reviewed as soon as possible. The services that meet your needs in an emergency may not be the best way to meet your needs in the longer term.

As a carer, you may worry about what would happen if you were suddenly unable or unfit to arrange emergency care, for example if you became ill or injured. It might be worth spending some time planning for this. Some carers keep a card with them when they are out and about. This card can explain that you are a carer and give details of the person you care for.

## **What should I do if I cannot get the help I need?**

If you are not happy with the service you receive, discuss this with your health or social worker. You might find it useful to write things down in advance or ask someone to support you in this discussion.

If you are still unhappy about the issue, ask to speak with a manager. If this is not possible, contact the Social Work Department for advice (see page 34).

If you need support to make a query or complaint, agencies like Dundee Carers Centre and Citizens Advice may be able to help you or advise you (see contact details on pages 33-34).

You can read more about how to complain to Dundee City Council Social Work Department in their leaflet 'Your Right to be Heard'. You can get the leaflet from all social work offices including the Access and First Contact Team (see page 35).

## **Which services match my needs?**

The **Short Break Services in Dundee** section of this guide gives information about the services that are available. You can use the tables to work out which services meet your needs. You can contact many of them yourself if you wish. Your social or health worker may help you to identify a service that suits you even when you wish to make your own arrangements. Sometimes your worker will help provide a 'care plan' or written document about your care needs which many services will find useful.

Before making a decision, contact the respite service directly to ask any questions you need to make sure they meet your health and social care needs. You might be able to get help with the cost of the break (see page 13).

The services we have listed are those most often used by people living in Dundee, and are mostly within the city. If you have more specific needs, specialist services that are further away might suit you better. For example, the Calvert Trust in Northumberland offers activity breaks, while Leuchie House in North Berwick provides a specialist service for people with multiple sclerosis. Use the table of care units on page 15 to narrow your search then look up your chosen services in the table on page 21 for more information.

## **What are the costs?**

### **Short Breaks with Accommodation**

While the costs of short breaks can vary, you will not have to pay more than £200 per week if your break has been arranged by the Social Work Department. You should check the costs before you arrange care.

If you need a short break you will be offered a financial assessment so the Welfare Rights Team can decide how much help you will get with the cost. If your income and savings are below the limit of £22,500 (not including the house you live in) you may only have to pay part of the cost of your break. The most you will have to pay is £89.60 per week and a £32 flat rate charge.

If you do not want to give your financial information you will have to pay the full cost of your short break up to £168 per week as well as a £32 flat rate charge. You will also have to pay the full cost if your income and savings are more than £22,500.

When you give your financial information to the Council's Welfare Rights Team, they will assess your income and benefits. They will advise you if there are any benefits you could be entitled to. A welfare rights assistant can visit you at home and help you with the forms to apply for benefits. For contact details for the Welfare Rights service, see page 35.

### **Day Care and Care Services at Home**

The Social Work Department charges for the services you receive at home based on your ability to pay. The Welfare Rights Team will assess how much you should pay towards the cost. If you are on a low income, your care service may be free of charge.

If you do not want to give your financial information or you have savings over £22,500 you must pay the full cost of your day care service. If you give your financial information and have savings of less than £22,500, the most you will pay in any week is £89.60. You must pay a flat charge for cooked meals provided at home, in lunch clubs or in day care services, whatever your income.

You do not usually have to pay for health services such as community nursing. Some care services give you an option to purchase services privately, either through Direct Payments or your own funds. For more information about Direct Payments please contact the Dundee Direct Payments Service see page 33.

### **How do short breaks affect any benefits I receive?**

Your benefits will not usually be affected by a short break. They may be affected if you stay in a care home for more than 28 days or you return to a care home less than 28 days after your last break or if your stay is within 28 days of an admission to hospital.

If you are unsure, check with the Council's Welfare Rights Team (see page 35) or contact the office that pays your benefits.

