

PHB Respite Break Considerations

Part 1: About You

Name:	
Date Of Birth:	
NHS Number:	
Address:	
Email Address:	
Phone Number:	
Preferred Contact Method:	

Part 2: About Your Respite

Tell us a bit more about your respite/holiday:

Dates	
Country	
Place/Address	
Accommodation Type	
Number of rooms	
How are you getting there?	

Part 3: Your Costs

Please provide costs for what you would expect to pay if you were travelling on your own.

Travel	£
Accommodation	£
Transport	£
Travel Insurance	£
Other (please describe)	£
Total	£
Can you afford to cover these costs?	
If no, how are you planning to cover these costs?	

Part 4: Additional Carer Costs

Please provide costs for all PAs (Personal Assistants) you need to take with you for your respite/holiday which are not already included in your care package, e.g., their salary etc.

Travel	£
Accommodation	£
Transport	£
Travel Insurance	£
Other (please describe)	£
Total	£

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Part 5: Additional Costs

Please list any costs you have quotes for which need to be taken into consideration, e.g. the extra cost of accessible transport above & beyond the standard transport costs you would normally pay for yourself, the cost of hiring or taking medical equipment with you.

Accessible Transport	£
Medical Equipment	£
Other (please describe), e.g. excess baggage cost	£
Total	£

Part 6: Have You Considered?

You can't plan for absolutely everything, but have you thought about:

Who is going to be providing your care?	
How many people will you need to take with you?	
How many hours/days are they going to be working?	
Is this arrangement within the working time regulations?	
What will you do if your PA becomes ill or is unable to work?	
Will you be using any of your own equipment used during Respite Break?	
Does respite venue have any equipment they can provide?	
Does the respite venue have appropriate disabled access and facilities for you?	
Do you and each person travelling with you have an EHIC/GHIC card ?	
Do you and each person travelling with you have adequate holiday travel insurance cover with all of your conditions declared and adequate repatriation cover?	

This is not an exhaustive list, so you may wish to add your own questions specific to your own circumstances.

Note

When submitting this document to your ICB panel for consideration, remember to include as many additional attachments with pricing quotes/costs as you can. Be as accurate and honest as possible with all the information you provide. If it is discovered you have been dishonest with any information supplied or misspent approved monies, your ICB will ask you to repay approved additional costs when you are next audited and it may impact your future request successes at subsequent panels.