

East Renfrewshire Health & Social Care Partnership

# Short Breaks Services Statement

For Adult Carers and Young Carers

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November 2019



**EAST RENFREWSHIRE  
HEALTH AND SOCIAL CARE  
PARTNERSHIP**

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اگر آپ اس لیف لٹ میں درج معلومات کا ترجمہ اپنی زبان میں چاہتے ہیں تو ہم سے رابطہ کریں

Thank you to all our partners involved in the development of this statement. Particular thanks go to the carers of East Renfrewshire and East Renfrewshire Carers Centre, without whose involvement this could not have been written.

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## Background:

Every Local Authority and [Integration Joint Board](#) (IJB) in Scotland is required to publish a Short Breaks Services Statement under the duties of the Carers (Scotland) Act 2016 to ensure better and more consistent support for Carers and Young Carers so that they can continue to care, if they choose to do this, in better health and are able to have a life alongside caring. Further duties under the **Carers (Scotland) Act 2016** as part of the Carers Charter can be accessed on the Scottish Government website: <https://www.gov.scot/publications/carers-charter/pages/2/> .

Short Breaks are not new and we (East Renfrewshire Council and IJB) recognise they can be vital to sustain the health and wellbeing of unpaid carers and to maintain a caring relationship. We also acknowledge the significant contribution unpaid carers provide to the health and wellbeing of people living in East Renfrewshire and that this means more people are able to remain living at home and to be part of their communities.

This statement has been produced by East Renfrewshire Council's Health & Social Care Partnership (ER HSCP) <https://www.eastrenfrewshire.gov.uk/about-hscp> and will be reviewed annually. It has been informed by what carers told us matters to them during the consultation for East Renfrewshire's Carers Strategy, and with the engagement of our commissioned carers support service, East Renfrewshire Carers Centre (ER Carers Centre) <https://www.eastrenfrewshirecarers.co.uk/> .

## Who is a Carer?

The term 'carer' as used in this statement refers to someone who provides or intends to provide unpaid care for another person. The cared for person could be a family member, relative, neighbour, or a friend and be any age. For the purposes of this statement the term "Carer" is not applicable to volunteers or care workers who are paid to care but often referred to as carers, or to a person providing care for a young person under 18 years if the care provided has only to do with their age.

- A **"Young Carer"** is a carer who is under 18 years old or is 18 years old and is still in school.
- An **"Adult Carer"** is a carer who is at least 18 years old but is not a young carer.

The person receiving care and support can sometimes be referred to as the **"Cared-for person"**.

## The Purpose of this Statement

This statement's purpose is to promote choice and control for carers and the people they care for by providing information on:

- What we mean by Short Breaks
- Where to go for advice, information and support on how to access Short Break opportunities
- Short Break opportunities and services available to carers both locally and nationally
- Who can help you find out more about how to fund a short break and if you may be eligible for a personal budget
- Information, support and guidance on the choices and rights you have as a carer

## What is a Short break?

In East Renfrewshire we use the Shared Care Scotland <https://www.sharedcarescotland.org.uk/> description of a Short Break:

***“A short break is any form of service or assistance which enables carers to have sufficient and regular periods away from their caring routines or responsibilities. It is designed to support the caring relationship and promote the health and wellbeing of the carer, the supported person, and other family members affected by the caring situation.”***

**Respite** is another term that is sometimes used to describe a break from caring. In developing this statement, stakeholders including our staff, partners and carers themselves commented that 'respite' is most often associated with institutional services or emergency situations. We prefer to use the term 'Short Breaks'. We believe it is a more positive term and more in line with the flexibility and creativity that you as carers have told us you want. (Carers can request advice or support with planning for an emergency by contacting ER Carers Centre. Click <https://www.eastrenfrewshirecarers.co.uk/> to make an enquiry or call **0141 638 4888**.)

## Types of Short Breaks

ERHSCP is keen to promote choice and control for both you and the person you care for so a Short Break could take many forms dependent on the situation. Short Breaks from caring can:

- Be for short or extended periods during the day or overnight
- Be provided at home or out and about in the local community or in a suitable supported environment.

