



Making a choice?

Before you make a choice about coming to health respite you can visit the unit and meet some of the staff.

You can stay for a night

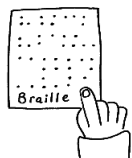


Or come for a meal or a drink

This will help you to decide if you would like to come to the health respite unit for your short break.

If you have any more questions please talk to the health staff.

This leaflet is available in other languages or formats



For more information see www.cwp.nhs.uk.

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Cheshire and Wirral Partnership
NHS Foundation Trust



What is Health Respite



Information for service users

What is health respite?



Respite means
having a break or having a holiday.
This leaflet gives you information
about having a break at a health unit.

The information will help you, your
carer and the health staff to
decide if health respite will meet
your needs.



Who can come for health respite?



The people who come for health
respite have complex health needs.

This means that they need care and
support from a trained nurse.



You will need to have an assessment
from a learning disability nurse to
check if you have health needs.



When would I come for health respite?



You and you carer can talk to the
staff about when you would like to
come for health respite.
You can talk to them about how many
nights you would like to stay.

What activities can I do at health respite?

When you come for health respite you will
still go to your normal daytime activities
like your day centre or college.



There are activities at the health respite
unit for you to do in the evenings and
weekends.

Most of the activities take place inside
the unit and you can choose the activities
that you enjoy.

Other activities can be arranged dependant on the needs
of the service users on the unit and the staff available.

