

Taking a break from caring

Taking a break from your caring role is often referred to as 'respite'. It is important to take time out from your caring responsibilities when possible to rest and recharge.

What is respite?

Respite is time out from your caring role while someone else helps to support the person you care for. Taking a break from caring allows you time to do daily activities, or to take time out for your own health and wellbeing. Respite care can be provided by:

- Family or friends
- A respite service

Respite can take place:

- At home
- In the community
- In a residential care facility

How to access respite

Some of the ways you might be able to access respite include:

- Services such as My Aged Care (myagedcare.gov.au) or the National Disability Insurance Scheme (NDIS) (ndis.gov.au)
- Community organisations may offer local activities for you or the person you support
- Carer support groups may offer social activities such as coffee meet-ups or movie nights

It's a good idea to find out more about what replacement care may be available to you in your area so you can plan breaks, and so you know what to do to access support in an emergency.

Getting help in an emergency

You might be able to get emergency respite care at short notice if you suddenly find you can't provide care, for example if you are ill or injured. If you need emergency respite care, you can call Carer Gateway on 1800 422 737.

Making a plan

In the case of an emergency, it is a good idea to have an emergency care plan in place so that if someone else needs to take over from you in a hurry, they can do so quickly and easily.

The emergency care plan has:

- emergency contacts
- medical information and contacts
- carer emergency cards
- the care needs of the person you care for
- a medicine list

Carer Gateway has free resources you can download which can help you to develop an emergency care plan. Visit carergateway.gov.au.