- Be at times that fit in with your plans, to give you one off break/s when you need it or regularly if that is required.
- Be provided by a family member; friend; volunteer; paid support; attendance at community groups/centres/play schemes.
- Mean the carer and the person they care for having a break together, with assistance if necessary, to provide a break from the demands of their daily caring routines
- Be something the adult or young person you care for enjoys doing that gives you time for a break.

#### **A Short Break from caring means you can:**

- Spend time on your own or with friends regularly
- Take a holiday or do something that you enjoy and that helps you unwind
- Do things that will improve your health and wellbeing
- Deal with other things that matter to you like family responsibilities, or to attend a doctor or dentist appointment.

Below are some real life examples from ER Carers Centre of Short Breaks that will help you to understand more about the possible opportunities for Short Breaks:

A group of teenage carers were running their own fortnightly group to support each other through a particularly challenging time. They were studying for their final exams and thinking about their post school options alongside managing their caring roles.

The group received funding for a Christmas night out, to go for a meal, bowling and on to the cinema.

***They have since formed a lasting bond and continue to meet as friends after leaving school.***

It can be difficult for P and his wife to do things that are easy for other parents with adult children to do. Caring for their son takes up a lot of their time which can be stressful and cause tension. P and his wife didn't want a break without their son instead they wanted to go somewhere together where they could relax and re-connect as a family. It was agreed this would be the best way to meet the outcomes of the family as a whole, funding for the break was agreed and they were able to get away with their son for a three day trip to the coast.

***“The process was straightforward and the break allowed us to relax and recharge our batteries away from our normal, hectic domestic environment. We returned in a much more relaxed and refreshed state and better able to manage.”***

Not long after retiring S found herself caring full time for her husband. Along with missing her work colleagues, S quickly found herself isolated and bored at home. When she left her home for short periods she was preoccupied worrying about her husband. After approaching the Carers Centre to explain her predicament, staff there supported S to plan and think about what type of break would most suit her.

S's husband now has a community alarm he can use if anything goes wrong, he also has a falls detector and can make voice activated phone calls using Alexa. S decided she felt confident enough to enrol for weekly University of the 3<sup>rd</sup> Age classes that are held locally and applied for funding to help with this. ***Now S has something to look forward to every week, has met new people with similar interests and is really enjoying learning new things that occupy her at home as well as in the class.***

M lives with and cares for her dad who has dementia and can leave him on his own for only short periods of time. M approached the Carers Centre and told them about the stress she was experiencing. During the conversation M said she was keen to try a relaxation therapy. M received funding for a course of reflexology that she chose to attend for one hour every week. ***The session is provided locally and only lasts for one hour so M can attend without worrying about her dad and the sessions help relieve her stress. M said she feels she can cope better with caring for her dad now.***

Being in the countryside enjoying outdoor pursuits is J's way of relaxing but getting away is difficult as he cares for his parents. J manages to get away now and again for a day or two when family and neighbours step in to help but overnight stays at short notice can be costly and this has limited his opportunities.

After planning with staff at the Carers Centre J identified what he needed to give him the break he wanted was a tent and some camping equipment. J received funding for these. ***Now whenever he gets the chance J is able to get away to the country for a day or two where he can switch off, be with friends and stay healthy and active in the outdoors.***

## Outcomes of Short Breaks

The 'outcome' of a Short Break is simply the difference it makes to the life of the carer. Real life examples of the types of outcomes achieved in East Renfrewshire can be seen highlighted in the case studies above. Outcomes are individual to each person so where it is identified there is a need for a break from caring ER Carers Centre and/or ER HSCP will work together with the carer to identify the personal outcomes they hope to achieve from a short break. This will be done through the process of completing an Adult Carers Support Plan or a Young Carers Statement.

## Outcomes of Short Breaks for Young Carers

For young carers it is important that they can be children and young people first. Achieving Young Carers' outcomes may include individual and group activities personalised to the needs of the young carers. This will include school holiday based activities, targeted group work and interventions to promote confidence, resilience and well-being.

