



NOTTINGHAM  
COMMUNITY  
HOUSING  
ASSOCIATION

# Carers Respite at Home Service

Free short term respite available  
for Adult 18+ Carers  
(caring for someone NOT in receipt of  
Adult Social Care)

Access to the service is via the  
Carers First service following a short  
assessment

For more details contact

**Carers First**  
**0115 9629 369**



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The Carers Respite at Home Service offers support to Carers who may be struggling to maintain their caring role and may need a break (planned or unplanned) to prevent a crisis situation happening. This service is free of charge for a maximum of 12 weeks.

If you are caring for someone not in receipt of Social Care the Carers Respite at Home Service can help you take a short break. Respite is in the form of a sitting service allowing the carer to take time out from their caring responsibilities eg:

- **Medical appointment**
- **Admission to hospital**
- **Safe discharge from hospital**
- **Other family members become ill and require your support**
- **Support during family holidays or breaks**
- **Attend a funeral of a relative or close friend**
- **Health & well being appointment**
- **Training or education**
- **Unforeseen circumstances that prevent you from providing care**

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