

Take time for you

Respite and short breaks for carers



A recent survey, by Carers UK, highlighted that...

47% of carers said they needed more breaks or time off from caring.

Even a few hours break from a caring role can reduce stress, recharge batteries and give time to socialise with friends.



What is on offer?

As a carer, it is important that you look after your own health and wellbeing. You may benefit from a break from your caring role, a chance to recharge your batteries and have some time for yourself.

If you look after and support someone living with dementia, a long-term condition or who is frail and elderly, there are a range of Short Break options that may be available to you run by several charitable organisations in West Sussex. These range from Day Services, offering the person you care for the chance to socialise whilst you take a break, to one-to-one support in your own home, to enable you to take a break for a few hours. There are also opportunities for you and the person you care for to socialise together, with supported activities in the local area.

Benefits of attending a respite break

- Improves health and wellbeing
- Prevents carer breakdown / burnout
- Reduces isolation and gives time to reconnect with friends & family
- Allows rest and self-care
- Gives carers some time for themselves



What is the cost?

These respite breaks are subsidised by West Sussex County Council and the NHS. Charges however are applied. Costs vary depending on the venue and what is on offer. Where affordability is an issue help may be available from the provider or via Carers Support West Sussex, please enquire.

The breaks offer good value for money and the benefits gained can be tremendous.



Where can I find more information?

To gain information about each short break opportunity, visit the Carers Support West Sussex website. You can find this information under the 'How can we help' menu. Select Rest and Respite, where you will find the information about short breaks local to you.

If you are not online or would prefer to talk to someone, please call the Helpline on

0300 028 8888

This service will signpost you to opportunities most suitable to your situation.



Testimonials

"Bringing my husband gives me the opportunity to meet up with friends, have my hair done or just have a bit of 'me time', which are things you take for granted when you are not caring for someone.

The staff are so friendly and supportive, it has really helped with my own wellbeing as well as my husband's"



"Time out – The best thing is that I know dad is happy and being stimulated – I am very much a believer that if you keep your mind stimulated it helps stop the decline"

"It is local and run by very caring and professional people, the activities are good and varied and very much enjoyed"



How to sign up for some time out

Visit www.carerssupport.org.uk

Email info@carerssupport.org.uk

Call **0300 028 8888**

The line is open Monday to Friday
9am – 4pm, Wednesday 9am – 7pm
and Saturday 10am – 12pm.

Follow our social media channels

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