Below are further examples of the likely outcomes for carers from a short break:

### Before a Short Break:

- I am able to have a break that suits my personal life style
- I am informed about my choices and rights
- I have more opportunities to take a break that suits me and the person I care for
- I am listened to and plan my Short Break as an equal partner
- I have control and choice over the resources available to me

### After a Short Break:

- I feel rested and able to cope
- I feel safe and supported and that a crisis is less likely
- My caring contribution is recognised and valued by services
- My health and wellbeing is improved
- I am able to continue caring
- I have more people in my life *e.g. social circles, classes, activity groups*
- I'm able to do the things to do that I want to do

## Guiding Principles for Planning Short Breaks with Carers

- Carers will be **recognised** and **valued** as **equal partners** in planning for Short Breaks.
- Planning and assessment will be **outcomes focused** to ensure that we focus on what both the carer and the cared for person wants to happen. This will be essential to developing effective Short Breaks.
- By using our framework we will have an **equitable** and **transparent** system for determining eligibility for funding Short Breaks that is **consistent** and easily understood.
- There will be **timely decision making**.
- Planning a short break will be a safe, respectful and inclusive process where **diversity will be recognized and respected** and every carer treated equally.
- **Ease of planning**. Planning a Short Break should not be burdensome. Questions about needs and outcomes will have a clear purpose for carers, not just to inform the support system.
- **Prevention** will be key. Planning and assessments for support should prevent deterioration in the carer's health or the caring relationship.

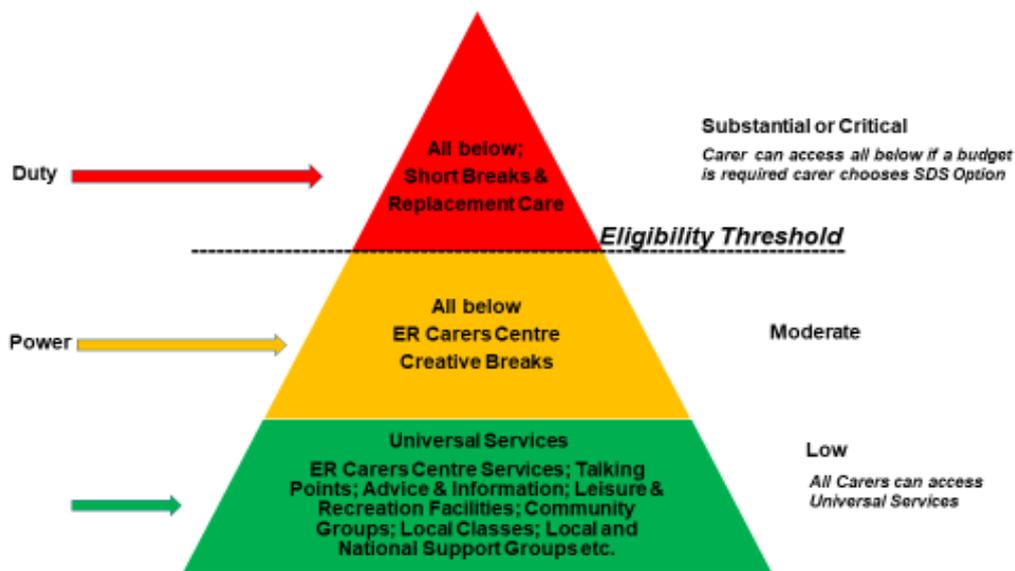
## Eligibility and Getting the Right Support

A Short Break is a key support, amongst other types of support, that can be provided to a carer and, as discussed above in outcomes section, should always be personalised and make a positive difference to both you and the person you care for. To do this successfully a plan will need to be in place that includes the person you care for, this means you can relax and be confident that when you are not there the person you care for will be supported in the way they want to be.

