

CARIAD (Step Up/Step Down) Scheme



Social Services



What is the CARIAD Scheme?

CARIAD stands for Collaborative Assessment Reducing Interventions, Admissions and Delayed transfers of care.

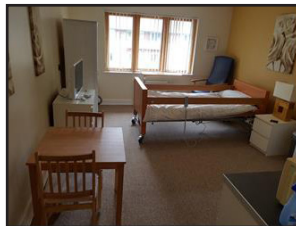
The CARIAD scheme (sometimes referred to as the step up/step down scheme) is a way of enabling people to 'step-down' from hospital when their treatment has finished and they no longer need to be there, but may require a further period of assessment in an alternative setting.

Similarly, in order to avoid admission to hospital, the CARIAD scheme can also be 'stepped up' from their homes to be cared for in a different setting with additional support.

The CARIAD scheme has been set up to try to:

- Prevent unnecessary admission to hospital if you have had a short-term illness or injury
- Reduce the risk of your admission/ re-admission to hospital
- Shorten the length of time that you stay in hospital if you are medically stable and need help with rehabilitation

The aim is to rehabilitate you so that you will be able to return home or to another appropriate care setting.

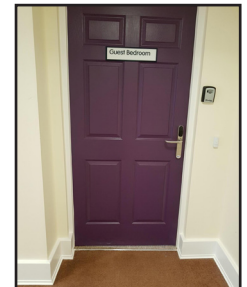


Stepping Down from Hospital

To be supported through the CARIAD scheme you must be medically stable and be unlikely to benefit from further time in hospital, be deemed unable to go straight home because of identified needs.

This could be for a number of reasons such as you: -

- Have a plaster cast or other issues affecting your mobility
- Have been in hospital for some time and need a staged return home
- Want to return home but we still need to establish the level of care you will need
- Returning home has been put back because of delays in setting up home care, obtaining equipment or carrying out repairs or adaptations
- Waiting for your home to have hazards removed that could cause risks to your health and well-being
- Have a carer who is unavailable for a while
- Have accommodation problems, but not homelessness
- Need rehabilitation to build your confidence and independence in a more supportive environment
- Support people awaiting complex care packages so they can return home



Stepping Up from Home

To be supported through the CARIAD scheme you need to have been assessed as needing additional care and support that could be provided in a more supportive environment. The aim of this will be to: -

- Support your independence and well-being through a period of assessment in an environment that's more appropriate than a hospital
- Avoid unnecessary attendance to hospital emergency departments
- Support Reablement and further rehabilitation
- Provide further assessment of people perceived as being on the borderline of needing residential care but may not have considered the option of warden controlled accommodation

How long do I have to stay in the CARIAD scheme?

People are normally ready to go home in 4 to 6 weeks of moving to a CARIAD scheme. However, this is based on individual need and we will discuss this with you should you need to stay for a shorter or longer period of time.



Where will I be cared for ?

Within the Blaenau Gwent CARIAD scheme there are 4 locations. Each location is able to supply support depending upon your needs. These are:-

- Llys Nant-Y-Mynydd Housing with Support Scheme (Extra Care) based in Nantyglo which has a fully accessible adapted flat. There is a restaurant on site as well as laundry facilities and other activities
- Llys Glyncoed Housing with Support Scheme (Extra Care) based in Ebbw Vale which has a fully accessible adapted room. There is a restaurant on site as well as laundry facilities and other activities
- Red Rose Care Home in Ebbw Vale which provides both Nursing and Residential type care and support. The accommodation provides rooms and is a registered care home with access to qualified Registered Nurses and Care Staff 24hrs a day
- Ty Scott Sheltered Housing Complex in Tredegar which has a fully furnished flat available and is linked to a community alarm service. There is a kitchen, lift, laundry facilities and support can be provided if needed during your stay. Warden is on site between 9am and 5pm



What happens when you are in the CARIAD scheme?

While you are in the CARIAD scheme you may be provided with support and input from the Blaenau Gwent Community Resource Team. The team is made up of Social Workers, Intermediate Care Consultant, Occupational Therapists, Physiotherapists, Rapid Response Nurses, Health and Wellbeing Support Workers.



While you are part of the CARIAD scheme, the support provided will be tailored to your needs and any goals or outcomes that you may have will be discussed with you and support provided to enable you achieve them.

Before you leave hospital or your home a Health professional or a Social Worker will discuss your needs and explain to you if they think you may benefit from the CARIAD scheme.

Is there a charge?

There is no charge when staying in any of the CARIAD schemes. Lunch will be provided free of charge if you are temporary residing in Llys Glyncoed or Llys Nant-Y Mynydd.

Case Studies

Mrs B

Mrs B was admitted to the CARIAD scheme following her discharge from hospital due to a fall. Mrs B wasn't quite ready to go home but didn't need to stay in hospital so a stay was arranged to step down to the CARIAD scheme in a care home. While there she chose to apply for sheltered housing as returning to her house was no longer suitable and she was struggling to manage the stairs. Mrs B moved into a ground floor flat in a sheltered scheme and received support to help her manage day-to-day activities until she was familiar with her new home and environment and able to manage independently.

Mr E

Mr E was admitted to the CARIAD scheme following the death of his partner. Mr E was struggling to cope with looking after himself. However, with support and encouragement Mr E became more and more independent, he eventually left the care home and went to stay in the extra care flat. Mr E continued to receive reablement support with day-to-day activities such as personal care until he built his confidence and ability to do them himself. Mr E then left the extra care flat and now has his own flat and no longer needs any support as he is independent.

Mr C

Mr C had been in hospital for several weeks but needed some adaptation work to be undertaken to his own home and it was unsafe for him to return there until the work was done. As Mr C no longer needed to be in hospital while this work took place, he was discharged to a step down bed and eventually when completed returned to his own home.



For Further Information

If you would like further information, please discuss the CARIAD scheme with your Discharge Liaison Nurse, Ward Sister/Manager, Occupational Therapist, Physiotherapist or Social Worker.

Notes 

To receive this information in Braille, large print, electronically or on audio tape please contact the Information Officer on (01495) 354630.

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www.blaenau-gwent.gov.uk