

The Home Day Care Coordinator is responsible for:

- Finding and assessing guests for the scheme
- Arranging transport to the hosts home
- Offering initial and ongoing training
- Providing support for hosts and their guests

How Do I Become a Guest?

Referrals are made directly to Age UK Carlisle and Eden – from our own staff, or by Adult Social Care, Health professionals, other voluntary organizations, friends, family or the guests themselves. Once a referral has been made the prospective guest will be visited in their home by the Home Day Care Coordinator who will explain the scheme to them.

Each Guest:-

- Makes a contribution of £6 to the host each time they attend Community Home Day Care.
- Receives any required ongoing support from Age UK Carlisle and Eden

Transport

Unfortunately the organization is unable to provide transport to the host's home. Family and friends often take on the role. Age UK Carlisle and Eden will assist those who require help to access transport to identify local provision, although there will be an additional cost for this.



COMMUNITY HOME DAY CARE

For Further Information, Please Contact:

Mrs Alison Davies (Home Day Care Coordinator)

Tel: 01228 536673

Age UK Carlisle and Eden's Community Home Day Care Scheme has been running now for more than 18 years and has been heralded as a model of good practice nationally. In 1999 the Social Services Inspectorate described it as "an imaginative innovation for providing services in remote rural areas". It has indeed proved to be a successful response to the needs of older people in Carlisle and rural Eden.

What Happens at Home Day Care?

The project involves a volunteer host opening up their home once a week or fortnight to 3 or 4 local older people. In the host's home guests enjoy a nutritious two course meal, a friendly caring atmosphere and stimulating activities – and above all, the company of others.

We have also successfully piloted the idea of using suitable village hall premises as a venue for Home Day Care.

The Benefits of the Scheme

Our scheme aims to address the issue of social isolation – and all the negative physical, emotional and mental consequences that may follow – for older people in rural area. It provides a community based solution to the difficulties facing older people who are reaching a stage in their lives where their independence and quality of life is beginning to be challenged.

Our guests tell us that their day with their hosts gives them a feeling of being cared about and many of them have said how they are made to feel part of the family. The scheme provides an

opportunity for guests to be listened to and of becoming a valued member of a group of friends.

"it makes a difference to our lives, we go home feeling refreshed after a day away from our own four walls."

"(the host) positively radiates loving kindness, my Thursday visits to her home are certainly the highlight of the week – we feel like one big family. We share our joys and sorrows in an atmosphere of cushioned comfort and warmth, crowned by beautifully cooked meals."

Our Hosts

All our hosts say that they find their role an enjoyable and rewarding one through which they may find a fresh purpose in life, acquire fresh interests and make new friends. Age UK Carlisle and Eden is always pleased to hear from anyone who is interested in the scheme and may be thinking about becoming a host.

Potential hosts are invited to meet the Home Day Care Coordinator and have the opportunity to visit one of the established schemes – to find out about Home Day Care at first hand.

Once someone has been accepted as a new host they receive full training and ongoing support from Age UK Carlisle and Eden.

Hosts receive an honorarium (£12) every time they hold a session in their home.

Sessions can be held weekly or fortnightly.

The average number of guests in a group is four.