When you first make contact you should always be offered support to complete an **Adult Carer Support Plan (ACSP)** or **Young Carer Statement (YCS)**. If not you can ask, this is your right under the Carers (Scotland) Act. Planning should start with a good conversation and an important part of this conversation will be to understand the impact your caring role is having on:

- Your physical and mental health
- Your wellbeing including your emotional wellbeing
- Your employment, education and/or training
- Your relationship with the person you care for, family members and how caring is affecting your wider social networks
- Your balance in life between your caring role and the opportunities you have for a life outside caring
- Your financial position

The Carers Act places a **duty** on every Local Authority in Scotland to provide support for carers where the impact of their caring role has been identified as having a **critical** or **substantial** need for support, and a **power** to provide support to carers who have **moderate** to **low** level support needs where there is available funding to do so. To ensure the type and level of support offered reflects the impact of the caring role and specific circumstances of each individual we use an **Eligibility Framework**. This is to ensure we have a fair and transparent system to determine the level of support required. To do this we need to understand the impact your caring role has on your life. The diagram below shows our Eligibility Framework at a glance:



## Contributions and Charging Policy

You can see above that the Carers (Scotland) Act places a duty on our local authority to ensure every carer has access to the information and advice they need to get the right support. This is provided in East Renfrewshire by ER HSCP <https://www.eastrenfrewshire.gov.uk/about-hscp> and ER Carers Centre <https://www.eastrenfrewshirecarers.co.uk/> along with other local information and advice services.

Universal services are services that are available to all carers and the people they care for. You can see examples above and below in the **Short Breaks Opportunities** Section. Often these services can be used to access a short break that works for you. **Universal Services do not carry any requirements for financial assessment or subsequent financial contribution.**

If after Completing and Adult Carer Support Plan you have been identified as having a substantial or critical need for a short break, and have met the eligibility criteria, then you will have a right to choose how that support should be funded and provided. These are your Self Directed Support (SDS) Options. You can find out more about these at: <https://www.eastrenfrewshire.gov.uk/self-directed-support>

- **SDS Option 1** – You receive a direct payment and organise the short break independently
- **SDS Option 2** – East Renfrewshire Carer Services identify and arrange the short break on your behalf
- **SDS Option 3** - You identify the short break with ER HSCP staff member then arrange and pay for the short break
- **SDS Option 4** - You choose a combination of the first three options

For further information and advice on Self Directed Support you can contact SDS ForumER at <https://www.eastrenfrewshire.gov.uk/self-directed-support> or you can call them on **0141 638 2525**

If your short break doesn't include the person you care for, we will have to consider, along with them, what **replacement care** needs to be provided while you are away.

When planning this support we will always ask you to consider firstly the informal and existing formal supports that are in place. This is likely to be those who you trust and know best, friends, family and paid carers who know the person you care for well. Next we will consider universal services as above with a focus on using technology and Technology Enabled Care. You can find out more about this at <https://www.eastrenfrewshire.gov.uk/telecare-self-check-tool>.

If these options are not suitable to meet the person you care for and your own outcomes and you meet the eligibility criteria above then the cared-for person's Social Worker / Care Manager will look at what arrangements can be made using formal care services. **The Carers (Scotland) Act states any provision of replacement care to support a short break that is an identified, assessed need for an eligible carer, will not be subject to any financial assessment or contribution.**

**Find out if you as a carer you may be eligible for social care funding at:**

[https://getinvolved.eastrenfrewshire.gov.uk/chcp/carersscotlandact2016eligibilitycriteria/supporting\\_documents/ERHSCP%20Cares%20Eligibility%20Framework.pdf](https://getinvolved.eastrenfrewshire.gov.uk/chcp/carersscotlandact2016eligibilitycriteria/supporting_documents/ERHSCP%20Cares%20Eligibility%20Framework.pdf)

**Find out if the person you care for may be eligible for social care funding at:**

<https://www.eastrenfrewshire.gov.uk/assessment-eligibility-criteria>

Other relevant information about Carers rights and the support available for Carers can be found in East Renfrewshire's Carers Strategy "**I Care, You Care, We Care 2018-21**".

## Short Break Opportunities

A short break can be delivered in many ways as long as it is personalised to you as a carer and provides you with the sense of having had time away from the routine of your caring responsibilities. This wide scope of possible opportunities means it would be impossible to include all options within this statement. We have included here some examples of the possible opportunities with links and some useful information included.

