



## 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

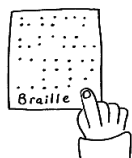


Or come for a meal or a drink

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](http://www.cwp.nhs.uk).

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Cheshire and Wirral Partnership **NHS**  
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 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.

