

I'm Wondering...



What is Respite Care?

You might be wondering what 'Respite care' means and why adults are using those words about your life.

Respite care means short breaks that help carers and children rest, reset, and get support.

It does not mean:

- You are too much
- Something is wrong with you
- You are being sent away

It means adults are trying to look after everyone better.

How respite usually works

Respite is usually:

- Planned ahead of time (not a surprise whenever possible)
- Short-term (often a weekend or a few days)
- With an approved carer or family
- Temporary — you return to your main home after

Sometimes respite happens regularly (for example, one weekend a month). Sometimes it happens when things have felt stressful for a while.

Adults decide on respite to support the whole situation — not as a punishment. Overall it is about shared support, not separation.

Here's one way to think about it:

Respite care is like a recharge.

Just like bodies and minds need rest, families sometimes need extra support so they can keep going in a healthy way.

One thing to remember:

Long-term care is about stability and safety, not about giving up on you or your story.

You are not in trouble for wondering about your future.

How some children might feel?

- Confusing
- Disappointing
- Relieving
- Unsettling
- Fun
- Different at different times
- All of these feelings are allowed.

For adults supporting this child

- Never describe respite as "a break from the child."
- Explain respite ahead of time whenever possible.
- Acknowledge the child's feelings without defensiveness.

Who organises respite?

- Respite is usually organised by:
- Your carers
- Your case worker
- Your agency
- They work together to decide when and where it happens.

If you want to...

- If you want to know when respite will happen and where you will go, you can ask.
- If you want to talk about how it feels before or after, you can do that.
- If you feel mixed up or worried about leaving, that makes sense.
- If you don't want to talk right now, that's okay.
- Needing rest does not mean something is wrong.