### 1. List of services offering breaks with accommodation

	Balcarres	Ballumbie	Brae Cottage	TaysideCare Bridge View	The Bughties	Calvert Trust	Carmicheal
Age	Older adult	Older adult	Older adult	Older adults	Over 35 years	All adults	Older adult
Physical disability	√	-	√	√	√	√	√
Progressive illness	√	-	√	√	√	√	√
Learning difficulties	√	-	-	-	-	√	-
Dementia	√	√	√	√	Consider	-	√
Autism	√	-	-	-	-	√	-
Sensory impairment	√	-	√	√	-	√	-
Mental health	√	-	Might consider	-	-	-	-
Drug misuse	√	-	-	-	-	-	-
Alcohol misuse	√	-	-	-	-	-	-
Terminal care	-	-	-	√	√	-	√
Profound and multiple learning disabilities	√	-	-	-	-	-	-
Personal care	√	√	√	√	√	√	√
Nursing care	-	√	-	√	√	-	√

	<b>Clannalba</b>	<b>Craigie House</b>	<b>Forebank McGonagall</b>	<b>Sense Fleuchar Street</b>	<b>Gilburn Road Respite</b>	<b>Glenlaw</b>	<b>Harestane</b>
Age	5-60	Older adult	All adults	All adults	Children	Children	Older adults
Physical disability	-	√	√	-	√	√	√
Progressive illness	-	√	√	-	-	√	√
Learning difficulties	-	-	√	√	√	√	Might consider
Dementia	-	√	√	-	-	-	Might consider
Autism	√	-	√	√	√	-	-
Sensory impairment	-	√	√	√	√	-	√
Mental health	-	√	√	-	-	-	Might consider
Drug misuse	-	√	-	-	-	-	-
Alcohol misuse	-	√	√	-	-	-	Might consider
Terminal care	-	-	√	-	-	√	√
Profound and multiple learning disabilities	-	-	-	-	-	√	Might consider
Personal care	√	√	√	√	√	√	√
Nursing care	-	-	√	-	-	√	√

	<b>Helenslea</b>	<b>Leuchie House</b>	<b>Linlathen</b>	<b>Mackinnon Centre</b>	<b>Magdalen House</b>	<b>Meigle</b>	<b>Moyness Balhousie</b>
Age	Older adults	All adults	All adults	All adults	All adults	Older adult	Older adult
Physical disability	√	MS	√	√	-	√	√
Progressive illness	√	MS	√	√	-	√	√
Learning difficulties	-	-	√	-	√	-	√
Dementia	√	-	Consider	-	-	Would consider	√
Autism	-	-	Consider	-	-	-	√
Sensory impairment	√	-	√	√	-	√	√
Mental health	Might consider	-	√	-	-	-	Will consider
Drug misuse	-	-	Consider	√	-	-	Will consider
Alcohol misuse	-	-	Consider	√	-	-	Will consider
Terminal care	-	-	Consider	√	-	Might consider	√
Profound and multiple learning disabilities	-	-	√	-	-	-	-
Personal care	√	√	√	√	√	√	√
Nursing care	-	√	√	-	-	√	√

	<b>Mundamalla</b>	<b>Orchar</b>	<b>Penumbra Cardeas</b>	<b>Pitkerro</b>	<b>Rachel house</b>	<b>Redwood</b>	<b>Riverside</b>
Age	Older adult	Older adult	All adults	Older adult	Children	Older adult	Older adult
Physical disability	√	√	-	√	√	√	√
Progressive illness	√	√	-	-	√	-	√
Learning difficulties	-	-	-	-	√	-	-
Dementia	-	√	-	√	-	-	√
Autism	-	-	-	-	-	-	-
Sensory impairment	-	-	-	√	√	-	√
Mental health	-	-	√	-	-	-	-
Drug misuse	-	-	-	-	-	-	-
Alcohol misuse	-	-	-	-	-	-	-
Terminal care	-	√	-	√	√	√	√
Profound and multiple learning disabilities	-	-	-	-	√	-	-
Personal care	√	√	-	√	√	√	√
Nursing care	√	√	-	√	√	-	√

	Rose House	Rosebank	South Grange	South Grange Seven Arches	Speyside Trust Badaguish	St Columba's	St Margaret's
Age	Older adult	All adults	Older adult	All adults	8-60	Older adults	Older adults
Physical disability	-	-	√	√	√	√	Will consider
Progressive illness	-	-	√	√	√	√	Will consider
Learning difficulties	-	√	Consider	Consider	√	Will consider	-
Dementia	√	-	Consider	Consider	√	Will consider	Will consider
Autism	-	-	-	Consider	√	-	-
Sensory impairment	-	-	√	√	√	√	Will consider
Mental health	√	-	Consider	-	√	√	-
Drug misuse	-	-	Consider	-	-	-	-
Alcohol misuse	-	-	Consider	-	-	Will consider	-
Terminal care	-	-	√	√	-	√	-
Profound and multiple learning disabilities	-	√	-	Consider	√	-	-
Personal care	√	√	√	√	√	√	√
Nursing care	√	√	√	√	√	√	-

