

Funding and Registration

Carers are able to seek guidance on services, support, respite and learning as well as a whole host of other information on a variety of topics and issues.

As part of our Carers HUB at PKAVS, our Day Respite Care Services are operated through funding from Perth & Kinross council and other charitable trusts. We are associated with the 7 national carer's organisations within Scotland.

Our Day Respite Centres are registered and inspected by The Care Inspectorate and have paid staff and volunteers who are trained and supported to provide a service which is of a high standard. A copy of Staffing Requirements, Inspection Reports and Policies & Procedures are available in all Day Respite Centres. The manager of the service is registered with the Scottish Social Services Council (SSSC).

How can you find out more about our Respite Centres?

If you are an unpaid carer or a professional the best way to find out about the Day Respite Centre is to come in and talk to one of the team and find out from others who attend what it offers them.

Or you can contact Laura McKenzie or Linda McGougan on **01738 567076** or email Laura.McKenzie@pkavs.org.uk or Linda.McGougan@pkavs.org.uk.

If you like to use the internet our website has lots of information, advice and contacts specifically for unpaid carers www.pkavscarershub.org.



What happens next?

We welcome anyone who would like to make a referral. To do so please contact:

PKAVS Adult Carers Service
Tel: 01738 567076
Email: laura.mckenzie@pkavs.org.uk

PKAVS Carers Hub supports:
Adult Carers
Young Adult Carers
Young Carers

Follow us:



To find out more about PKAVS visit:
www.pkavs.org.uk

The Gateway,
North Methven Street, Perth, PH1 5PP
Tel: 01738 567076 Email: admin@pkavs.org.uk

Perth & Kinross Association of Voluntary Service Ltd (PKAVS) is a registered Scottish charity (SC 005561) and a company limited by guarantee (86065)



PKAVS Carers HUB Respite Services



£25 per Day

Our Respite Centres

PKAVS is the leading charity enhancing lives and connecting communities throughout Perth & Kinross

www.pkavs.org.uk

About our Services

Unpaid carers in Perth & Kinross can access respite through our Day Respite Services and have a break from what can sometimes be an all-encompassing role. Unpaid carers can feel assured that the person they care for is receiving first class care by our experienced team of staff.

We have two Day Respite Services one in Perth and one in Blairgowrie:

Perth Day Respite Services

PKAVS, The Gateway,
North Methven Street, Perth

Blairgowrie Day Respite Services

Ratray Community Hall,
Balmoral Road, Ratray, Blairgowrie



Our Day Respite Services are aimed at:

- Providing flexible and long term respite for carers who may feel isolated: either physically, geographically, socially or emotionally
- Enabling the cared for to live as independently as possible for as long as possible

Activities are organised on a daily basis and include board games, quizzes, guest speakers and other organised activities such as gentle exercise, relaxation techniques, baking, painting and crafts.

We also regularly have day trips and organised holidays for both carers and those they care for.

Individuals who attend the Day Respite Centres may become involved in fundraising activities, baking and helping others who attend the Day Respite Centre.

Drop-in - Once you are registered with our Day Respite Centres you can access our service at shorter notice. We know that there may be times in your caring role that you require emergency respite and our staff will do all that they can to support you at these times.



Who may attend?

Those who do not require complex personal care. There are limited spaces and therefore assessments are carried out taking in to consideration the needs of the cared for and the benefits to the carer. The Day Respite Centres are for adults over the age of 18. There are services for those under 18 years of age and we will be happy to provide you with information should you contact us for details.

When can I attend?

Any days between Monday and Friday in Perth and Tuesday, Wednesday or Friday in Blairgowrie. Some people come for 1 day and some people come for all 5 days.

Is there a cost?

Yes. We charge £25 per day.

What does this cost include?

5 hours at the day club, a three course lunch, refreshments, fully trained staff and organised activities.

Do you offer transport?

Yes. However this is limited by the area we can cover and spaces in our buses. We would urge you to get in touch to discuss your own requirements.

We understand that many carers are looking after someone with complex needs and it may be that our Day Respite Centre would not be suitable to meet the needs of everyone.

If you are caring for someone with more complex needs we would urge you to contact us informally in the first instance to discuss these with our staff and they will advise you on whether the service would be suitable. We would endeavour to signpost you to an alternative service within Perth & Kinross if necessary.