

Who are CASS?

The Carers Association Southern Staffordshire (CASS) is a registered charity providing confidential advice, information and emotional support to carers of any age living within the districts of Cannock Chase, East Staffs, Lichfield, South Staffs, Stafford and Tamworth.

CASS offers advice, information and emotional support to individual carers either on the telephone, through home visits and a range of printed material including the newsletter 'Aspects'.

CASS run monthly carers groups and Alzheimer Cafés and offer a regular programme of activities for carers. There are also specialist services for young carers, mental health carers and people with progressive neurological conditions and their carers.

For more information about any of the services offered by CASS, please contact CASS Advice Line on 01785 606675



Contact details

For an application form or more information, please contact the Carers Break Fund Administrator on **01785 222365**

or by email enquiries@carersinformation.org.uk



Supported by:

South Staffordshire 
Primary Care Trust

**CARERS ASSOCIATION
SOUTHERN STAFFORDSHIRE**
Company Limited by Guarantee in England and Wales
Registered No: 4184030
Registered Office:
The Carers Centre
Austin Friars
Stafford
ST17 4AP
Registered Charity No: 1086979

General office opening hours: Monday to Friday 9am - 5pm

CASS is an equal opportunities employer and embraces service user equality and diversity

Telephone: 01785 222365 (Admin)
Fax: 01785 220665

Email: enquiries@carersinformation.org.uk
Website: www.carersinformation.org.uk



Carers Health Respite Break Fund



**Funding from South Staffs
Primary Care Trust to enable
carers to take a break from
their caring role**

South Staffordshire 
Primary Care Trust



Carers Health Respite Break Fund

Are you a Carer?

Many carers simply don't recognise themselves as carers, seeing themselves as wives, husbands, sons, daughters or parents of someone who has a disability, illness or requires more help as they get older.

Taking a Break

We all know how important it is to have a break, particularly a good night's sleep especially when you are providing regular and substantial care to someone who needs your help.



To help carers achieve this, money has been allocated by South Staffs Primary Care Trust to a carers health respite

break fund which can pay for:

- someone to provide overnight care in your own home, so that you can have an unbroken night's sleep
- provide care for daytime or evening in your home, so you can have a social or leisure break
- utilising assistive technology (gadgets) provision of support monitoring and reassurance
- funds to pay for additional support for example if you want to take the cared for out with you in the day time, but not actually undertake the care yourself
- all funds may be used to pay for an agency care worker or family member or friend to provide care

Who can receive the Carers Health Respite Break Fund?

This fund is administered on behalf of South Staffs Primary Care Trust by the Carers Association Southern Staffordshire (CASS). It is available to carers living in the districts/boroughs of Stafford, Cannock Chase, South Staffs, Lichfield, Tamworth and East Staffs, who provide regular and substantial care.



Allocation is currently limited to one application per caring household per year.

Please note that as this is a health funded service, it is free at point of delivery and no contribution is required.

How can I apply?

Carers can apply at any time but the full fund can only be used in a 12 month period and applicants will be advised of the decision within two weeks of receipt of the application.