



Respite

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It is very important to take a bit of time out from caring, either with regular breaks each week, or by organising a week-long stay for the person you care for in a care home or similar. It is a good idea to plan ahead for a holiday which you may have booked, or to decide if you'd value a break in 6 weeks or so. It can take a while for respite to be arranged, so is worth looking into as soon as possible.

Respite options and funding

The following sites will give you some ideas about how to access respite and to fund it.

www.nhs.uk/CarersDirect/yourself/timeoff/Pages/Accessingrespitecare.aspx

www.carers.org/help-directory/respites-care

www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=140

If you are able to organise a respite stay for the person you look after, you could apply for a [Time for Me grant](#) , through Carers in Sheffield, in order to contribute to your costs of going away, or ensuring you had nice activities to look forward to that week.

If you would like to discuss this any further with someone, please contact the Carers Support and Information Line on 0114 272 8362.

Free, weekly, respite is available in Sheffield from a service called [Making Space](#).

Last revised: 26 September 2014