

Carer Leaves and Breaks



Respite care

Respite care is usually a short stay. It could be from 1 to 7 days in a residential home. This service can be used by people who have care needs or the carers.



You can use respite care when you need a break or the person caring for you needs a break.



You can have your meals cooked for you and there will be other people there to talk to.



You can also use the [Shared Lives Scheme](#). This is when you are matched up with a suitable family and go to stay with them for a night or a few days.