Below are examples of **Universal Services**. These are services available to all carers and the people they care for:

**East Renfrewshire Carers Centre (ERCC)** <https://www.eastrenfrewshirecarers.co.uk/>

ERCC can provide advice and information, links to support groups; online resources; support with stress management and more. They can also support you to plan and source funding if it is required for a short break. Details of these are below

**Time to Live Fund** – with funding awarded through Shared Care Scotland the Centre can make a financial grant to carers (cared for person must be older than 21 years) of up to £250.

The grant will be personalised to each applicant but must be used to provide carers with a short break. Examples of recently funded breaks include:

*Hotel breaks with the cared for person; Hotel breaks without the cared for person; Gym membership; Hill walking Equipment; Golf club membership; Therapies such as massage and aromatherapy.*

**Carefreebreaks** <https://carefreespace.org/>

The Carers' Centre have entered into a partnership with Carefree to provide carers with access to unused hotel rooms and accommodation across the UK.

Carefree have developed a simple referral process but you must come through the Carers' Centre. The breaks provided are throughout the UK and you will have to consider transport and other expenses such as dining. Please contact the Centre should you require further advice and information.

Carers can take someone with them but as the mission of Carefree is to provide carers with a break from their caring, you cannot take the person you care for.

## Respite

Respite is a short break programme managed in Scotland through Shared Care Scotland. It matches Scottish Hospitality Providers who are willing to donate or gift a short break, a day out, a meal out, a family experience or a longer holiday break for unpaid carers and their families and friends.

We are in the process of starting this in East Renfrewshire and are looking for volunteers to help us reach out to possible donors.

Find out more about Respite at: <https://www.sharedcarescotland.org.uk/respite/about-us/>

**Grants and donations** - The staff at the Centre can identify grants and other resources that will support carers breaks, current examples include:

Carers Trust Grants Programme <https://carers.org/grants-and-discounts/introduction>; Support in Mind – Creative Breaks <https://www.supportinmindscotland.org.uk/news/creative-breaks-fund-round-2-now-open>; East Renfrewshire Good Causes <https://www.ergoodcauses.co.uk/>

Other Resources

**Voluntary Action ER** <https://www.va-er.org.uk/> Talking Points; Community Hub; Volunteering; Groups and local information

**ER Culture & Leisure** <https://www.ercultureandleisure.org/coronavirus> Fitness and Wellbeing Classes & Activities;

**ALISS** <https://www.aliss.org/about/> A comprehensive local information system delivered by the Health and Social Care Alliance Scotland whose aim is to help carers and the people they care for should be able to access the information they need to help them live well.

**Shared Care Scotland Directory** <https://www.sharedcarescotland.org.uk/directory/?action=search> A comprehensive directory of short breaks available in Scotland

**Technology Enabled Care (TEC)** <https://www.eastrenfrewshire.gov.uk/tec> Sometimes simply having a Community Alarm reassures you it's safe to leave the person you care for an hour or so to be able to do something you want to do. TEC is the umbrella term to describe how technology can be used to support people's health and wellbeing. TEC includes Telecare, Telehealth and digital health and care.

**Everyday Technology** – Voice Activated and Smart Home technology can often be used to help a carer have a short break and online resources such as Zoom or other social platforms to chat with friends, or Stress Management Tools

**National Carers Organisations - Carers UK Scotland** <https://www.carersuk.org/scotland> and **Carers Trust** <https://carers.org/resources/all-resources> are good examples and there are many other local and national organisations who provide free advice, information and resources.

**Carers discount schemes** such as **Young Scot Card** <https://young.scot/get-informed/national/how-to-sign-up-for-the-young-carers-package> can offer things like free cinema tickets or first aid training and 50% off meals out.

Below are examples of more traditional ways that breaks can be provided. East Renfrewshire HSCP's Eligibility Framework may need to be applied to the funding of these options following completion of an **Adult Carers Support Plan** or **Community Care Assessment** for the person you care for.

