



Take a break



We all know a

change is as good as a rest. That's especially true if you're a carer.

If you provide care for a relative, friend or neighbour, there'll be times when you need to take a break.

You may wish to attend appointments or simply take time out. [Which?](#) explains the respite care options available, how to choose and finance this type of care, and what benefits it can offer you and the person you care for. *(Photo: Clive Price)*

Category

1. Friends & Family

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