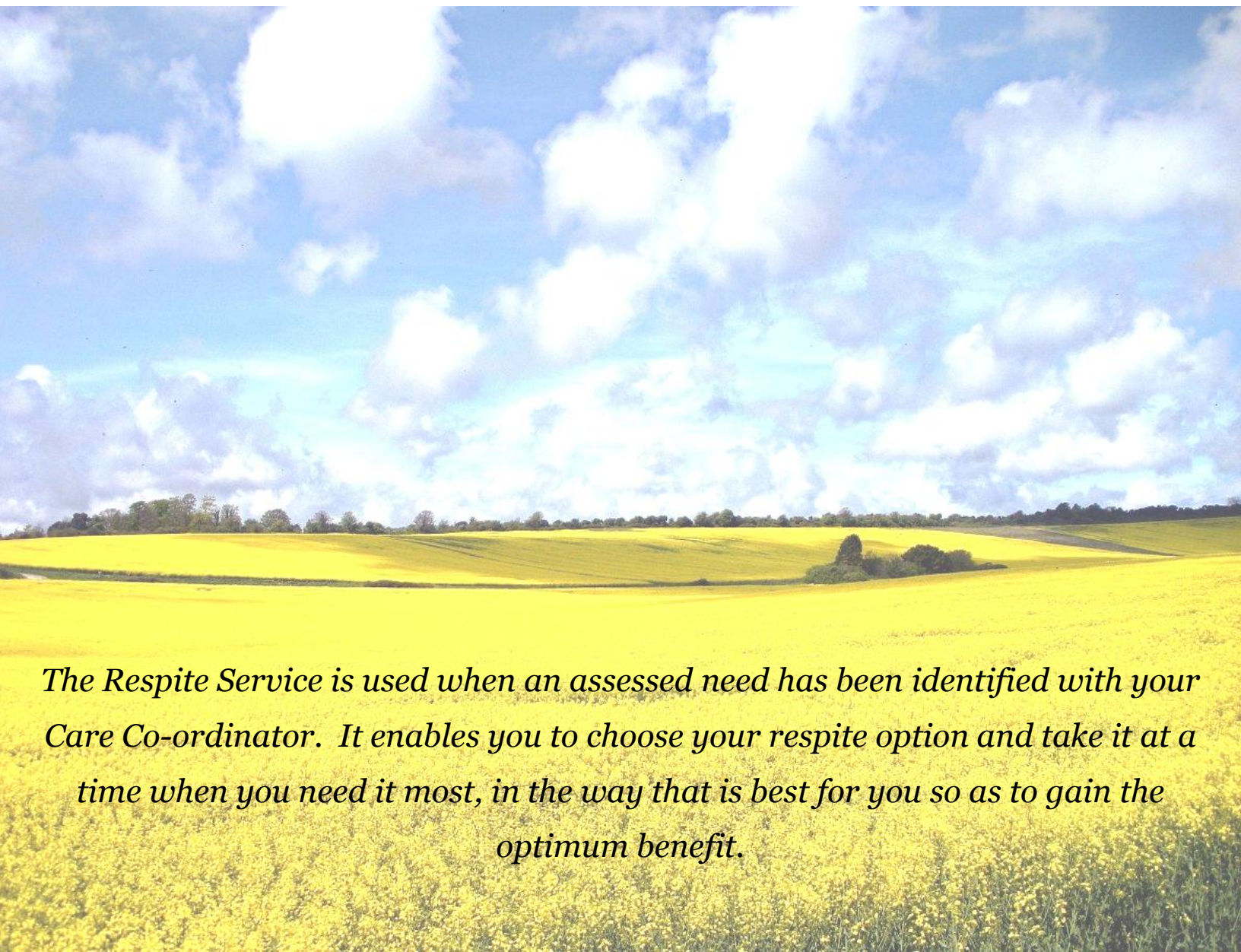


respite

A service that allows you to take time out from the daily routine.



The Respite Service is used when an assessed need has been identified with your Care Co-ordinator. It enables you to choose your respite option and take it at a time when you need it most, in the way that is best for you so as to gain the optimum benefit.

The Respite Service looks at the individual, recognising that varying needs and requirements are necessary to maintain mental health and wellbeing. Your personality, interests and long term goals can be considered when accessing planned respite.

Various respite options give you the opportunity to look forward to a planned short break or activity; to try something new; or take up an old hobby and feel the long term effects of a renewed interest or focus in your life.