	<b>St Mary's</b>	<b>Tullideph</b>	<b>Tummel Upper Springland</b>	<b>Wellburn St Joseph's</b>	<b>Whitetop</b>
Age	Older adults	Older adults	All adults	Older adults	All adults
Physical disability	May consider	-	√	√	-
Progressive illness	√	-	-	√	-
Learning disability	-	-	√	-	√
Dementia	May consider	√	-	-	-
Autism	-	-	√	-	-
Sensory impairment	√	-	√	-	-
Mental health	-	√	√	-	-
Drug misuse	-	-	-	-	-
Alcohol misuse	-	-	-	-	-
Terminal care	√	-	-	-	-
Profound and multiple learning disabilities	-	-	√	-	√
Personal care	√	√	√	√	√
Nursing care	-	√	-	√	-

## 2. More information about care units offering breaks with accommodation

Name of respite provider	Respite service	Bedroom facilities	Advance booking available	Last minute booking	Can be arranged by	Suitable for people with wheelchair	Suitable for walking aids	Special dietary needs	Suitable for transfer equipment
<b>Balcarres</b>	Respite and permanent	En-suite	Yes	Yes	Self or professional	Yes	Yes	Yes	Yes
<b>Ballumbie</b>	Respite and permanent	En-suite	Yes	Yes	Self	Yes	Yes	Yes	Yes
<b>Brae Cottage</b>	Respite and permanent	Single en-suite	No	Yes	Self or professional	Yes	Yes	Yes	
<b>Bridge View (TaysideCare)</b>	Respite and permanent	Single en-suite	No	Yes	Care managers	Yes	Yes	Yes	Yes
<b>The Bugties</b>	Respite and permanent	Single en-suite	1 month ahead	Yes	Self or professional	Yes	Yes	Yes	Yes
<b>Calvert Trust</b>	Respite only	Single en-suite	1 year ahead	Yes	Self or professional	Yes	Yes	Yes	Yes
<b>Carmichael</b>	Respite and permanent	Single en-suite	No	Yes	Self or professional	Yes	Yes	Yes	
<b>Clannalba</b>	Respite only	Single	Yes	Yes	Professional	Yes		Yes	
<b>Craigie House</b>	Respite and permanent	Single en-suite	6 months ahead	Yes	Professional	Yes	Yes	Yes	Yes
<b>Forebank-McGonagall</b>	Respite and permanent	Single en-suite	No	Yes	Self or professional	Yes	Yes	Yes	Yes
<b>Sense Fleuchars St</b>	Respite only	Single en-suite	Yes	Yes	Care manager	Yes	Yes	Yes	
<b>Gilburn Road</b>	Respite only	Single	Yes	No	Shared care panel	Yes		Yes	
<b>Glenlaw</b>	Respite only	Single en-suite	Yes	Yes	Professional	Yes		Yes	

<b>Name of respite provider</b>	<b>Respite service</b>	<b>Bedroom facilities</b>	<b>Advance booking available</b>	<b>Last minute booking</b>	<b>Can be arranged by</b>	<b>Suitable for people with wheelchair</b>	<b>Suitable for walking aids</b>	<b>Special dietary needs</b>	<b>Suitable for transfer equipment</b>
<b>Harestane</b>	Respite and permanent	Single en-suite	4 weeks ahead	Yes	Self or professional	Yes	Yes	Yes	Yes
<b>Helenslea</b>	Respite and permanent	Single en-suite	No	Yes	Self or professional	Yes	Yes		
<b>Leuchie House</b>	Respite only	Single or twin	1 month ahead	Yes	Self or professional	Yes	Yes	Yes	Yes
<b>Linlathen</b>	Respite and permanent	Single en-suite	Yes	Yes	Self or professional	Yes	Yes	Yes	Yes
<b>Mackinnon</b>	Respite only	Single en-suite	1 year ahead	Yes	Care manager	Yes	Yes	Yes	Yes
<b>Magdalen House</b>	Respite and permanent	Single en-suite	No	Yes	Self or professional	Yes	Yes	Yes	
<b>Meigle House</b>	Respite and permanent	Single en-suite	4 weeks ahead	Yes	Self or professional	Yes	Yes	Yes	Yes
<b>Moyness Balhousie</b>	Respite and permanent	En-suite	No	Yes	Self or professional	Yes	Yes	Yes	Yes
<b>Mundamalla</b>	Respite and permanent	Single en-suite	4 weeks ahead	Yes	Self or professional	Yes	Yes	Yes	Yes
<b>Orchar</b>	Respite and permanent	Single en-suite	No	Yes	Self or professional	Yes	Yes	Yes	Yes
<b>Penumbra (Cardeas)</b>	Respite only	Single	Yes	Yes	Professional			Yes	
<b>Pitkerro</b>	Respite and permanent	Single en-suite	Yes	Yes	Self or professional	Yes	Yes	Yes	Yes
<b>Rachel House</b>	Respite only	Single	Yes (if already known)	Yes (if already known)	Self or professional	Yes	Yes	Yes	Yes

