

# The very **best** **care** for your loved one

Respite and  
short stay care



**“An essential break  
to revitalise...”**

## Time for both of you

Respite care provides 24 hour expert care for your loved one, and enables you, the full time carer, to have an essential break to revitalise.

### Get the care you deserve

Everyone benefits from a break.

Whether your loved one needs loving attention or time and specialist care to recover from an illness or an operation, we can help.

At Care UK we provide expert respite care, 24 hours a day all year round in safe, homely environments.

### What is respite care?

Our respite care, also known as short stay care, is provided within our care homes. Stays can be as short as one week or as long as necessary.

As a carer respite care enables you to take a well earned break from your



day-to-day responsibilities knowing that your loved one is receiving the very best care.

If the care is for yourself and you need help with daily living or have nursing needs, respite care is an option for when your carer is unwell or away on holiday. It may be that you would like a change of scenery or need extra help to recover from an illness or operation.





### Who is it for?

Respite care is personalised to meet individual needs. We can provide short break care to those with or needing:

- Residential care
- Nursing care
- Dementia care
- Physical disabilities or restricted mobility
- Specialist care for conditions such as Parkinson's Disease and Multiple Sclerosis.

### Benefits for you

Caring for a loved one can be more demanding than a full time job. More often than not we push our own needs to one side and carry on regardless. As a carer it is even more important that you look after yourself so you can continue to give the very best care and support to your loved ones.

At Care UK we understand how difficult it can be to entrust their care to another. With a variety of homes and experienced care teams we're confident you can find the right care and environment.

### Benefits for your loved one

Respite care gives you an opportunity to let your carer enjoy a well earned break.

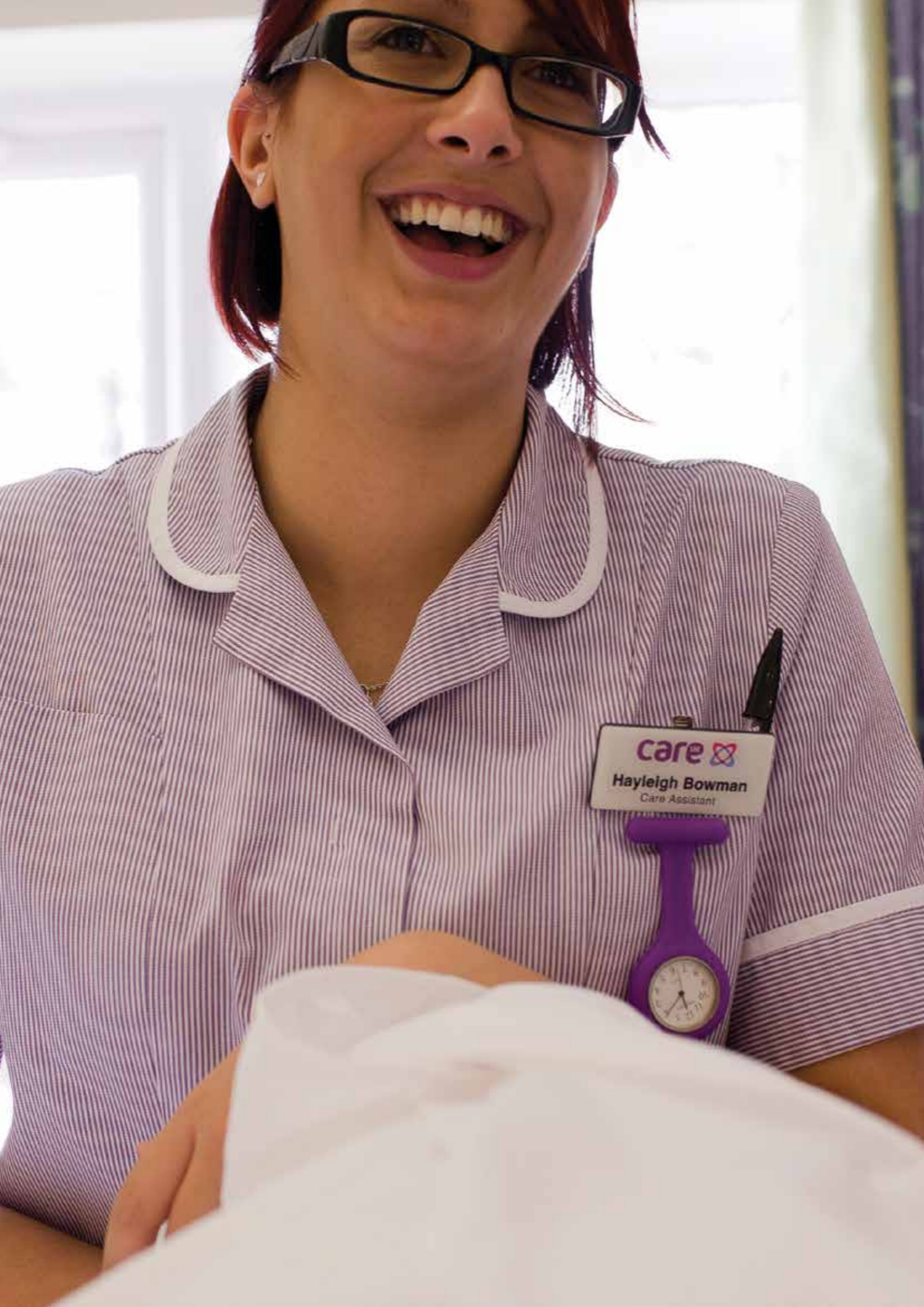
You can enjoy a change of scenery and participate in the activities, entertainment and trips out enjoyed by our care home residents, no matter how short or long your stay. With dedicated activity co-ordinators at every home there is always something interesting to get involved with.

