

Carers Respite Service

Do you provide unpaid support for a person who due to illness, disability, frailty, a mental health condition, experiencing a problem with drugs or alcohol, or other additional needs, cannot cope without your support?

✓ You are an unpaid carer.

Is the person you care for an adult living in Nottingham City? Would a break from caring improve your wellbeing?

✓✓ You may be eligible to access the Carers Respite Service.

What is the Carers Respite Service?

The care provider TuVida is funded by the Council to arrange for a care worker to provide replacement care, social interaction/ activities for the person you care for within their own home or local community.

How would the service support the person you care for?

A care worker may support a person to enjoy their hobbies within the home; accompany them on a walk to the park or shops; or support them to attend a local activity.

When is the service available?

Daytime or overnight, seven days a week including Bank Holidays. This could be planned in advance or in an emergency (24 hours' notice). It could be for a period of a few hours or up to a few days.

What could you do during your break from caring?

You might use the time to go shopping or attend an appointment, meet friends or family, go to a wedding or a funeral, or to go on a short holiday such as a weekend away.



Get in touch!

Via the [Carers Hub](#)

08088021777



Have a conversation!

Find out if you are eligible... Tell them about your needs and the needs of the person you care for.



A referral will be sent to the care provider TuVida.

If you are eligible and feel you would benefit from a break; TuVida will contact you to book in the respite care.