

Support for carers and respite

Caring for someone can take many forms, from short-term help to ongoing care. Find information about caring for an older person, support services and care options available in Northern Ireland.

Who is this page for?

This page is for anyone caring for an older person looking for information about care and support.

Caring and support

The type of care someone needs can change over time. Support may include help at home, short-term or respite care, long-term care and other care arrangements

Respite care

Respite care gives you a break from caring while the person you care for continues to receive support they need. This could include care at home, day services or a short stay in residential care.

Find out more about respite care and short breaks on:

- [Support services for carers | nidirect](#)
- [Looking after yourself as a carer | nidirect](#)



Find information about

[support services for carers on nidirect page.](#)

How the Public Health Agency (PHA) helps?

The PHA works with HSC Trusts, partners to promote healthy ageing and support the health, wellbeing and independence of older people and those who care for them.

Last reviewed
05 October 2026

Helpful resources

[Northern Ireland | Carers NI](#)