

# Respite Care

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The very best care for  
your loved one







# Time for both of you

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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 our teams provide expert respite care, 24 hours a day, seven days a week, 365 days a year in safe, homely environments.

## What is respite care?

Our respite care, also known as short stay care, is provided in our care homes. Stays can be as short as one week or as long as necessary. We work closely with residents and their relatives to understand their needs now and in the future. Should residential care be required for eight weeks or more, you may wish to consider a permanent stay.

Respite care enables you, the person caring for an older relative or friend, to take a well-earned break or holiday from your day-to-day responsibilities, knowing that your loved one is receiving the very best care.

If your loved one needs help with daily living or has nursing needs, respite care is also an option if you yourself are unwell. As well as giving your loved one a valuable change of scene and the chance to try new activities and meet new people, respite care can also be



extremely useful if they're recovering from an illness or operation and need a higher degree of care than normal.

## Who is it for?

Respite care is personalised to meet an individual's needs. We can provide short stay care to those that require:

- Residential care
- Nursing care
- Dementia care
- Care for people with physical disabilities or restricted mobility
- Specialist care for conditions such as Parkinson's disease and Multiple Sclerosis.



# Why choose Care UK?

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Underpinning our approach is a firm belief in the importance of helping people who stay with us to keep as active and independent as possible.

We take time to get to know our respite clients before they arrive, working with them and their family to discover their life stories, interests, personality, likes and dislikes. It's what helps our care teams to develop strong relationships and meaningful connections with your loved one and to develop in-depth care and support plans that are personalised to their needs and goals.

## The benefits of respite care

### For you

Caring for a loved one can be extremely demanding and carers typically ignore their own needs to put the needs of the person they're caring for first. As a carer, it's vital that you look after yourself so you can continue to give your loved one the very best care and support.

Understandably you may feel very hesitant about entrusting your loved one's care to another person. However, our comfortable homes all have dedicated, compassionate teams who are very experienced in caring for people on a respite basis and in helping them to settle in as quickly as possible.

### For your loved one

Respite care has all sorts of advantages for your loved one. They'll enjoy a change of scene and the chance to take part in all the daily activities that are planned in the home. Our homes have dedicated activity coordinators whose job it is to plan and run a range of activities, including arranging performances from local entertainers and trips around the local area. Even though your loved one will only be with us for a short while, they will receive the same level of care, attention and support as any of our permanent residents.

### 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.







# A home away from home

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At Care UK we have one aim - to help people live healthier, happier and more fulfilling lives. We offer a safe and warm home from home in over 100 care homes across the UK.

## Staying active and independent

We believe in helping everyone to stay active and independent, even if they're only staying with us for a short time. It's an approach that we call Activity Based Care, and how we bring it to life depends on each resident's needs and abilities.

Our regular activities range from flower arranging and gentle exercise classes to quizzes, bingo and art classes.



We're always driven by the needs and interests of our residents and organise clubs and events for like-minded residents. Many of our homes also offer regular, multi-denominational faith services and we're very happy to support people who want to attend services at local places of worship.

## The dining experience

Mealtimes provide a great 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 and cultural preferences.

Drinks and snacks are always available and our chefs sit down regularly with residents to find out what they're enjoying.

## Services and support

Residents' families play a large part in the life of our homes. We regularly meet up with them to keep them updated and to listen to their feedback.

We're available at any time of the day if relatives want to talk about their loved one's care or any aspect of the home.



# Convalescent care

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Our care teams are experienced in delivering convalescent care to older people who may have spent some time in hospital as a result of a fall, an operation or a major illness.



Illness or surgery has a huge impact on an older person's body, so it's vital that they receive the very best care and are able to completely recover. This will also reduce the likelihood of the person experiencing any complications or needing any further treatment.

Our teams provide the specialist medical and therapeutic support that's needed, helping your loved one to get better, to regain their independence and to get back on their feet so they can return home.

## How much does respite or convalescent care cost?

Fees for care vary depending on the person's length of stay and the level of care they will need.

Fees include:

- 24-hour care
- Private bedroom with bed linen and towels
- Assisted bathing if required
- Full laundry service
- Activities
- All meals and refreshments

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

**"Committed to helping  
your loved one"**



# Here when you need us

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There's a lot to consider when you're thinking about a care home for a loved one, even for a short amount of time. Get in touch with us to find out how we can help.

Tel: 0333 321 0934  
[careuk.com/respice](https://careuk.com/respice)

