

Choosing Centre-Based Respite

What should we consider when choosing centre-based respite?

Choosing centre-based respite is an important decision. Choosing the most suitable service for both of your needs, will help you feel confident that you or your family member/friend will be in a safe environment where your needs are met, and have the opportunity to participate in enjoyable activities. There are various things to consider when choosing the most appropriate day centre for you. The table below highlights some of questions to ask and things to consider.

Questions / Things to consider	Notes
Where is the centre located? (Is this convenient for you?)	
What are the days and hours of operation? And what days have available positions?	
What activities are available? (If you have a particular hobby or interest, it may be worthwhile asking if such activities can be catered for).	
Does the centre organise 'outings' or day trips? (Is this something you are interested in?)	
What experience do the staff have with clients with dementia? (What approach do staff take to managing your specific needs?)	
Does the service provide transport? (and if so, are these suitable services for your needs?)	
Does the service provide meals? (If you have specific dietary needs, ask how these will be catered for).	
What is the cost of services? (If so, how is payment organised?)	
Does the service cater for any specific care arrangements you need? (e.g., medical, cultural, mobility)	

What should we consider when visiting centre-based respite?

If possible, you may find it helpful to spend some time at the service you are considering so you can get a 'feel' for the people and environment. You may wish to visit several times to see whether your experience varies on different days. During these visits, you may find it helpful to take a 'checklist' of things you want to observe during your visit, such as the one below:

Questions / Things to consider	Notes
How did you and your family member/ friend feel upon arrival to the centre?	
Did the staff and clients seem cheerful and comfortable?	
Was the centre easy and safe to navigate?	
Was the centre clean and pleasant?	
Was the furniture suitable? (e.g., sturdy, comfortable, etc)	
Was there a quiet place in the centre for individuals to sit if they need a 'break'?	
Were there various activities for clients to take part in? (Also, were modifications made to the activities to encourage individuals with varying capabilities to participate?)	
Was there a process for clients and carers to provide feedback and plan activities?	
Were staff able to explain the services offered by the day centre and answer all of your questions?	