

Respite Care

Respite care is not always a break for carers, for some the strain of having a loved one being cared for by someone else outweighs the benefit of the time apart.

However for some people this is the best option, and it can be difficult to find the right place and to organise the payment for it.

Carers Respite Break Scheme

At Essex Carers Support we work with the Colchester Catalyst Charity to help people with the cost of respite care.

Grants of up to £600 per year are available for carers who live in the 'CO' postcode area to achieve a carer's break; specifically where assistance is not available from statutory organisations.

To find out more call us on 01255 474410 or email us at admin@essexcarerssupport.org.uk

Useful links

Care Choices produce a directory of services that is a good starting point when looking for respite care.

www.carechoices.co.uk/publication/essex-care-services-directory



Colchester and North East Essex Age Concern have an online directory that provides details of local care homes and other services. In addition they have a service that can support you with finding your way through this if you are caring for an elderly relative.

www.ageconcerncolchester.org.uk/support-network-of-services/?wpbdp_view=all_listings

Healthwatch Essex have an Information & Signposting Service that can help people access, understand, and navigate health, social care and wellbeing services in Essex.

Anyone can contact them for help on health and social care services near you, how to access the support you need, what to do if you have a concern or complaint or how to share feedback about services.

<https://healthwatchessex.org.uk/speak-to-our-team/>



**Essex
Carers
Support**

Get in touch...

01255 474410

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