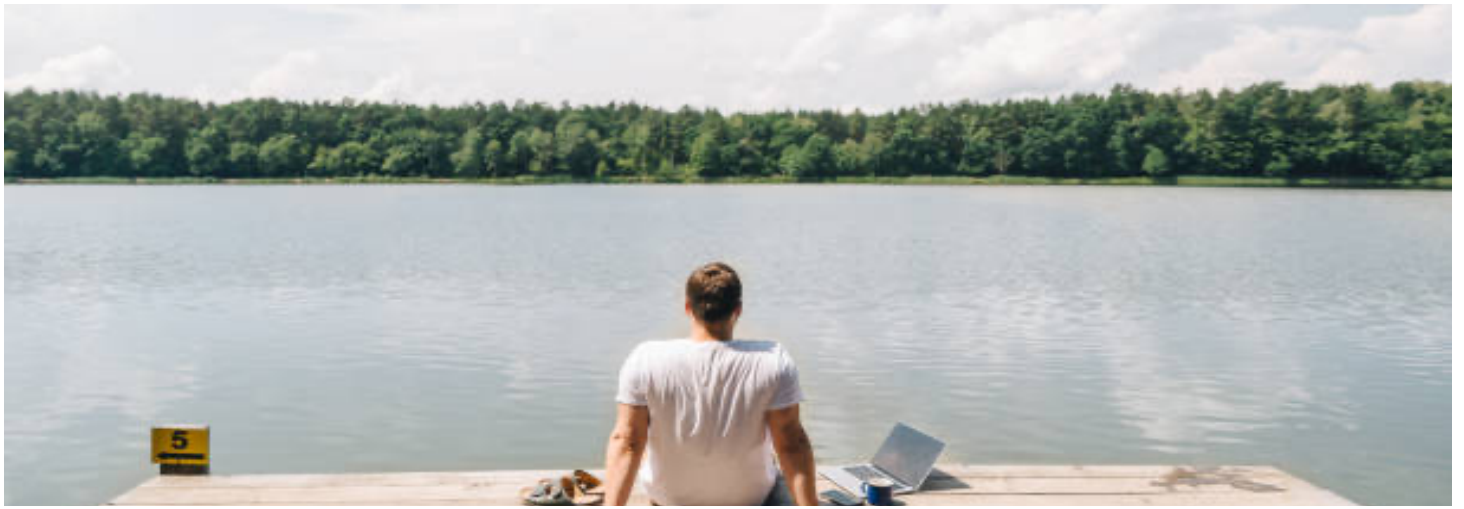


What Is STA/Respite?



Respite care provides an organised, temporary break both for carers and the person they care for. Letting someone else do the caring for a few hours or days has benefits for both of you.

Sometimes carers get physically and emotionally tired.

It is important that they can have a break so they can be better carers.

Respite care is designed to give carers a break for a limited period of time. Someone else provides care so the carer can go on holiday, attend to everyday activities or just relax. Respite care can last from a few hours to a few weeks (depending what has been approved in your plan).

You can organise for regular respite care or you might want to have respite care now and again.

Respite care is meant to be a positive experience, both for the carer and the person being cared for.