

VIVANT
CARE

OUR GUIDE *to* RESPITE CARE





As a care provider, we're privileged to speak with family carers who devote themselves to supporting those closest to them.

While caring can be meaningful and full of rewarding moments, it's also natural to feel tired, stretched or overwhelmed at times.

What is respite care?

Respite care is a short-term stay in one of our beautifully-designed care homes, whether for a few days, a week or longer.

For guests, each care stay can feel like a relaxing holiday; a chance to enjoy a change of scenery, premium hospitality, restaurant-quality dining and enriching experiences. It can also be ideal for recovery, whether following surgery, a hospital stay or while regaining strength after a health condition, all complemented by exceptional, personalised care.

For families and carers, it's an opportunity to take a holiday, attend a special occasion, complete home repairs or simply focus on their own wellbeing, with complete reassurance that their loved one is in safe hands, cared for by experienced professionals, in elegant surroundings.

Whether it's a planned escape, post-hospital recovery or simply time to recharge, respite care stays offer reassurance for all.



Some of the challenges facing carers

It's completely natural to feel unsettled about stepping away from your loved one, especially if you've had little support at home or rarely get time for yourself.

Wanting a moment to rest doesn't mean you care any less. Caring for someone you love is a profound commitment, and it can take an emotional toll, even on the strongest of relationships.

At Vivant Care, we're here to support you as much as your loved one. We want you to feel reassured, listened to and confident that they'll be surrounded by warmth, understanding and exceptional care throughout their stay.



Looking after yourself as a carer

Some things you can do:

- Eat well and stay hydrated
- Try to get enough sleep
- Get exercise and fresh air
- Consider joining a carer support group
- Share highs and lows with family and friends

Carer's support

You may be able to access additional support to help manage the impact of caring on your wellbeing. This can include assistance with tasks such as gardening or housework, as well as the possibility of respite care. You do not need to live with the person you care for to be eligible.

The first step is to arrange a carer's assessment through your local council. For more information about the assessment process and how to request one, visit your local authority website: www.gov.uk/find-local-council

The Vivant Care stay experience

At Vivant Care, respite stays combine exceptional care with an elegant, hotel-style experience.

Guests are welcomed into elegant, thoughtfully designed surroundings, where every detail, from the ambience to the attentive service, has been carefully curated to create a sense of comfort, ease, and indulgence.

From beautifully-presented bedrooms with ensuite wet rooms and restaurant-quality dining to barista-crafted coffee and daily enriching experiences, each stay is designed to feel effortlessly enjoyable and reassuringly high-end.

Our all-inclusive fee covers restaurant-quality dining with complimentary drinks, concierge support, barista service, state-of-the-art gym, social clubs, events and local excursions.*

Prior to arrival, we create a personalised care plan to ensure individual needs and preferences are seamlessly met.

We offer advance bookings for respite care up to six months ahead and may be able to provide shorter notice stays, subject to availability.

Our extraordinary care stay includes:

- Person-centred care planning
- Round-the-clock exceptional care and tailored support
- Elegantly furnished bedroom with en-suite wet room, complete with towels and linens
- Access to premium facilities such as a state-of-the-art gym
- Services such as concierge support and local excursions*
- Daily enriching experiences, social events and clubs
- Restaurant-style dining with home-cooked meals from seasonal menus
- Barista serving complimentary refreshments
- Full laundry and cleaning service

What to bring?

- A week's worth of labelled clothes
- Toiletries
- Prescription medications (in their original packaging)
- Mobility aid (if used at home)
- Photos or small ornaments
- Favourite books or magazines

Here to talk

**Our dedicated Enquiry Support Team is only a phone call away
on freephone 0808 156 2763
or email care.hub@vivant-care.co.uk**



How to book

Our **Enquiry Support Team** can arrange a personal tour of Bayards Court Care Home. You and your loved one are invited to explore our thoughtfully designed spaces, enjoy our range of premium facilities and meet the dedicated team who will be there during their stay.

After your visit, we complete a thorough care assessment to ensure we understand your loved one's needs in full, covering mobility, personal preferences, medication, wellbeing and the little details that help them feel at home.



Here to help

**Our Enquiry Support Team offers support and guidance.
A dedicated advisor will support you through every step.**

Whether you're exploring long-term care for yourself or a loved one, considering a short respite stay, or simply looking ahead to understand your options for the future, our expert team offers friendly, impartial advice.

We can support you with:

- Identifying which type of care best meets your needs
- Understanding fees and what they include
- Discovering more about extraordinary living and daily life
- Arranging a visit to meet the team and explore the home

Our Enquiry Support Team



Suzanne



Ray



Sally



Jill



Clare



Hannah



Em



Sara

We're here when you need us:

- **Weekdays** 8am – 8pm
- **Saturdays and Bank Holidays** 9am – noon

Call freephone on 0808 156 2763
or email care.hub@vivant-care.co.uk

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