<b>Name of respite provider</b>	<b>Respite Service</b>	<b>Bedroom facilities</b>	<b>Advance booking</b>	<b>Last minute booking</b>	<b>Can be arranged by</b>	<b>Suitable for people with wheelchair</b>	<b>Suitable for walking aids</b>	<b>Special dietary needs</b>	<b>Suitable for transfer equipment</b>
<b>Redwood House</b>	Respite and permanent	Single en-suite	No	Possible	Professional	Yes	Yes	Yes	
<b>Riverside View</b>	Respite and permanent	Single en-suite	Yes	Yes	Self or professional	Yes	Yes	Yes	Yes
<b>Rose House</b>	Respite and permanent	Single en-suite	Yes	Yes	Self or professional	Yes	Yes	Yes	Yes
<b>Rosebank</b>	Respite and permanent	Single	1 year ahead	Yes	Self or professional	Yes	Yes	Yes	Yes
<b>St Columba's</b>	Respite and permanent	Single en-suite	Yes	Yes	Self or professional	Yes	Yes	Yes	Yes
<b>St Margaret's Home</b>	Respite and permanent	Single en-suite	No	Yes	Self or professional	Yes	Yes	Yes	Yes
<b>St Mary's Care Home</b>	Respite and permanent	Single en-suite	No	Yes	Self or professional	Yes	Yes	Yes	Yes
<b>South Grange (Care Home)</b>	Respite and permanent	Single en-suite			Self or professional	Yes	Yes	Yes	Yes
<b>South Grange (Seven Arches)</b>	Respite and permanent	Single en-suite	Only via Council	No	Professional	Yes	Yes	Yes	Yes
<b>Speyside - Badaguish</b>	Respite only	Single on request	Yes	Yes	Self or professional	Yes	Yes	Yes	Yes
<b>Tullideph</b>	Respite and permanent	Single en-suite	Yes	Yes	Professional or GP	Yes	Yes	Yes	Yes

<b>Name of respite provider</b>	<b>Respite service</b>	<b>Bedroom facilities</b>	<b>Advance booking</b>	<b>Last minute booking</b>	<b>Can be arranged by</b>	<b>Suitable for people with wheelchair</b>	<b>Suitable for walking aids</b>	<b>Special dietary needs</b>	<b>Suitable for transfer equipment</b>
<b>Tummel-Upper Springland</b>	Respite and permanent	Single en-suite	1 year ahead	Yes	Self or professional	Yes	Yes	Yes	Yes
<b>St Joseph's Wellburn</b>	Respite and permanent	Single en-suite	Yes	Yes	Self or professional	Yes	Yes	Yes	Yes
<b>Whitetop</b>	Respite only	Single	6 months ahead	No	Care manager	Yes	Yes	Yes	Yes

### **3. Contact details for care units offering breaks with accommodation**

These services were registered with the Care Commission when this guide went to print. Please make sure your chosen service(s) are currently registered before you use them. Always ask to see their inspection reports.

