

# our guide to respite care



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We talk to so many carers – sons and daughters, husbands and wives who do an amazing job caring for loved ones.

Whilst caring has many rewards, it can be overwhelming and put a strain on you emotionally, physically and financially.

Our **Enquiry Support Team** advisors are here to help guide you through our short term stays.

Call them for free on **0800 140 4953**  
or email **[care.hub@sanctuary.co.uk](mailto:care.hub@sanctuary.co.uk)**



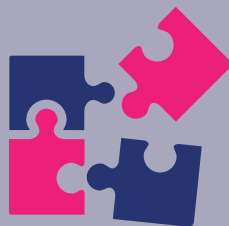
# some of the challenges facing carers

## missing out

Sometimes devoting yourself to caring can mean you have less time to spend with family and friends.

## worry

It's easy to worry about your loved one's welfare, especially if you don't have all the support you need, for example if you need to pop out and leave them alone for any period of time.



# how respite care can help

At our care homes, we can provide respite care breaks, anything from one to six weeks, giving carers the chance to relax and recharge their batteries, knowing their loved one is in safe hands.

These can be booked up to six months in advance, enabling carers to book a well earned break of their own.

Our Enquiry Support Team advisors can arrange for you to have a virtual tour of a home near you. They will book a care assessment, so the team know everything they need to know about your loved one's needs. These include; personal details, mobility and physical dependency, nutrition and hydration.

## here to talk

Our dedicated **Enquiry Support Team** are only a phone call away – for information and advice call free on **0800 140 4953** or email **[care.hub@sanctuary.co.uk](mailto:care.hub@sanctuary.co.uk)**

# Margaret's story

## – the value of respite care

At the age of 76, Margaret is the sole carer for her husband John after he fell and seriously injured himself.

Like so many others, she finds her role of carer rewarding, but challenging and she often feels tired.

John now has regular, pre-booked respite care breaks at one of our care homes, for up to four weeks at a time.

**Margaret adds:** “ Respite care for John has been my saving grace. When he is there this is my peace of mind.

The staff are excellent. They do such an amazing job and his meals are better than he gets at home. It's like a holiday going there.

I know when he is there everything is catered for and when I have these couple of weeks off this is 'my time'. It's a necessity. ”

Meanwhile John also appreciates the benefits of respite care.

**He says:** “ I get a break too, meeting different people and I really enjoy the good food. ”

# what's included?

Every respite care break includes:

- **bespoke** person-centred care planning
- **round the clock** care and support from our dedicated staff, including personal care
- **delicious** home-cooked meals and refreshments
- **fully furnished** bedroom, with linen and towels
- **laundry** service
- **daily** activities
- **staying connected** - our team will keep you informed throughout the stay and ensure you and your loved one stay in touch.



# what to bring?

- **depending** on the length of your stay, a week's worth of clothes (labelled with names), which will be laundered by our in-house team
- **toiletries**
- **prescription** medications
- **a mobility aid** if you use one at home
- **photos** or small ornaments that will make you feel more at home
- **favourite books** or magazines.



# family care assessments

A carer's assessment, conducted by your local council, can show the impact caring has on your well-being. You don't even need to be living with the person you are caring for.

All you need to do is contact your local authority and you may be entitled to support. To find out how to contact your local authority, visit **[www.gov.uk/find-local-council](http://www.gov.uk/find-local-council)**

This can include **financial or practical help** with things like **gardening or housework**, or your loved one may even be entitled to **respite care** in a care home.

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