

# PILOTING LEO'S PLACE

## A World's First, Non-Clinical, Palliative Care Respite House



Leo's Place is a home-away-from-home, providing respite and support for people with a life-limiting illness and their carers

### NEED

- Carer burnout is widespread and damaging causing “fatigue, sleep problems, depression, anxiety and burnout”
- The length of time caring is directly related to levels of burnout Carers who cared for more than 14 hours a day were 2-5 times more likely to suffer burnout
- “It is very stressful for my carer to look after me” (Client)
- There is a direct correlation between hours caring and burnout
- Caregivers who receive a break are significantly less likely to suffer burnout

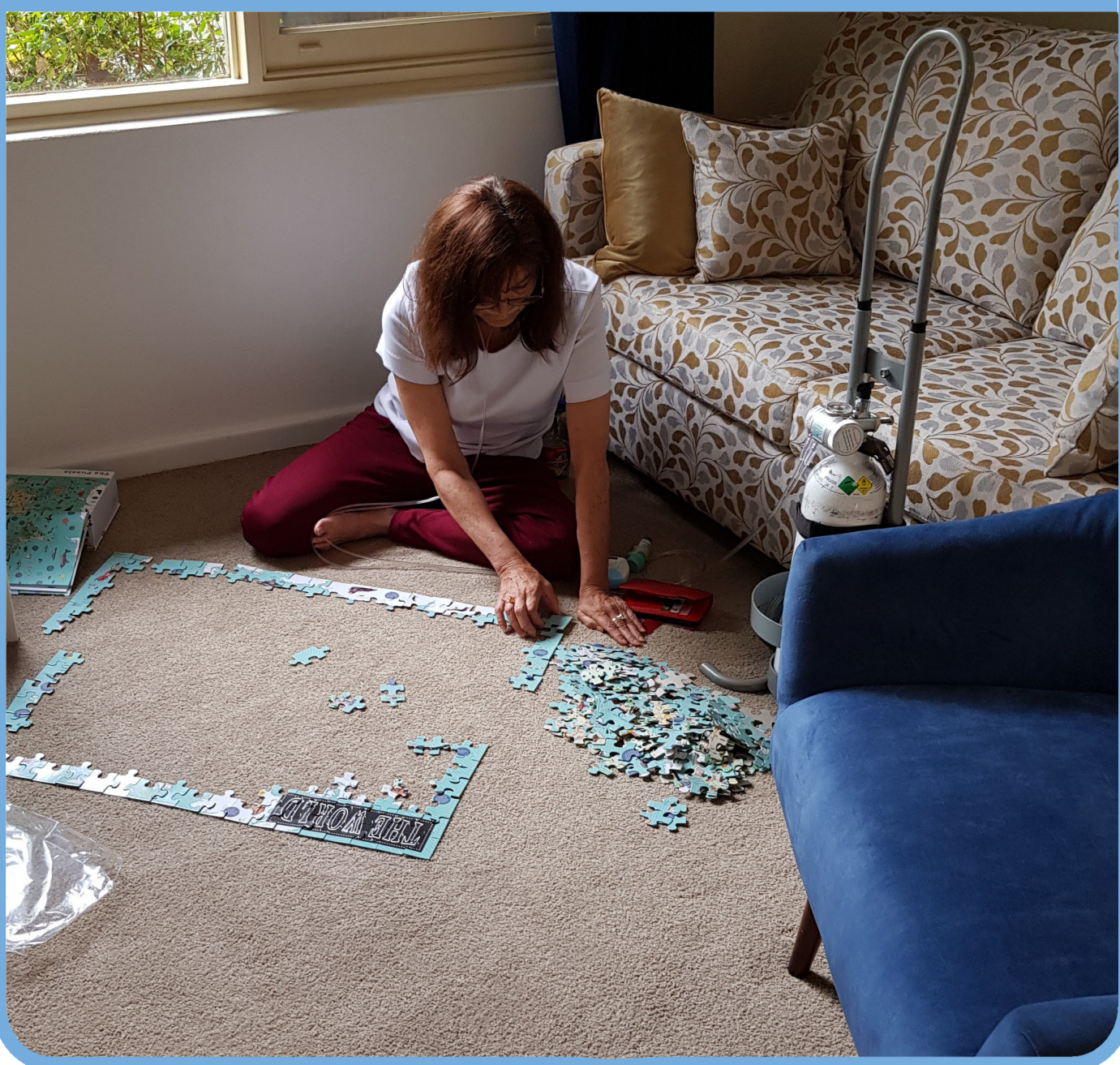
70% of people wish to die at home – but fewer than 12% do



### BARRIERS

- Canberra and region has one bed at the hospice for respite. The only other respite option is in a residential aged care facility, but only if you are over 65
- There are very limited respite options for younger people
- Carers very reluctant to leave a loved one
- Don't like clinical settings “I couldn't leave him in a hospital environment – he'd think it was all over” (Carer)
- Demand for palliative care services, including respite support, is increasing and becoming more pressing given the ageing of the Australian population

Lack of safe, welcoming respite bed spaces



### SOLUTION

#### LEO'S PLACE

- “Excellent, beautiful, best thing about it is that it is not medical” (Client)
- “Nice, safe environment, I had no worry leaving [client]” (Carer)
- “Felt like home- but with staff” (Carer)
- “They arranged everything and it was so easy” (Carer)
- Supporting people with a life-limiting illness, and supporting their wish to die at home, requires better support for the family and loved ones who are their carers
- Leo's Place is a non-clinical respite facility providing support to both the person with a life-limiting illness as well as their carer/s

“Overcome at how nice it was” (Client)



### RESULTS

- Demonstrated international benefits to carer and client from respite
- Increase in knowledge sharing - Leo's is also an information hub.
- “I could actually do some life organising stuff – I got a tradie in and stuff fixed up” (Carer)
- “It was the first time in, I can't remember how long, that I've had a break from looking after [client]” (Carer)
- “I can actually plan to go to a wedding, knowing [client] will be safe here” (Carer)
- “We were caught between nothing or end of life at Clare Holland – Leo's saved us” (Carer)

“Gave my carer a rest, and gave myself a rest from being cared” (Client)



#### AUTHORS

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