



Respite

Respite

It is very important to take a bit of time out from caring, either with regular breaks each week, or by organising a week-long stay for the person you care for in a care home or similar. It is a good idea to plan ahead for a holiday which you may have booked, or to decide if you'd value a break in 6 weeks or so. It can take a while for respite to be arranged, so is worth looking into as soon as possible.

Respite options and funding

The following sites will give you some ideas about how to access respite and to fund it.

<https://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/breaks-for-carers-respite-care.aspx>
www.nhs.uk/CarersDirect/yourself/timeoff/Pages/Accessingrespitecare.aspx

www.carers.org/help-directory/respite-care

Our Carer Advisors can help talk you through some of the options for getting a break from caring and may sometimes be able to help access a grant for you. If you would like to discuss this any further with someone, please contact the Carers Advisors on 0114 272 8362.

There is also [online care homes guide](#) which details how you can get equipment and services that can make living at home easier, as well as advice on sheltered housing, supported housing and moving into a care home.

Other useful advice as part of this is as follows:

[Advice page - residential and nursing care in Sheffield](#)

[Adults and older people - residential and nursing care homes](#)

[Adults with a learning disability - residential and nursing care homes](#)

[Adults with a physical or sensory impairment - residential and nursing care homes](#)

[Adults with a mental health problem - residential and nursing care homes](#)

[Adults with a drug or alcohol problem - residential units](#)

[Choosing a care home checklist](#)



Last revised: 26 January 2018