



## Why use respite care?

Caregivers may use respite when:

- They are going on holiday
- They may be requiring some hospital treatment themselves
- They need a break
- The individual they are caring for needs a break himself or herself.

## What are the benefits of respite care?

- Time to relax and not feel that there is always something 'to do'. Caring for a relative or friend can be stressful and place extra demands on your time – challenging you physically, mentally and emotionally. A survey by Carersuk **In sickness and in health** found that anxiety and stress was one of the main problems reported by carers. These by themselves can have a knock on effect on someone's physical health and overall wellbeing.
- Feel revitalised and recharge your batteries, preventing burnout when care is required over a long period of time.
- Space and time to do things you want to do – hobbies, exercise, meals out....
- Time to get back in touch with yourself and your own sense of identity
- Time to catch up with friends and family which helps prevent feeling socially isolated