

Short Break Statement

A Short Guide 2023

Information about the short break services available for carers and cared for persons



Content

Why do we have a short break statement?	3
What is a short break?	3
Who can access short breaks?	4
How to access a short break?	4
What makes a good break for you?	5
Barriers to having a break	6
Types of support	7
Is there a cost?	9
National contact information	9
Local contact information	10



Why do we have a short break statement?

The Carers (Scotland) Act 2016 requires local authorities to prepare and publish a statement setting out information about short break services available for local carers and those they care for.

The aim of this document is to provide information to carers and those that are cared for explaining:

- **What short breaks are**
- **Who can access them**
- **What short breaks opportunities are available to carers**
- **How carers can access short breaks and find further information.**



What is a short break?

A short break is something that enables carers to have time away from their caring routines or responsibilities. *This was previously referred to as respite.*

Short breaks can be long or short and can be during the day or overnight, they come in many forms which is unique to each carer. This would be based upon each individual's circumstance.

Short breaks can allow the carer and the cared for person time apart from each other. The cared for person can be supported away from home including overnight or a care provider can offer support in their own home. Alternatively the carer and the cared for person can go away together.

East Ayrshire Health and Social Care Partnership want carers to know that:

- **Short breaks are available**
- **They can have breaks in a range of ways**
- **People can have a choice of breaks and the support they access**
- **Breaks will be a positive experience and benefit both the carer and the cared for person**
- **Carers and cared for person will be offered help to identify the need for a break and the potential benefits.**

Who can access short breaks?

Short Breaks are available for carers and those who they care for. Carers are people who provide care and to support family members, other relatives, friends and neighbours. The people they care for may be affected by disability, physical or mental health issues (often long-term), frailty, substance misuse or other conditions.

A carer does not need to be living with the person they care for to be considered a carer. Anybody can become a carer at any time in their life and sometimes support more than one person at a time. An example of this could be a friendly neighbour. Every carer is unique and we do our best to have good conversations which leads to good outcomes for carers in their role.

Who is eligible for a short break?

The eligibility criteria sets out what levels of support a carer might be able to access according to their level of need. This will include whether a carer is likely to be able to meet their desired outcomes through general services and the impact of their caring role on their wellbeing.

How to access a short break

Carers can contact East Ayrshire Carers Centre or your identified social worker for advice, information and support regarding your caring role and the opportunity to complete an Adult Carers Support Plan (ACSP) or a Young Carers Statement (YCS).

This will help you explore options, identify gaps and ensure your outcomes will be met to enable you to have a life alongside your caring role. This would be completed at a suitable day and time for you.

Both the Young Carer Statements and Adult Carer Support Plans were developed and designed by existing carers so they are easy to follow, enabling you to be involved in a good conversation.





What makes a good break for you?

We asked carers what was important to them and what would make a good break from their caring role. We also asked about barriers to having a break as we wanted to understand this more. *What Matters to You?*

This is what local carers told us:

It was important to have the opportunity to have a break from their caring role in order to re-charge, re-energise in order to continue caring. Although each carer had different ideas about the type of break that worked best for them, it was clear that it was important that the carer had choice and control and that they felt confident that their relative was well cared for during the break.

- **22% of carers felt that regular short breaks away from the caring role worked best**
- **"Having a coffee with a friend"**
- **"Doing activities that I enjoy – like going for a walk or to a local club"**
- **68% of carers showed a preference for less regular, longer breaks away from their caring role was important**
- **"A weekend away every so often helps me to have a break and switch off for a while"**
- **"A week long break in the sunshine helps me to feel relaxed".**



Barriers to having a break

- 52% of carers identified worrying about their relative and feeling guilty as the main barriers to having a break from their caring role
- “Lack of money, panic that something is going to happen to my mum whilst I’m gone.”
- My relative doesn’t want anyone else to help care for him, so having a break is difficult and I often feel guilty for feeling that I need one”
- 30% of carers told us that financial constraints were often a barrier to having a break from their caring role.
- “I felt I had no choice but to give up work to care.....limited time and money is barrier to having a break”
- 24% carers also highlighted poor local transport as a key barrier to having a break from their caring role.

These discussions helped us to set out our core principles and what matters to carers as listed below:

- You and the people you care for will be at the centre of planning for the short break and the short break will be personalised to your needs.
- We want you and the person you care for to be able to live independently for as long as possible. Wherever we can, we will help you to discover what skills and knowledge exist in your community, including among the people and organisations you already know, which can support you to achieve this.
- We will work with our partners locally – health, community and voluntary sector organisations – to identify flexible ways of providing you with support.
- You will have choice and control over Short Breaks to meet your needs, including through use of Self-Directed Support (SDS) options where they apply.
- The short breaks we help you to arrange need to make a difference to your lives. This means we will focus on outcomes, making sure that we identify the steps you need to take to improve your own health, wellbeing and safety, as well as your ability to continue to care.



