

# Respite care for when you need it

## Take a break while we care for your loved one



Caring for a loved one has both its rewards and challenges. Taking regular breaks is essential to prevent mental and physical burnout and safeguard your own health. If there's no one available to fill in for you, short-term respite care at an Aeralife home is a fantastic solution.

Our residential respite care services are designed to give your loved one around the clock, professional care and support while you take a well-earned break. You can expect warm, personalised caregiving and devotion to your loved one's safety and wellbeing. Whether it's a planned stay or due to an emergency, we can cater for funded and private respite care as required. We offer flexible respite stays to match your needs, too. Ensuring your loved one's continuous care is vital, so considering an advance respite care plan is a good idea. Our friendly, professional team is here to help you with whatever you may need.

You can rest assured that at Aeralife, your loved one will receive the very best of care and support when it's needed most.

# Why choose respite at Aeralife?

When life becomes difficult because your loved one's health is declining or you need to take a break, respite care can be a welcome solution. Here are some common situations where people turn to respite:

- Returning home from hospital and needing extra support to settle back in
- Caregivers needing a break due to their own health issues or to recharge
- Emergency situations like the sudden loss of a caregiver
- Family conflicts or mental health challenges that make temporary help necessary
- Wanting to test out residential aged care before committing to a permanent move.

## **Who's eligible for respite care?**

If you're a senior who relies on caregivers and need a break, you might qualify for respite care. But you'll need an assessment specifically for respite services through the Aged Care Assessment Service.

## **How long can my loved one stay?**

Respite care is available up to 63 days a year, which should give you plenty of time to rest up. If you're paying privately, the stay can be as long as you need. Note all respite stays are a minimum 14 day period.

## **How much does it cost?**

The government sets the basic daily fee for respite care. Our team can take you through any additional charges that may apply.

Talking about respite care can be tough and knowing that it's ok to get help makes all the difference. That's why we're here to help. All our homes offer respite care, so we can chat with you one-on-one about what works for you and your family. Call us today to discuss your options.

## **A new era of care**

Aeralife is Australian and independently owned with more than 20 years' experience in providing premium residential aged care. Each of our homes showcases our innovative, holistic approach to aged care.

## **Book a tour or to find out more:**

1300 564 611

**[aeralife.com.au](http://aeralife.com.au)**

\*Terms and Conditions apply. Please refer to our Resident Agreement for our Advantage Package details.