

Welcome to Aberdeenshire Council's

Respite and Short Breaks Service

**This book tells
you about us**

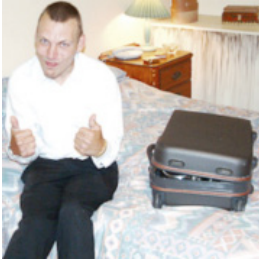
Aberdeenshire
COUNCIL



Respite:



Respite is also called short breaks.



You come to stay at respite when you, your family or carers need a rest.



Adults and children can stay at respite.



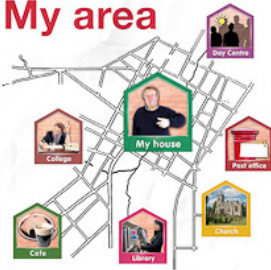


We like to get to know you before you come to stay.



When you come to stay with us you can do activities and meet new people.

My area



When you come to stay with us we go out and about.



Cafe



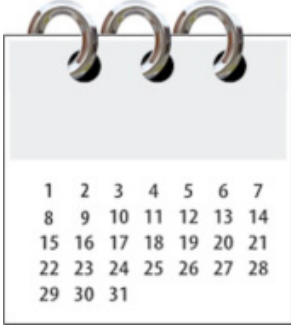
You can do things like:

- Go out for meals
- Shopping
- Activities like bowling or the cinema



When you come to stay with us you may need to bring money.

How long can you stay?



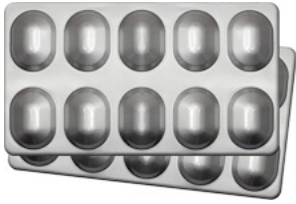
You can stay for:

- An evening
- One day
- Overnight
- A weekend
- A week
- Or sometimes longer

You have a say about:



Things you like to do.



Your medication and health care.



Your care plans.

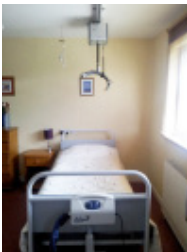


Your review meetings.

About our houses:



We have respite houses in Peterhead, Fraserburgh and Banchory.



You will have your own room.



You can bring in your own things:

- Clothes
- Books
- Games
- Photos
- CDs
- Toiletries
- Toys



Staff at our houses will support you with:

- Daily living skills
- Help you to make choices
- Develop friendships and interests



You will have a key worker.

Your key worker will help you.



Staff will listen to what you have to say.



You can tell us if you are happy.



You can tell us if you are not happy.

Contact us:



Team Manager – Respite
and Short Break Service.

Seafeld House,
37 Castle Street,
Banff.

Telephone 01261
813473.



Kind thanks to 'A Team' North Aberdeenshire and D Dawson NHS Grampian for their help in producing this leaflet.

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