



**East Cheshire  
Hospice**

Where people come to live

# Planned Respite Care at East Cheshire Hospice

## Information for Patients and Carers



# Our Respite Service

East Cheshire Hospice provides planned short-term, temporary care to people with life-limiting illnesses who wish to give their unpaid carers or families a rest from caring. This is known as 'respite care'.

You may self-refer for respite, or you can ask your GP or specialist nurse to do this for you.

## Who is a respite admission for?

Respite admissions are for patients aged 18 or over with a diagnosis of progressive life limiting illness. The aim of the service is to provide your carer with a break. You do not need to be otherwise known to hospice services to access respite care.

All our respite admissions are planned in advance, with bookings being made up to 3 months prior to your stay. You will be telephoned the week before your respite stay to check your circumstances have not changed and that you remain medically stable.

When we call, we will also discuss with you the arrangement of a Covid-19 swab prior to your admission. You will be requested to minimise contact with people in between your swab and your arrival at the Hospice. Unfortunately, we are not able to admit patients for respite care who have tested positive for Covid-19 in the 14 days prior to their planned admission.

## Where will I be looked after?

You will be cared for in the Hospice ward. This is a 15 bedded unit staffed with nurses, doctors and healthcare assistants. We have both single ensuite rooms and bays.

**We are not able to guarantee a single room for your stay.** You may like to view the virtual tour of the ward before your visit, which is available on our website.

If your Covid-19 test result is not yet available on admission, you will need to be looked after in a side ward awaiting this result. If your result is negative, you may be moved from a single room to the four bedded bay for the rest of your stay.

## What should I bring with me?

Please bring in any medications or creams that you are using and any dressings you require. If you need any other equipment such as non-invasive ventilators, cough assist, nebulisers or mobility aids - please discuss this with us prior to admission.

You will need to bring in your own toiletries, clothes, nightwear and footwear for the week. Towels and linen will be provided.

Please do not bring valuables or large sums of money, as we cannot take responsibility for their safe keeping.

## How long is a respite admission?

You may request up to one week at a time. A maximum of two weeks will be offered per year.

Our respite admissions run Thursday to Thursday.

**It is essential that you are discharged on the planned date by 11am to enable timely admissions of subsequent respite patients. If a delay is anticipated or your circumstances change, please discuss this with us prior to your admission.**

## What can I expect during my respite stay?

**Please arrive on the ward between 1pm and 3pm on your day of admission.** Unfortunately, we are not able to arrange transport between your home and the Hospice.

When you arrive at the Hospice you will be shown to your bed and introduced to the ward staff. You will meet with one of our nursing staff who will spend some time getting to know you and discussing any medical or nursing needs relevant to your stay.

During your admission, we hope you have time to rest and recharge, taking advantage of our complimentary therapies, good food and expert nursing care.

You may also wish to work towards some personal goals such as improving your mobility with our physiotherapy team or completing advance care planning with the nursing staff. Please discuss any goals you might have on admission with the nursing staff.

## The cost of respite care

There is no charge for your respite stay. All our services are offered to the community free of charge.

Less than 20% of our funding comes from the government and in order to continue providing services, we rely on donations from the community. We are always grateful for any donations to enable us to continue caring for our patients and their families.

### Contact Us

Should you have any questions about respite care at East Cheshire Hospice, or would like to make a booking, please call and ask to speak with one of the Advanced Nurse Practitioners:

**Tracy Graham-Woollard or Charlotte Miles**

**Phone: 01625 610364**

**Alternatively, you can email us at:  
[ecccg.echospicerespite@nhs.net](mailto:ecccg.echospicerespite@nhs.net)**



# Covid-19

East Cheshire Hospice has worked hard to minimise the risk of Covid-19 transmission throughout our organisation.

Despite best practice, some risk of exposure to Covid-19 remains, and this may be higher in a clinical environment in comparison to that of your own home. It is important that you should consider this risk prior to your respite admission. We would be happy to discuss any specific concerns with you in relation to Covid-19, please see the 'Contact us' section in this leaflet.

Two days prior to your respite admission we will ask that you attend the hospice and have a Covid-19 test taken. This will involve a nurse taking a swab of your nose and throat, with the results usually back within 1-2 days. **The admission will only proceed as planned if your result is negative.** Please minimise your contact with people as far as is possible in between your Covid-19 test and your admission.

For your safety, clinical staff will wear personal protective equipment when in close contact with you. Staff will wear face masks, gloves and apron and in some circumstances a face shield and gown.

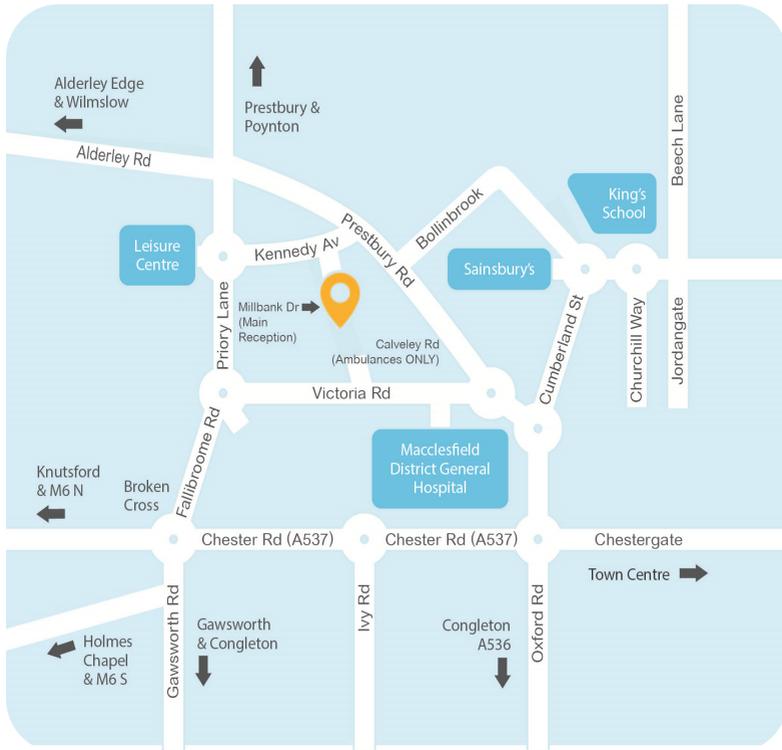
We understand that face masks can make communication difficult for some people. Please let us know if this is a problem for you.





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[www.eastcheshirehospice.org.uk](http://www.eastcheshirehospice.org.uk)

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