Time to Share
A holiday with a difference

For people living in Falkirk and Stirling Council Areas
Introduction

This leaflet tells you about our *Time to Share* scheme which is available for people within the Council areas of Falkirk and Stirling.

We have several people who are called *Time to Share* carers, who offer hospitality in their own homes and provide a short break for people for a few days or more.

What is it for?

People have different reasons for using our *Time to Share* scheme and each one will get different things out of the break.

Everyone who uses the scheme will have received a diagnosis concerning their memory loss. The carer will have special understanding of what that involves and will be especially sensitive to both physical and emotional health.

What does it provide?

For most people, the experience is like a holiday in a friend’s home. There is plenty of opportunity to enjoy a different environment, spend time with the family and get involved with their daily activities and will also give you the opportunity of taking part in your own special interests. The carer is a person who will listen to you and be sensitive to how you are feeling.
You are offered breaks, spread throughout the year. The length of each visit can vary according to circumstances.

**Who are the Time to Share Carers?**

There is no blueprint for an ideal carer. Basic requirements include flexibility, adaptability, energy, time and a willingness to offer short periods of care in their own home. It is expected that the carer would have some experience of caring and enjoy working with people.

The carers will be as different as the people who stay, each with their own background, interests, family life and personality. We try very hard to match people so that they will get on well together. To do this, we are grateful if you can tell us a bit about your likes and dislikes, the kind of routine you enjoy and something of your own background.

**Time to Share** carers have been very carefully selected and trained. They are supported by the Project Workers of our scheme. Their homes have been assessed by appropriately qualified people and issues of health and safety have been addressed.

**How much will it cost?**

Please speak to one of our team regarding the exact cost of your holiday. You or a person you have nominated will be sent a bill soon after the break. You will not need to give any direct payment to the **Time to Share** carer.
The break will feel very much like a holiday with opportunities to go out and about and enjoy different experiences. Although the basic costs are met, most people like to have some spending money so that they can make small purchases, or contribute to the cost of the outings, if they should choose. Special items for day to day use can also be brought with you.

**Medication**

If you take medication, then please let us know so that we are aware of this and an appropriate form can be completed.

**How can you use the scheme?**

If you were interested in the Time to Share scheme, we would come out and tell you more about it and introduce you to one of our carers. Introductions would be very gradual so that there is an opportunity to build up a relationship with the carer before you actually go to stay.

Even then, we would start slowly building up to one or two nights. After that, we would arrange breaks on a flexible basis which would suit both you and the Time to Share carer.

In some circumstances, there is an opportunity for people to have a break with their partner.
What makes the scheme so special?

It works very well for many people who enjoy the normality of staying in a domestic home and the opportunity to develop a special relationship with one carer and their family.

We know that it’s hard to always get it right, therefore we would welcome both your comments and complaints. We depend on you to help us shape and develop the scheme.
For further information and details of any new resources, contact us at:

**Joint Dementia Initiative**

**Dollar Park, Camelon Road**

**Falkirk FK1 5RU**

**Tel: (01324) 501730**

**Fax: (01324) 501731**

If you would like this information in another language, Braille, LARGE PRINT or audio, please contact your local Social Work office.

**Polish**
Jeżeli chciałbyś/chciałabyś uzyskać owe informacje w języku innym aniżeli język angielski, w języku Braille’a, w DUŻYM FORMACIE lub zapisane na kasetach audio skontaktuj się z lokalnym biurem Opieki Społecznej (social work office).

**Lithuanian**
Jeigu jūs norėtumėte gauti šią informaciją kita kalba, Brailio šriftu, stambiu šriftu ar įgarsintu, prašome susisiekti su jūsų vietiniu socialines rūpės ofisu.

**Arabic**
إذا كنت بحاجة إلى هذه المعلومات بلغة أخرى، فلا تتردد، حاول من خلال مكتب خدماتك المحلي.

**Urdu**
آپ کو یہ اطلاعات دیگر زبان میں، یا برا일 میں، یا بڑھ کر پڑھ سکنے والے انداز میں آپ کے لئے آسانی سے منا سکتے ہیں۔

**Chinese**
如果你希望獲得此份資料的其他語言，凸字，大號字印刷或者錄音格式，請與你附近的社會工作辦公室聯絡。

**Punjabi**
ਅੱਠ ਜਾਂ ਜਾਂ ਵਿਚਕਾਰਕੀ ਨਾਮ ਦੀ ਵੀਡੀਓ ਵਿੱਲ, ਫਿਸ਼ਲਾਂ, ਵੇਬ ਵੀਡੀਓ ਦੀ ਅਧਿਕਾਰਾਂ ਦੀ ਰੱਖਣ ਦਾ ਮੰਤਵ ਕੀਤਾ ਜਾਵੇਗਾ ਤਾਂ ਉਸ ਵਿੱਚ ਸੰਨਿਆਸ ਵਿੱਚ ਸਮਾਗਮ ਦੇਖਾਵੇ ਅਧਿਕਾਰਾਂ ਨੂੰ ਕਾਰਜਕ ਅਧਿਕਾਰਾਂ ਦੇਖਾਵੇ।