

Inspected and rated Good CareQuality Commission

Rated Good by the Care Quality Commission

Good in all five key questions · CQC report, June 2026

RESPITE CARE · FOR FAMILY CARERS

Respite Care

Supporting you, while you support someone else.

Caring for someone you love is a lot. Taking a break isn't selfish — it's how you keep going. Respite care means a trusted carer steps in at home while you rest, travel or deal with life.

UNDERSTANDING RESPITE CARE

Temporary care, without the upheaval.

Respite care is planned, short-term support at home — from a few visits a week to live-in care for a week or two. Your loved one stays where they feel comfortable, with their routines kept just as you'd want them.

Every arrangement begins with a free assessment so we can plan safely. Visit-based respite follows our usual minimum of seven hours a week, with visits of at least an hour.



Who it may help

- Family carers planning a holiday or a weekend away
- Carers who are unwell or having treatment themselves
- People balancing caring with work or other commitments
- Carers who need a regular, protected slot each week
- Families covering a gap in existing arrangements

GOOD TO KNOW

Taking a break is part of caring well

Most family carers need time to rest at some point. Planning breaks helps you keep caring for longer — and gives your loved one the chance to get to know someone new.

The main benefits

Routines kept
We write down how you do things, and follow it.

Peace of mind
Our office team stays in touch while you are away.

No move needed
Your loved one stays in familiar surroundings.

HOW HEDGEROW MAKES A DIFFERENCE

Everything you'd normally do — done your way.

You know your loved one best. We'll note the way they like their tea, the radio station in the morning and the words that help on a difficult evening.

Personal care

Washing, dressing and continence care with dignity.

Companionship

Conversation, hobbies and getting out — not just tasks.

Medication support

Prompting or assistance as set out in the care plan.

Familiar routines

Meals, housework, pets and the rhythm of the day kept as normal.

Short-term arrangements

From a few days to several weeks, using visits or live-in care.

Regular breaks

A weekly slot that gives you protected time of your own.

01

Meet first

Wherever possible, we arrange a meet-and-greet before your break, so the carer is not a stranger.

02

Stay in the loop

While you are away, authorised relatives of private clients can follow care notes in the Birdie family app.

03

Local and reachable

Our NW8 team plans the cover, and our phone line reaches an out-of-hours on-call team.

When respite becomes ongoing care

Sometimes a short break shows how much regular help could make a difference. If that happens, we can talk about continuing support.

- Keep the same familiar carers, where possible
- Move from respite to regular visits
- Build planned breaks into the year
- Reassess needs before anything changes



TAKING THE NEXT STEP

You deserve a break. Let's plan it together.

A few weeks' notice gives the most time for matching and introductions. If something unexpected happens, call us and we'll explain what may be possible, subject to assessment and availability.

Step 1

Tell us your dates

And what caring for your loved one involves day to day.

Step 2

Free assessment

We visit to understand needs, risks, routines and the home.

Step 3

Match & meet

We choose a suitable carer and, where possible, arrange an introduction.

Step 4

While you're away

Our team stays in touch and reviews how things are going.

ARRANGE A FREE CARE ASSESSMENT

020 3876 7833

hedgerowhomecare.com/respite-care-north-london

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Care assessments are free and carry no obligation. All care is subject to assessment and availability. Our telephone line connects to an out-of-hours on-call team; the office itself is not staffed around the clock.