#### **Balcarres Residential Home**

64 Albany Road, Dundee, DD5 1NW

Contact: Lynn McLean (01382) 739 441

#### **Ballumbie Court Care Centre**

Ballumbie Road

Contact: Gill McKendrick-Brown (01382) 730 913

#### **Brae Cottage**

89 Queen Street, Broughty Ferry

Contact: Linda Weir (01382) 779 587

#### **The Bughties Nursing Home**

76 Camphill Road, Broughty Ferry, Dundee DD5 2LX

Contact: B Spence, Matron (01382) 737 856

#### **Calvert Trust**

Kielder Water, Hexham, Northumberland NE48 1BS

Contact: Sally Hemingbrough (01434) 250 232

#### **Craigie House Residential Care Home**

25 Southampton Road, Dundee DD4 7PN

Contact: Susan Turner (01382) 431 106

#### **Forebank Care Home – McGonagall House**

26 Forebank Road, Dundee DD1 2PB

Contact: Karen Millington (01382) 206 161

**Fleuchar Street, Sense Scotland Dundee Respite and Short Breaks**

5 Fleuchar Street, Dundee DD2 2LQ

Contact: Michelle Wilson (01382) 642 082

**Gilburn Rd Childrens' Respite Unit**

Gillburn Rd, Dundee DD3 0AB

Contact: Susan Morrison (01382) 436 580

**Glenlaw House**

10 Hospital Street, Kingscross Hospital, Dundee DD3 8DL

Contact: Hillary Brookes (01382) 424184

**Harestane**

122 Harestane Road, Dundee DD3 0NY

Contact: Mary Rose Saligumba, Manager (01382) 833 123

**Helenslea House**

14 Fairfield Road, West Ferry, Dundee DD5 1PL

Contact: Anne Harrison (01382) 775 076

**Leuchie House MS Respite Centre**

North Berwick EH39 5NT

Contact: Rachel Benson (01620) 892 864

**Linlathen Neurodisability Centre**

Arbroath Road, Broughty Ferry, Dundee DD5 3NN

Contact: J Barnett (01382) 480 707

**Mackinnon Centre**

491 Brook Street, Broughty Ferry, Dundee DD5 2DZ

Contact: Gail Hamilton (01382) 431 970

**Magdalen House**

41 Roseangle, Dundee DD1 4LZ

Contact: J Gibson (01382) 200 890

**Meigle Country House**

Dundee Road, Meigle PH12 8SE

Contact: Mrs Veronica Gibson (01828) 640 859

**Moyness (Balhousie)**

76 Grove Road, Broughty Ferry

Contact: Jackie Stewart (01382) 480 899

**Rachel House Children's Hospice**

Avenue Road, Kinross KY13 8FX

Contact: Sue Hogg (01577) 865 777

**Redwood House**

53 Seafield Road, Broughty Ferry, Dundee DD5 3AL

Contact: Gladys Mackay (01382) 480 173

**Riverside View Care Home**

60 Clovis Duveau Drive, Dundee DD2 5JB

Contact: Lynne Mallinson (01382) 561 667

**Rose House Nursing Home**

16 Constitution Terrace, Dundee DD3 6JE

Contact: Louise Fisher (01382) 223 903

**Rosebank Care Home**

79-85 Rosebank Street, Dundee DD3 6PS

Contact: Marion Davis (01382) 202 848

**St. Columba's Care Centre**

1 Logie Street, Dundee DD2 2QF

Contact: Angela Percival (01382) 668 854

**St. Margaret's Home**

Victoria Road, Dundee DD1 2NB

Contact: E Roche (01382) 223 865

**St Mary's Care Home**

39 Panmure Street, Monifieth DD5 4EG

Contact: Kathleen Kenny (01382) 533 376

**Speyside Trust Badaguish Centre**

Aviemore, Inverness-shire PH22 1QU

Contact: Silvie Mackenzie (01479) 861 285

**South Grange Seven Arches**

Grange Road, Monifieth DD5 4HT

Contact: Mrs Louise Millar (01382) 535 111

**Tullideph Care Home**

38 Benzie Road, Dundee DD2 2PE

Contact: Kath Stewart (01382) 646 910

**Tummel Respite Unit Capability Scotland**

Upper Springland, Isla Road, Perth PH2 7HQ

Contact: Deborah Earls (01738) 632 995

**Wellburn, St. Joseph's**

118 Liff Road, Lochee, Dundee DD2 2QT

Contact: Mother Bernard (01382) 622 212

**Whitetop Centre**

Westfield Avenue, Dundee DD1 4JT

Contact: The Manager (01382) 435 215 or 435 198

#### 4. Holidays

If you do not have the internet at home or need help to access it, ask staff at your local library or Dundee Carers Centre to look up these websites for you.

