There are many ways we can support carers to have some time to themselves, be this to rest or to enjoy their own hobbies and interests.

If you wish to discuss any of this advice with us please contact us on the details provided at the end of this factsheet.

**Emergency breaks**

We provide an Emergency Support for Carers Service which provides peace of mind to carers if ever an emergency arises and they are temporarily unable to carry out their caring role.

The support service arranges temporary care for the person who is dependent on a carer for providing them with ‘necessary care’. The service provides cover for unplanned events such as:

- if a carer is admitted to hospital or has other urgent health needs
- if a carer has a family emergency or needs to attend the funeral of a close friend or relative.

If you would like to register with this support service to assist you with any future unplanned emergencies, please complete the secure online form by visiting [www.peterborough.gov.uk/emergency-carers-form](http://www.peterborough.gov.uk/emergency-carers-form).

**Respite services**

Respite is temporary care for the person you care for who may be of ill health, elderly or disabled. Respite is usually provided within a care home setting. Respite is to enable carers to take a break from their caring role.

To access respite, the person you care for will need to be eligible for care and support. You can request an assessment from adult social care by contacting us. Self-funders can contact care homes directly.

**Short breaks**

If you care for someone and feel emotionally or physically overwhelmed, a break from your caring role may make all the difference to your wellbeing.

Family carers of any age can visit their GP to talk about their health and explain their caring situation to get a Family Carers Prescription. The prescription will give
you access to a specialist worker who will discuss options available to you and support you to access them, including short breaks. A short break could be:

- sitting services
- replacement care for a short period
- breaks over a given time to suit the carer.

Other support services are noted within **factsheet G1.**