



# Rapport

HOUSING & CARE

## Respite Care with Rapport Housing & Care

*A home from home, here when you need  
us most*

## What is Respite Care?

Care home stays aren't always permanent, our care homes offer short stays too, which can be as short as a week or as long as you need us. However long your stay, our staff will always be there to support you.

Respite care short breaks can provide you and your loved one with a well-earned rest and an opportunity for your loved one to have support from warm, friendly staff in a safe environment. We will work closely with you and your loved one to get to know you because it is important to us that your care and support package is tailored to meet your needs.

At Rapport Housing & Care, our homes provide expert respite care, 24 hours a day, seven days a week, 365 days a year in a homely and welcoming environment.

Whether it's covering a two-week holiday, a short break, or needed urgently because of sickness or a family emergency, we're here when you need us. Respite stays are often also suitable for those who have spent time in hospital and do not quite feel ready to return home yet.



## Who is it for?

Our respite care is suitable for over 65s with an array of care and support needs, with the aim to enable people who live and visit us to get the very best out of life, these include:

- ◆ Caring for those who require residential care
- ◆ Caring and supporting people who are living with Dementia
- ◆ Care for people with physical disabilities or restricted mobility

## Why Choose us?

Rapport Housing & Care is a registered charity with over fifty years of experience in caring for those in later life and is committed to delivering its core values of care, compassion and companionship.

However long your loved one stays with us, we believe in the importance of getting to know them, their history, what they like and what they don't like, so we can provide a truly person-centred care and support plan to help them achieve their goals.

And because we're regulated by the Care Quality Commission (CQC), you can have a few days' rest safe in the knowledge that your loved one is being cared for by our skilled staff and has everything they need.

We truly believe finding the right home to stay in is not just about care, it is also about peace of mind and feeling settled and safe.



## Benefits of Respite Care

Respite care can be advantageous for both you and your loved one. Caring for a loved one can be exceptionally demanding and with the best will in the world, you will need a break sometimes. Respite care will enable you to take some time for yourself, recharging your batteries and enabling you to continue giving the very best care and support to your loved one. We understand it is a difficult decision to entrust a loved one's care with someone else, however, we are confident that our friendly compassionate team and homely environment will make them feel right at home.

For your loved one, respite care has many benefits. Enjoying a change of scenery, they will have the opportunity to meet new people and engage in new activities whilst building relationships with the care team and other residents, which will be valuable should a permanent stay be required in the future.



## Life With us

Our activity coordinators implement a daily calendar of events and activities. With the residents' input, their creative skills enable them to provide a variety of inspiring and meaningful activities, including crafts, baking, music and visits from local community groups such as school children and Brownie Packs. Outings are also on the cards, residents enjoy trips to the local coast during the summer months and when it's a bit colder, trips to the shops or cafes are a welcome treat.

We know mealtimes are important and often a time to get together and catch up, whilst enjoying a delicious home cooked meal. Our food is always fresh, seasonal and prepared on site and we can cater for all tastes, dietary needs, allergies and cultural preferences.

Throughout the day, drinks and snacks are available and our kitchen teams always chat to the residents about what they like, don't like and would like to try.



## Fees

Fees vary depending on the length of stay and the level of care and support required, our care team will be happy to explain the costs to you.

Fees include:

- ◆ 24-hour care
- ◆ Private bedroom with bed linen and towels
- ◆ Assisted bathing, if required
- ◆ Full laundry service
- ◆ All meals and refreshments
- ◆ Activities

For a small extra charge, residents can use many other services provided in the home, including chiropody and hairdressing. The home manager will provide you with the details of any extra services we offer.

Please do pop in to one of our homes, take a look around, have a chat with our friendly team, a cup of tea and discuss how we can help you.



[www.rapportheousingandcare.co.uk](http://www.rapportheousingandcare.co.uk)

 [www.facebook.com/rapportheousingandcare](https://www.facebook.com/rapportheousingandcare)

 [www.twitter.com/rapporhandc](https://www.twitter.com/rapporhandc)

**Registered Office**

Rapport Housing & Care  
The Old Wharf  
Station Road  
Cuxton, Rochester  
Kent  
ME2 1AB

Tel: 01634 723007

If you require this information in a different format, please e-mail [media@rapporhc.co.uk](mailto:media@rapporhc.co.uk)

The information contained in this leaflet is provided for general guidelines only. Customers are strongly advised to contact a Rapport Housing & Care representative for further details and to satisfy themselves as to their accuracy.

Rapport Housing & Care is registered charity 254140, Housing Association H2362, Company 908333.