

R→Imp Respite Care Guide

What is Respite Care?

When a person is caring for someone else 24/7, a break is more than necessary. Respite care, also referred to as a Carer's Break, allows for informal carers to take time off from caring, recharge and maintain their physical and mental wellbeing. For example, you may need respite care overnight so you can catch up on your sleep.

Anyone caring for a friend or relative who is elderly, has learning or physical disabilities, or has a mental health problem, is eligible for respite care.

Who provides Respite Care?

Depending on your level of income, respite care may be provided (or subsidised) by your local council or charity. Rapid offers both private respite care to patients who receive financial support from the council or fully self-funded. Your carer will be able to provide assistance at any hours that are suited to your schedule.

Financing

To decide whether you are entitled to financial support in paying for respite care, your local council will conduct both a **Carer Assessment and Financial Assessment**. These assessments will allow them to understand the extent of and type of support you require. If you are eligible for financial support, your council will either arrange respite care or provide you with a personal budget to use on hiring respite carers. Carer's Trust grants as well as funding from other charities may be available to you.

Tips for Carers

Take into account the following considerations before beginning Respite Care:

- Arrange a Needs Assessment – this will ensure you know all the options that are available to you.
- Take short breaks to begin with – short breaks will allow you and the person you are caring for to build a relationship with the respite carer in order for you to be more comfortable with longer visits in the future.



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