



## Why should I use respite?

### **What is respite?**

Respite is when the person you care for, is cared for by others to enable you to have an important break and refresh.

### **Benefits of respite:**

- ✔ Gives carers time to look after themselves and their own needs such as going to work, a social engagement, an appointment or a volunteer commitment. Longer periods of respite for carers can be arranged overnight or for a few days to recover from illness or surgery or other emergency situation.
- ✔ Prevents social isolation by providing carers with opportunities to meet with friends or attend a support group.
- ✔ Supports the social participation of the person they care for and their ability to pursue activities of interest.
- ✔ Helps keep the carers healthy and improve the quality of care they provide.
- ✔ Sustains carers so they can continue their caring role and the person they care for can stay at home longer.
- ✔ Provides carers and the people they care for with an experience of different care facilities that may be required in the future.



## Respite can be:

- ✔ Reliable, flexible and tailored to meet the needs of the carer and the person they care for.
- ✔ Incorporated in the early stages of caring and as part of an ongoing plan for support and assistance.
- ✔ Planned in advance to reduce the likelihood of emergencies due to carer strain.

## Respite is not:

- ✘ Just a short break. Instead respite should be incorporated in the early stages of caring and as part of an ongoing plan for support and assistance.
- ✘ A sign that the carer is 'not coping'. Respite helps sustain carers so they can continue their caring role and the person they care for can stay at home longer.
- ✘ An indulgence. Respite keeps carers healthy and improves the quality of care they provide.
- ✘ An avoidance of responsibility or duty. Respite should be planned in advance to reduce the likelihood of emergencies due to carer strain.