

# **The Ethos of the Flexible Respite Initiative**

we believe that offering even just a few hours per month of respite to carers when they can safely and securely leave their loved one in the hands of a specially trained professional carer, can make the difference between “I can't cope anymore” and “I can (and want to) cope for a while longer”.

Again and again, when a family carer is “on the precipice”, it is the smallest hand that can lead them “back from the edge”. And perhaps it can play a part in “never reaching that edge”. This is the premiss of our proposal.

But, and perhaps even more importantly, we believe that the earlier families are prepared to consider regular professional support of the form we are proposing, the longer they will be able to enjoy living “for the day”, to come to terms with what might be their future, to continue to give their care to their loved one, and to make the most of all the support that we/must offer.

And we believe that “Caring for the Carer” cannot be separated from “Caring for the Cared-for”. They are totally interdependent and lead to an ethos of “Caring for the Family”.