Types of support



Adult carers support

Support groups

East Ayrshire Carers Centre offer weekly support groups across their centres in Kilmarnock, Cumnock and Dalmellington.

The groups run for two hours and include light refreshments.

The support groups are designed to support unpaid carers in their role and offer training, information sessions, wellbeing support, fun activities and peer support.

Staff are on hand to give information, advice and support relating to benefits, breaks, debt and any other issues relating to their caring role.

Coffee mornings

East Ayrshire Carers Centre offer weekly informal coffee mornings designed for unpaid carers and the people they care for to meet up for friendship, peer support and chat.

Social activities

Carers are offered fully funded day trips, respite breaks, seasonal events such as Christmas lunches and parties, and special events during Carers Week such as garden parties.

Young carers support

Group Support

East Ayrshire Carers Centre offer 13 separate, age related weekly groups throughout the bases in Kilmarnock, Cumnock and Dalmellington, as well as outreach support in New Cumnock. Young carers from the age of five can access these groups and really benefit from fun, friendship, activities and lots more.

Social activities

Fully funded respite breaks in the form of amazing days out, overnight and residential breaks such as Ocean Youth Trust and Camp & Trek, as well as Columba 1400 Leadership Academy residentials and much more.



Short break brokerage service

East Ayrshire Carers Centre fund a short break co-ordinator to support unpaid carers to explore grants and funding opportunities to access a meaningful break or pursue any hobbies or activities.

Time to Live

Time to Live is part of the short breaks programme operated by Shared Care Scotland on behalf of the Scottish Government.

The purpose of the fund is to increase the range, availability and choice of short breaks, hobbies and interests for unpaid carers of all ages, in order for them to live a life alongside their caring role.

Breaks can be with or without the cared for person and can be taken with a friend or other relative.

There is an eligibility criteria which is clearly laid down on the application form and carers centre staff are able to offer guidance and support to unpaid carers to be as creative as possible in identifying a break that is meaningful to them.

All applications go before a panel for a decision. Time to live fund is time limited and not guaranteed, any decisions made will be discussed in full with you.

Respitality

Respitality (Respite + Hospitality) provides a unique way for carers centres and the Scottish Hospitality sector to work together to provide short breaks for carers.

East Ayrshire Carers Centre is a registered delivery partner for Respitality breaks, which could include overnight stays, dinner reservations, spa days, days out, beauty/therapy treatments or whatever gift a business chooses to donate.

A carer and or the person they care for can have a break away from their usual caring responsibilities.

Is there a cost?

We don't charge carers for short breaks arranged to give them a break from caring. There are circumstances where the carer and/or the cared for person will need to pay towards the break for example where funding is provided to support them to take a holiday type break together. Any costs will be explained and agreed before the break goes ahead.

National contact details

A link to a national short breaks website can be found at Shared Care Scotland

www.sharedcarescotland.org.uk

ALISS website

ALISS is a national digital programme enabling people and professionals to find and share information on resources, services, groups, and support in their local communities and online.

ALISS can help you find information about resources for example:

- **Support for managing long term conditions**
- **Social and community connection (e.g., local choirs, book groups, befriending)**
- **Help to be more active (e.g., badminton clubs, community gardens)**
- **Practical, legal, and financial support (e.g., money advice, advocacy services)**
- **Digital technology (e.g., online forums, health related mobile apps)**

www.aliss.org

Local contacts

East Ayrshire Carers Centre

Head Office
7 Bank Street
Kilmarnock
KA1 1HA

01563 571533

Email: admin@eastayrshirecarers.org.uk

Facebook: @EACarers

Twitter: @EACarers

<https://eastayrshirecarers.org.uk>

East Ayrshire Advocacy Service

20 Lindsay Street
Kilmarnock
KA1 2BB

01563 574442

eaas.org.uk

Ayrshire Independent Living Network

71 Princes Street
Ardrossan
KA2 8DG

01294 475685

<https://ailn.org>

Alzheimer Scotland

8-12 College Wynd
Kilmarnock
KA1 1HN

01563 542621

www.alzscot.org

Community Brokerage Network

Belford Mill
16 Brewery Road
Kilmarnock
KA1 3GZ

07769698606

www.communitybrokeragenetwork.co.uk

East Ayrshire Health and Social Care Partnership

Front Door Service

<https://www.east-ayrshire.gov.uk>

The Short Break Statement will be reviewed annually as per guidance from Scottish Government.

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