

Make a Referral

To make a referral, please call 0121 553 6483 or email info@sandwellcrossroads.org.

Alternatively, for someone to call you back to discuss your options, please complete, cut out and return this form to:

Crossroads Caring for Carers,
494 Wolverhampton Road,
Oldbury,
West Midlands,
B68 8DG

Your name:

.....

Your Contact Number:

.....

Your email address:

.....

Crossroads Caring for Carers is committed to protecting your data. By providing us with any personal information you consent to the terms and conditions of our Privacy Policy, available at www.sandwellcrossroads.org

Contact Us

Call us now

0121 553 6843

Monday to Thursday: 8.30am - 4.30pm

Friday: 8.30am - 4pm

or email:

info@sandwellcrossroads.org

For more information visit:
www.sandwellcrossroads.org

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494 Wolverhampton Road,
Oldbury,
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Find us on



Registered charity number: 1040679. A company limited by guarantee.
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Respite Breaks

For Family
Carers in
Birmingham



Respite Care from Crossroads

When you care for another person, taking time out for yourself if you need to is important for your own health and wellbeing.

Our respite breaks allow you to take a break from your caring role, whilst your loved one is cared for by one of our fully trained Care Support Workers in the comfort of their own home.



We can provide free respite breaks for carers living within the Birmingham area, who care for people who have a palliative condition, or have a dementia.

Respite breaks can be delivered flexibly to suit your needs.

We recognise the importance of feeling that your family member is in safe hands.

We pride ourselves on the quality of care our staff provide, which is person-centered to meet the needs of individuals.

How can we help?

We provide practical support for palliative care patients and those with a dementia -during the day or night - to enable you to have planned respite for an agreed number of hours to allow you have a short break, to recharge your batteries.

We will work with you to ensure that your loved one's care choices are met and their wishes are catered for.

Working with you, we can also help you to maintain your own health and well being, to help you to relax and keep up the mental and physical strength required for your caring role.

- **For family carers in Birmingham**
- **Flexible respite breaks**
- **Person-centred quality care**

Care with dignity and respect

Our respite care is delivered with dignity and respect, with due regard to both individuality and confidentiality.

The service is appropriate to sex, ethnic origin, religion and disability, maintaining the individual wishes of both you as a family carer and your loved one.

We provide opportunities for you to feedback on the care provided to ensure and achieve continuous improvement in the quality of our service.



This is a free service, funded by:

NHS
Birmingham and Solihull
Clinical Commissioning Group