



# Understanding Respite Care



## What is Respite Care?

Respite care is a temporary, short-term care arrangement where an older person is cared for by someone other than their regular carer. Respite care may take place in the person's own home, through Community Care services, or involve a stay of a few days to a few weeks in a Residential Care Home.

Respite care gives carers and family members the opportunity to recharge, take a short break and attend to daily life, knowing that their family member is being looked after.

Most aged care providers offer a range of respite care, including hourly, day or overnight respite in your own home, or longer respite care in a residential care home. The type of respite care and the length of care is up to you and depends on the support that you require.

**We're here  
when you  
need us**



## Respite Care in your own home

Our Community Care Team offer daytime, overnight or weekend respite to assist you with:

- personal care such as showering, dressing and help with mobility
- household chores such as cleaning, washing and ironing
- shopping and meal preparation
- transport to appointments and social engagements
- medication management.

We're there to help you with the things you would otherwise do by yourself or with your usual carer.

Our qualified and experienced professionals will sit down with you and your family to discuss your needs and make sure we're familiar with your routines and preferences.

## Short-term care to help you recover

Respite care can be a practical and helpful solution when recovering from an illness, an injury or returning home from the hospital. A short stay in a residential home provides you with 24-hour support while you recuperate and get back on your feet, while additional help at home through Community Care services provides that extra support to help with the housework, cooking, your health and wellbeing and even your rehabilitation.

## Respite to trial a residential aged care home

For many older Australians and their families, accepting the need for additional care can be a difficult and emotional decision and journey. Leaving a home where you may have lived for many years, have raised your family and tended to your garden is an incredibly hard decision to make.

It's important that when the time comes to seek additional help and move into an aged care home, that this home is the right one for you. Respite care can be a fantastic way of trialling an aged care home for a period of a few weeks to really test out the environment, the home, the staff, the food and the lifestyle, before making a decision.



## Respite as a break for carers

Despite how fulfilling it can be, caring for another person, whether full time or part time, can take a toll on the carer or carers. Sometimes, carers need time to take a break and recharge, travel for work, or tend to their own healthcare needs. This is where respite care comes into play.

## What does respite care cost?

Costs for respite care may vary depending on the type of care and support that you need. We recommend that you speak to your local Aged Care Assessment Team or MyAgedCare to find out if you are eligible for government funded respite services.

If you're unsure or would like assistance or further information on respite services and costs, please contact our customer service centre on **1300 738 388**.

## About Whiddon

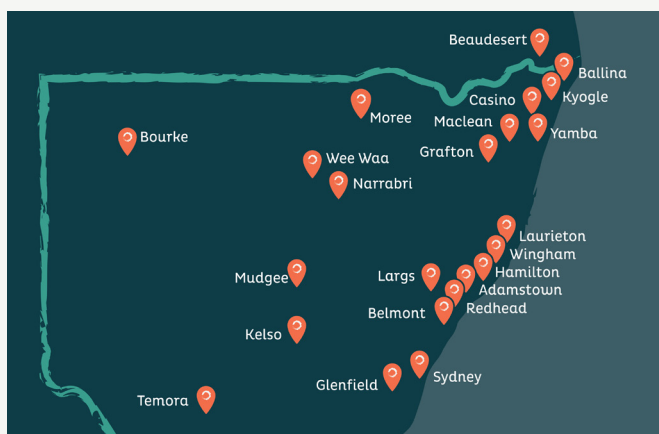
**Delivering award-winning care services to generations of older Australians across NSW and QLD for 70 years.**

Whiddon is an award-winning care provider with a proud history of more than 70 years of supporting older people across New South Wales and Queensland. From our philanthropic beginnings, we have grown into a notfor-profit provider caring for over 2300 people.

We offer the highest quality of care that is tailored to the individual. We partner with our clients, families and communities to care for all their needs – physical, health, social and emotional.

The quality of our people and the relationships and trust that they build with our clients and their families is key to this approach.

Our strong presence in regional, rural and remote New South Wales and Queensland sets us at the heart of our local communities, both as an employer and aged care provider. We actively promote and maintain a proud sense of community – wherever we are, everyone matters.





📞 1300 738 388

✉️ [hello@whiddon.com.au](mailto:hello@whiddon.com.au)  
[whiddon.com.au](http://whiddon.com.au)

📘 Connect with us on Facebook

📖 Find helpful resources [whiddon.com.au/yourlife](http://whiddon.com.au/yourlife)

# Whiddon