

# Respite Care

*It's not a luxury, sometimes it's a necessity*

Caring for an older parent, relative or friend is a full time, full on job and it's not selfish to want to take a break, in fact it's extremely important that you do.

You need to look after yourself to be able to continue in your caring role. It is important to care for yourself in order to care for others.

**R** *Recharge, Revitalise, Rejuvenate, Rest, Relax and Re-energise Yourself*

**E** *Exercise, Errands, Enjoy Yourself*

**S** *Sleep, Snooze, Snuggle*

**P** *Play, Pause (Breathe), Put your feet up*

**I** *Intermission, Interval, Inhale*

**T** *Time - For You, For Family, For Friends  
- Take it easy*

**E** *Express Yourself, Ease away tension*

Don't forget you need to take care of yourself as well.



## What is a respite care break? How can it – and Friends of the Elderly help?

A respite care break is not just for a few hours off so you can walk the dog, or even a day so you can pop to the shops, it's much more. At Friends of the Elderly, we offer a range of respite care options which are tailored to meet your needs, whether that be a weekend, a week, a month or longer. We will we care for your family member or friend giving you a much needed rest.

### Why?

As a carer it is possible you could experience 'caring burnout.' This could lead to increased anxiety, depression, feelings of isolation, relationship issues, stress and diminished physical and emotional wellbeing.

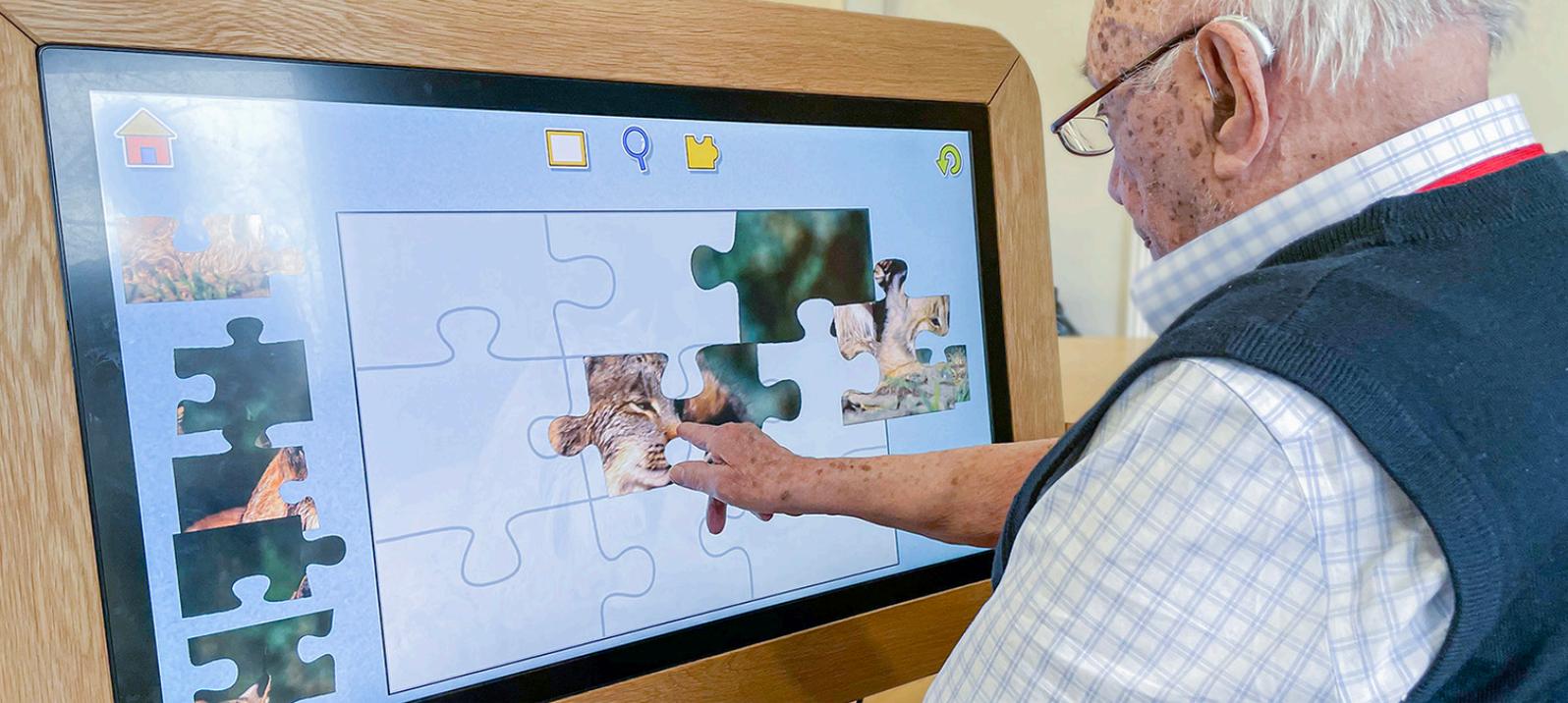
A respite care break will let you take a well-earned break from caring and give you peace of mind that the person you care for is being looked after by our professional, compassionate, sensitive and attentive teams, in a safe and secure home from home environment, giving you 'time out' to look after yourself.



***My Mother has just spent five weeks of respite care at Redcot. It is a beautiful care home, professionally run, with a dedicated and caring team. My Mother had a beautiful ground floor room with the most amazing views. Thank you to the Manager and all the staff for taking such good care of Mum.***

Daughter of Respite Care Resident at Friends of the Elderly's Redcot Care Home, Haslemere, Surrey





By spending time in respite care, your loved one can enjoy a change of scenery, take part in varied activities and try things they may not have had the chance or opportunity to do before.

Your friend or relative will be able to enjoy new activities and to mix and socialise if they would like to.

At Friends of the Elderly, we have Activities Co-ordinators in each care home who design and deliver a wide range of activities, tailored to our residents' likes and hobbies. Daily activities include quizzes, craft sessions, group and seated exercise classes, baking, gardening, movie nights, knit and natter groups, visiting entertainers and much more.

***“It is vital that we don't treat everybody the same. People have different preferences and different likes and dislikes. It is important we make sure we accommodate this so they live the best life as possible.”***

Karen Charity, Activities Co-ordinator, Friends of the Elderly's Little Bramingham Farm Care Home, Luton, Bedfordshire

“

*I cannot speak highly enough about the care that she [my wife] received from the Manager and her staff. Nothing is too much trouble and no effort is spared to make everything comfortable. My wife has dementia and this is the only place that I know she is safe and secure outside her home.”*

Husband of a Respite Care Resident at  
Friend of the Elderly's Bradbury Court in Malvern

In addition, respite care breaks are also a good option if your friend or relative is recovering from a stay in hospital, an operation or illness as they provide that vital stop gap between hospital and home. We support people to regain their independence and to return home safely and with confidence. We support residents accessing respite care to recover, recuperate, relax and feel supported in a home from home experience.

A respite care break will give you and your loved one a chance to experience what it's like to live in one of our lovely care homes for a short time, giving you time to see if the care home is the right fit. By taking a respite care break, it will allow potential residents and their family members to meet all the care home staff and fellow residents before making the bigger decision of deciding whether to stay permanently.



For more information about Dementia Care:

☎ 03305 550 378 🌐 [fote.org.uk/dementia-care](https://www.fote.org.uk/dementia-care)

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