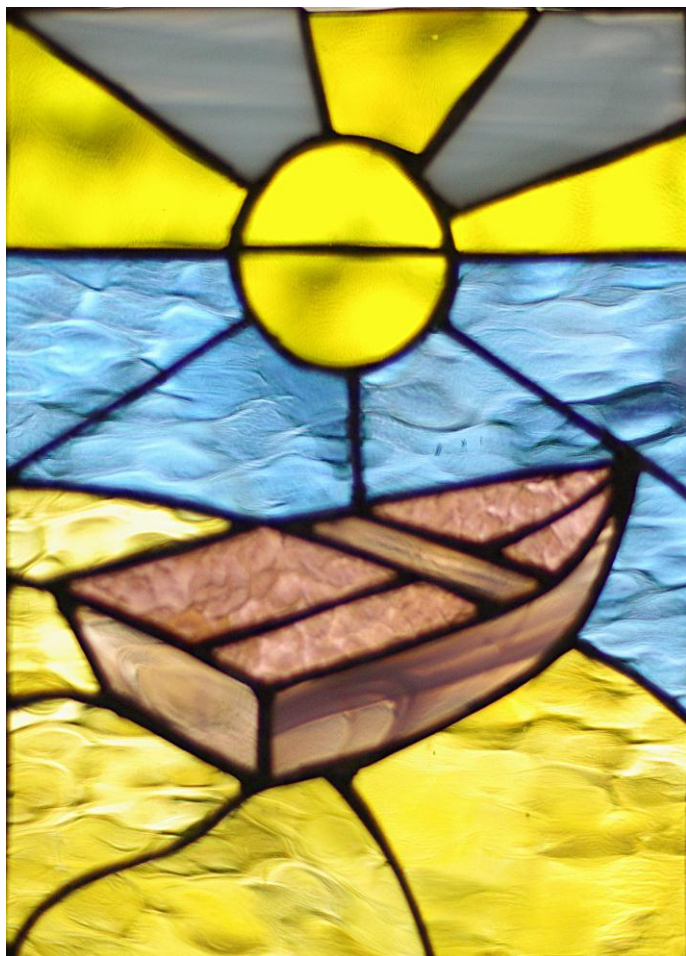
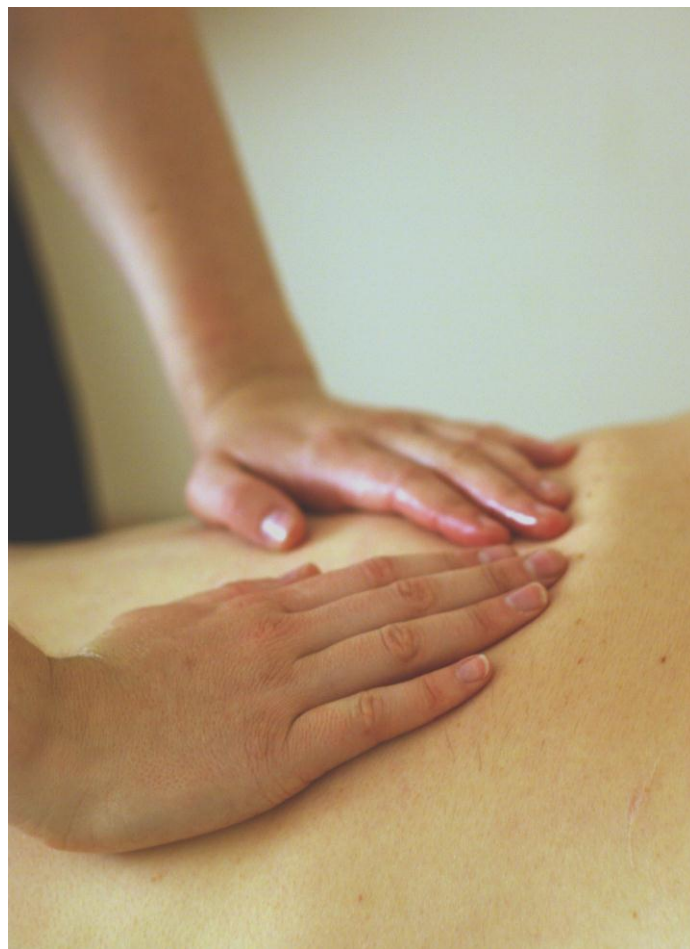
You may feel the need for a rest in a supportive environment or a therapeutic break away in a relaxed setting with qualified staff. There are also many activity based holidays with trained staff who are experienced in all aspects of disability.

If you do not need the support of trained staff you can make your own arrangements, or with the help of your Care Co-ordinator or the Respite Co-ordinator, book a relaxing break away in a guest house, B & B or hotel on your own. You could also be accompanied by a friend or family member if they are able to fund themselves.



If a break away is not practical, you could plan a series of days out and use your local area to pursue your own interests such as sightseeing, visiting museums or the theatre.

A series of six horse riding or gym sessions are some of the ways that people have used their respite budget. Being outside in the natural environment is proven to be very beneficial in promoting mental health and wellbeing. Fishing, painting, or photography in the surrounding countryside are all activities that can be adapted to suit your pace, skills and experience, with specialist one to one support where appropriate.



If particular occasions, or times of the year are difficult for you, a course of complementary therapy sessions could be beneficial. Massage, acupuncture, reflexology or shiatsu are all relaxing ways of helping reduce anxiety and can also be re-energising.

You could have one to one sports sessions, a course in photography, stained glass or pottery with qualified tutors.

Sometimes every day chores and commitments may seem overwhelming and perhaps some planned help around the house or garden may help you to cope.

This leaflet highlights suggestions for some of the available options for you to consider when respite is needed. You may have other ideas of how you would like to spend your respite and these can be discussed with your Care Co-ordinator.



Availability is subject to your team's budget and their agreement to allocate some of this to you for short term respite provision. Respite can be provided locally, nationally or internationally as a planned need. It is not a crisis service.

Once a decision has been made and the respite agreed it is then the responsibility of the individual, who will be asked to sign a disclaimer to this effect. The Respite Service cannot be held responsible for any problems or difficulties arising from the chosen respite.

If you need further information about respite breaks or activities, please contact:

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