**Holiday Care** is a national charity that provides information about issues such as transport, holidays and insurance.

T: 0845 124 9971    Web: [www.holidaycare.org.uk](http://www.holidaycare.org.uk)

**Enable Scotland** has an up-to-date resource list for a variety of holidays.

T: (0141) 226 4541    Web: [www.enable.org.uk](http://www.enable.org.uk)

**Capability Scotland Holiday Information** gives guidance on accessible holidays, including accommodation, activity holidays and holiday companies.

T: (0131) 313 5510    Web: [www.capability-scotland.org.uk](http://www.capability-scotland.org.uk)

**Alzheimer Scotland** has an information sheet on arranging holidays

T: (0131) 243 1453    Web: [www.alzscot.org](http://www.alzscot.org)

**Door to Door** gives disabled people comprehensive information about transport, and advice about travelling using all forms of transport.

Web: [www.dptac.gov.uk/door-to-door](http://www.dptac.gov.uk/door-to-door)

**Vitalise** (formerly the Winged Fellowship Trust) provides short breaks in a holiday environment, for disabled people and carers, in five centres across Britain.

T: 0845 345 1972    Web: [www.vitalise.org.uk](http://www.vitalise.org.uk)

**Chest, Heart and Stroke Scotland** has an advice line staffed by nurses who can give information and advice about going on holiday.

T: 0845 077 6000

**Dundee Independent Living Centre** has the Update database of holidays that are suitable for disabled people. Staff are happy to discuss your needs over the phone or you can make an appointment to visit the Centre at Charles Bowman Avenue, Dundee.

T: (01382) 307 635

## 5. Day activities

These services were registered with the Care Commission when this guide went to press. Please make sure your chosen service(s) are currently registered before you use them. Always ask to see their inspection reports.

<b>Day provision</b>	<b>Location</b>	<b>Phone number</b>	<b>Who is it for?</b>	<b>How to access the service</b>
Anton House Ogilvie Centre	5 Forthill Road, Dundee	(01382) 779 116	Adults with varying abilities	Ask your health or social worker or Contact SWD First Contact Team
Age Concern Broughty Ferry	Brook Street Broughty Ferry	(01382) 776 002	Older adults	Ask your health or social worker or Contact the centre
Age Concern Dundee	Fiveways Club, Caird Avenue, Dundee	(01382) 825 624	Older adults	Ask your health or social worker or Contact the centre
Alzheimer's Day care	Whitfield Parish Church, Haddington Crescent, Dundee	(01382) 509 002	Adults with dementia	Ask your health or social worker or Contact the centre or Contact SWD First Contact Team
Alzheimer's Day care	The Oaklands Centre (See below)	(01382) 435 900	Adults with dementia	Ask your health or social worker or Contact the centre or Contact Alzheimer's Society (0131) 243 1453 or Contact SWD First Contact Team
Jean Drummond Centre	Earl Street, off Liff Road Dundee	(01382) 622 100	Adults With learning disability	Ask your health or social worker or Contact SWD First Contact Team

<b>Day provision</b>	<b>Location</b>	<b>Phone number</b>	<b>Who is it for?</b>	<b>How to access the service</b>
Mackinnon Skills Centre	491 Brook Street, Broughty Ferry	(01382) 431 970	Adults with physical disability who wish to acquire or improve skills	Ask your health or social worker or Contact the centre or Contact SWD First Contact Team
Midlin Centre	59 Pitkerro Road, Dundee	(01382) 506 450	Older adults	Ask your health or social worker or Contact the centre or Contact SWD First Contact Team
Kemback Street Centre	10 Kemback Street, Dundee	(01382) 438 811	Adults With learning disability	Ask your health or social worker or Contact SW First Contact Team
'Out And About' enabler service	Various community bases	(01382) 435 340	Adults with learning disability	Ask your health or social worker or Contact SWD First Contact Team
The Oakland Centre	Morven Terrace, Dundee	(01382) 435 900	Older adults	Ask your health or social worker or Contact the Centre or Contact SWD First Contact Team
Wellgate Day Centre	Ladywell Avenue, Dundee	(01382) 435 335	Adults with learning disability	Ask your health or social worker or Contact SWD First Contact Team
Whitetop Centre	Westfield Avenue, Dundee	(01382) 435 198	Adults with profound and multiple learning disability	Ask your health or social worker or Contact Social Work First Contact Team

## 6. Home support

These services were registered with the Care Commission when this guide went to press. Please make sure your chosen service(s) are currently registered before you use them. Always ask to see their inspection reports.