If you have had an operation or are recovering from an illness, respite care can help you to get back on your feet faster.

### Benefits for both of you

Regular respite breaks help to build relationships with the care team. Should a need arise in the future for permanent care, these relationships can help to ensure this change is as smooth as possible, for the whole family.

**"The very best care..."**



## A home away from home

### Why choose Care UK?

At Care UK we have one aim – to help people live healthier, happier and more fulfilling lives.

Care UK have been providing high quality care for older people for over 30 years and offer a warm welcome and a safe pair of hands in over 100 locations across the UK.

We understand that it is the personal details that make a difference. By taking time to get to know respite guests before they arrive we can be sure that their stay gets off to a great start and that we have a care plan ideally suited to their personality, needs and goals.

Underpinning our approach is a firm belief in the importance of keeping residents as active and independent as possible.



**“Over 100 homes to choose from...”**

## What you can expect from a respite break with Care UK

We encourage all our respite guests to take part in the daily life of the home.

### The dining experience

Meals times are a special part of the day providing an opportunity for residents to come together, enjoy good food and socialise. We understand the importance of good nutrition and provide fresh, seasonal, healthy meals that cater for individual tastes, dietary needs (both medical and allergies) and cultural preferences. Drinks and snacks are available at all times and our chefs sit down regularly with residents to chat about their food preferences.



**“We believe in the importance of keeping residents as active and independent as possible...”**



### Activities for everyone

Our regular activities range from flower arranging and gentle exercise classes to quizzes, bingo and art classes. We are always driven by the needs and interests of residents and organise clubs and events for like-minded groups. We are happy to track down a favourite film, song or book for residents.

Our emphasis on activities continues beyond the doors of the care home and we often organise outings to surrounding areas - pub lunches and trips to the seaside are always popular. We also encourage local theatre groups, singers and musicians to visit our homes.

### Services and support

We provide a number of different services and support, depending on the individual needs of residents. For example, many of our homes offer regular, multi-denominational faith services and we're also happy to

support people who want to attend services at local places of worship.

### How much does it cost?

Fees will vary depending on the length of stay as well as the type of care and accommodation you need, and include:

- 24-hour care
- Private bedroom and en-suite wet room
- Assisted bathing if required
- Laundry
- Activities
- All meals and refreshments

For a small extra cost you will be able to use the many extra services provided in the home of your choice including hairdressing, physiotherapy, chiropody, speech therapy, occupational therapy and aromatherapy\*. Each home manager will provide the details of any extra services we offer and information about your terms of stay.

\* where offered



**Come and talk to us...**

If you'd like more information or advice, or to arrange a visit to one of our homes, please call

**0333 321 0934**