Birchmere.

Care that feels like family.

Respite for family carers

Why regular breaks matter, the kinds of help available, and how to make the first one easier.



YOU MATTER TOO

Looking after the one who cares.

Caring for someone you love is meaningful, and it's also hard work. Breaks aren't a luxury. They're what lets you keep going.

Signs you might need a break.

- [ ] You're tired most of the time, even after sleep.
- [ ] Your patience is shorter than it used to be.
- [ ] Your own appointments keep getting put off.
- [ ] You can't remember the last time you did something for yourself.
- [ ] You're seeing less of friends and family.
- [ ] You feel guilty even thinking about time off.

If a few of these sound familiar, it's time to plan a break. Planning one early is far easier than finding help in a crisis.

KINDS OF BREAK

Big breaks and small ones.

Respite doesn't have to mean a week away. Often the breaks that help most are small and regular.

A few hours each week

A companion visits on a set day so you can shop, see a friend, or simply rest.

A regular outing for them

A companion takes them out for coffee, a walk or an activity they enjoy, while you get the house to yourself.

Overnight help

A companion stays the night so you can sleep through, or have a night away.

Longer breaks

Short stays in an aged care home can be arranged after an assessment through My Aged Care on 1800 200 422.

THE FIRST BREAK

Making it easier for everyone.

The first time someone else steps in can feel strange for both of you. A little preparation helps.

1. **Start small**
   Begin with a short visit while you're still at home, so everyone gets comfortable.

2. **Keep it the same person**
   A familiar companion makes each break easier than the last.

3. **Write down the little things**
   Routines, favourite topics and what helps on a bad day.

4. **Plan something for you**
   Even a walk or a coffee. Rest counts as a plan.

All about me.

Likes to be called _____

Favourite things _____

Daily routine _____

Things to avoid _____

What helps _____

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SUPPORT FOR YOU

You don't have to do it alone.

How Birchmere can help.

We give family carers regular, reliable time off, with a companion matched to the person you look after.

- Regular visits on the days that suit you.
- The same companion wherever we can.
- Company, outings, meals and light housekeeping.
- Sleepovers, so you can get a full night's rest.



GETTING STARTED

1

Give us a call

Tell us about the person you care for, and the time off you need.

2

We visit first

A care coordinator comes to the home before care starts, to get to know you both.

3

Meet your companion

Your coordinator introduces your companion before the first visit.

4

Take your break

Book a regular time that suits you. Need to change it? Just give us two business days' notice.

Birchmere.

Time for a break? Let's plan one.

Have a chat with a care coordinator. Real human, no scripts, no obligation.

CALL 02 5115 1162

EMAIL hello@birchmere.com.au

ONLINE birchmere.com.au

Scan to visit our website

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