	<b>Contact details</b>	<b>Privately arranged service</b>
Allied Healthcare Group	4 Kinnoull Street, Perth T: (01738) 624 334	Available
Carewatch Tayside	25a Cleghorn Street, Dundee T: (01382) 646 622	Available
Cornerstone	22 City Quay, Camperdown Street, Dundee T: (01382) 220 238 or 248	Available
Crossroads Care Attendant	Argyll House, Marketgait Dundee T: (01382) 322 455	Available
Crossroads and Dundee City Council Respite at Home Service	Social Work Department T: (01382) 307 635	Not available
Dundee City Council Home Care and Social Care (all needs)	Social Work Department T: (01382) 307 635	Not available
Elite Care (Scotland) Ltd	4 Alfred Place, St Andrew's T: (01334) 472 834	Available

## **7. Where to get help and support**

### **Barnardos Side By Side Service**

1 Dudhope Terrace, Dundee DD3 6HG

T: 01382 228834

Placements are arranged with family based foster carers. There are full-time placements for disabled children and young people as well as short break placements.

### **The Care Commission (Scottish Commission for Regulation of Care)**

Compass House, 11 Riverside Drive, Dundee DD1 4NY

T: (01382) 207 200

Contact the Commission to check that the services you are interested in are currently registered or to ask for copies of their inspection reports. For care services in Dundee ask for Central East Region.

### **Dundee Carers Centre**

Telephone House, 21 Ward Road, Dundee DD1 1ND

T: (01382) 200 422

Dundee Carers Centre provides 1:1 support and information to carers and disabled people. The Centre has an outreach service, a Welfare Rights Service, a Young Carers Project and a BME service for people from minority ethnic communities. They also organise regular groups and activities for disabled people and carers.

### **Dundee Direct Payments Support Service**

Thomas Herd House, 10-12 Ward Road, Dundee DD1 1LX

T: (01382) 226 440

The Direct Payments Support Service can provide information and support to disabled people who wish to manage their own care needs using direct payments from the local authority.

## **Citizens Advice Bureau**

Central Library, Wellgate Centre, Dundee DD1 1DB  
T: (01382) 227 171 or 172

The Dundee Citizens Advice Bureau offers free confidential, impartial and independent information, advice and assistance. They can help with a wide range of issues.

## **Dundee Healthy Living Initiative (DHLI)**

Mitchell Street Centre, Mitchell Street, Dundee DD2 2LJ  
T: (01382) 435 824  
Web: [www.dundeehealth.co.uk](http://www.dundeehealth.co.uk)

DHLI provides activities in a variety of local centres. Activities include healthy eating courses, stress management and physical activities. Contact DHLI or look at their website for more information. You can ask staff in your local or Dundee Carers Centre to look up the website for you.

## **Shared Care Scotland**

[www.carebreaksscotland.org](http://www.carebreaksscotland.org)

This is an online service to help you search for a short break that suits your needs. If you need help to access the internet, ask staff at your local library or Dundee Carers Centre.

## **Social Work Department, Dundee City Council**

### **Dundee Independent Living Centre**

Unit T, Charles Bowman Avenue, Claverhouse West Industrial Estate, Dundee DD4 9UB  
T: (01382) 307 635

You can contact or visit the centre for information on practical aspects of coping with a disability. They have access to a wide range of information on equipment and services. You can sample equipment and get advice on practical ways to overcome your problem. The centre staff can also give you information about holidays for people with a disability.

**Access Team (Children and Young People)**

Social Work Department, 11 Castle Street, Dundee DD1 3AA

T: (01382) 434 350

The Access Team accepts requests for social work services for people under 16.

**First Contact Team**

Social Work Department, 11 Castle Street, Dundee DD1 3AA

T: (01382) 434 019

The First Contact Team is the first point of contact for people aged 16 and over who do not have either a district nurse or an active social worker.

**Out-of-hours service**

T: (01382) 432 270

Call this service if you have an urgent problem or crisis when the main offices are closed. This social work service is for all ages.

**Welfare Rights Service**

Social Work Department, Suite A, Market Mews, Market Street, Dundee DD1 3LA

T: (01382) 438 190 or 431 167

The Welfare Rights Service provides an information and advice service on money matters including benefits advice, poverty, representation and debt counselling.

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In association with:



Dundee Carers Centre is a registered charity - Scottish Charity Number SCO24115