

Take a Break

What is Take a Break?

Take a Break provides short-term respite support for adult carers in Cheshire East, helping to protect wellbeing and reduce the risk of carer burnout or crisis.

What Support is Available?

Up to 16 hours of free respite per year in the carer's home

Sitting service, personal care or wellbeing checks and

Planned support (appointments, activities Support does not extend to medication administration.

Who Can Access the Service?

Available to all adult carers caring for someone in Cheshire East.

The cared-for person does not need eligible needs but must live in Cheshire East.

The carer must have eligible needs identified through a Carers Assessment.

How is it Arranged?

Following a Carers Assessment, A Social Care Assessor will contact the carer to arrange the support or if you have been allocated Take a Break, contact us on the details below.

Need the Service Later?

If Take a Break is not needed immediately, carers can request support when required by contacting the Adult Contact Team or emailing the Carers Inbox.

Contact Details for Take a Break:

- **0300 123 5010 – Ask for Take a Break Service.**
- **Carers Inbox: CarersInbox@cheshireeast.gov.uk**