# **RESPITALITY CASE STUDIES #1**

# Fife Carers Centre

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| Name of Case Study  | Case Study No. 1 |
| Background  |  |
| Has cared for husband who is very disabled by MS for more than 26 years. It has been more than 10 years since Wendy has had a break from her caring. |
| Story of Respitality Break & Feedback |  |
| Wendy is a full time carer for her husband who has progressive M.S. He uses a wheelchair and needs help and support with all aspects of his life. Through her contact with the Carers Centre, Wendy expressed interest in Respitality and was put on the list. Wendy recently had a chat with her Carer Support Worker about her break and how she felt after it. Wendy says “I was very lucky to be offered a one night stay at the Fairmount in St. Andrews and I was able to take a friend with me. My family chipped in to look after my husband so I could go with an easy mind although I did feel anxious because I have never had a break away from him before. We had a stunning bedroom and used the spa area, went into the pool and Jacuzzi. I then relaxed and chilled out on the loungers next to the pool my friend even paid for me to have a facial in the spa – what a lovely surprise!”“We treated ourselves to a lovely meal and I was in bed by 10:30 and slept straight through the night – this never happens!!. Up in the morning and had a beautiful breakfast and away home. The staff were so polite and friendly, they treated me like a queen from the moment I arrived. They even washed and valeted my car for me for free.”Cindy, Wendy’s Carer Support Worker asked what difference the break made to her. Wendy said “ When I got home I felt totally relaxed and ready to take on my caring role again. Even my husband noticed how well I looked, rested and relaxed, not stressed. He said it made him feel better that I had a chance to get a break and be pampered. Even now, when I have a hard day, I think about my break and smile.”Wendy said she can’t thank the Fairmount enough for offering the break and Cindy and the Fife Carers Centre for the support she receives. Wendy says “Thanks to The Fife Carers Centre and my Respitality break at the Fairmount, I have my mo jo back !” |

# **RESPITALITY CASE STUDIES #2**

# **Falkirk & Clackmannanshire Carers Centre**

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| Name of Case Study 2 Night Hotel Break | Case Study No. 1 |
| Background |  |
| The carer supports her husband who has Multiple Sclerosis. They have two children, one of whom is currently being assessed for an Autism Spectrum Disorder. Previously, the family was supported by the carer’s parents, but they were sadly killed in an accident 3 years ago – the carer has struggled to come to terms with this. |
| Story of Respitality Break & Feedback |  |
| Carer was delighted to be offered the chance of a Respitality break, especially as she has family nearby who were willing to look after the children for the weekend, giving the carer and her husband a chance to spend some time together. An email received from the carer after her break said: “Just a wee message to say thank you sooooo much for our amazing weekend away in the [name of hotel] at the weekend. [Husband] and I really enjoyed our stay, we both benefited from the time together, we just did simple things like read, crosswords, listened to the radio, watched TV. I did some writing for my writing class and we relaxed in the bar and had a wee drink or two! The food was lovely and room just perfect. Boys really enjoyed their stay at their auntie … and uncle … and I think our weekend away was great for everyone!”The carer completed a Respitality Thank You Card for the hotel which read: “We would like to thank the [Name of Hotel] for a wonderful 2 night stay with dinner and breakfast! It was lovely for my husband and I to get some quality time together and I especially enjoyed time to rest, relax and read. Not having to be so busy caring for my husband and little boys was such a welcome break that we would have struggled to afford ourselves.” |

# **RESPITALITY CASE STUDIES #3**

**RESPITALITY PROVIDER POV**

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| Name of Case Study – Respitality Provider Tayport Links Caravan Park | Case Study No. 1 |
| Background |  |
| Douglas Baillie of Tayport Links Caravan Park donated short breaks at the caravan site in 2016 to Dundee Carers Centre and has done the same again for 2017. Dundee Carers Centre has used one break in 2016 have already booked to use the 2017 break.The family from Dundee who used the Respitality break thoroughly enjoyed the break away and think they may have a caravan holiday in the future. Their son is autistic and he loved the short break. |
| Story of their Respitality Involvement & Feedback  |  |
| Douglas has told us that he finds Respitality works well on all levels.On a personal level it has raised Douglas’ awareness of how important carers are and how difficult life can be for carers. It has helped him to understand how much Respitality breaks mean to the carers.It is not difficult thing for him to for him to do – it just costs a couple of hours to clean the caravan and he’s very pleased that he has been able to help.From a business point of view he has had 2 bookings through Dundee Carers Centre since he started Respitality. He feels it’s a really good tie to have locally. His business is spread by word of mouth and this relationship can only help him.He thinks that both his caravan park and carers from Dundee win through Respitality  |