### **Short Breaks in adapted / specialist accommodation**

The accommodation, which is only used for short breaks, might be guest houses, community flats, purpose-built or adapted accommodation. Depending on the group catered for, facilities may be able to offer specialist care. Click [here](#) for examples from the Shared Care Scotland Directory.

### **Short Breaks in residential or nursing care homes**

Some care homes may have a small number of places set aside specifically for short-term guests to suit individual needs and interests. You can find examples from the Shared Care Scotland Directory at: <https://www.sharedcarescotland.org.uk/directory/?action=search>

### **Short Breaks provided at home through paid day or overnight support**

This includes one to one support provided in the home of the cared-for person for periods of a few hours or overnight. The purpose may be to provide support while the carer is away, or to support the carer in other ways. You can find examples from the Shared Care Scotland Directory at: <https://www.sharedcarescotland.org.uk/directory/?action=search>

## **Who to Contact if you need a Short Break**

If you or the person you care for have an urgent need for immediate support and are over 18 contact **ER HSCP Initial Contact Team** directly on **0141 800 7850** if the person you care for is under 18 contact **ER HSCP Children and Families Request for Assistance Team** directly on **0141 577 8300**. In all other cases:

### **If you and the person you care for are over 18 years old:**

You can contact **ER Carers Centre** at: <https://www.eastrenfrewshirecarers.co.uk/> email: [enquiries@eastrenfrewshirecarers.co.uk](mailto:enquiries@eastrenfrewshirecarers.co.uk) call them on **0141 638 4888**. Their staff will offer you support to complete an **Adult Carer Support Plan**. Planning together will help with understanding the impact of your caring role, the need for support and the outcomes you want to achieve. If during planning it is identified the impact of your caring role is such that you need the support of health & social care services **ER Carers Centre** will support you to do this.

**If the person you care for is under 18 years old:**

You can contact **ER Carers Centre** at: <https://www.eastrenfrewshirecarers.co.uk/> email: [enquiries@eastrenfrewshirecarers.co.uk](mailto:enquiries@eastrenfrewshirecarers.co.uk) or you can call them on **0141 638 4888** for advice or you can contact our **Children and Families Request for Assistance Team** directly on **0141 577 8300** who will be able to advise or support you to complete an **Adult Carer Support Plan**.

**If you are a Young Carer under 18 years old:**

You can contact **ER Carers Centre** at: <https://www.eastrenfrewshirecarers.co.uk/> email: [enquiries@eastrenfrewshirecarers.co.uk](mailto:enquiries@eastrenfrewshirecarers.co.uk) call them on **0141 638 4888** or you can speak to your **Pastoral or Guidance Teacher at school or another teacher you find it easy to talk to**. You can ask to complete a **Young Carers Statement (YCS)** to help you with identifying what is important to you and the impact of your caring role on your life. If you decide you want to continue caring they will help you to think about the support you may need to do this. This will also help you decide what type of short break would work best for you. If you choose to complete a Young Carers Statement you can be shown how to do this online independently and in your own time, or you can get support from your school or from East Renfrewshire Carers Centre staff.

**Further Information**

Our duties under the Carers (Scotland) Act 2016 will be met by working together with our partners in the community. We are committed to gathering information on the services that are most effective in supporting carers and services that are committed to focussing on carers' outcomes, health and wellbeing and to supporting carers to lead as full a life as possible alongside their caring role if they choose to continue caring.

This Statement will be reviewed annually. The next review will be due before April 2021 and will involve carers and the organisations that support them. Our intention is to ensure there is as much opportunity as possible for people to contribute their views in a way that works for them. The information we gather from this review will influence the Short Breaks services that we commission going forward.

For further information about this document or to provide feedback please contact:

**East Renfrewshire HSCP Carers Lead:** [irene.brown@eastrenfrewshire.gov.uk](mailto:irene.brown@eastrenfrewshire.gov.uk)

**For further advice and information on Short Breaks please contact:**

**East Renfrewshire Carers' Centre**

Barrhead Resource Centre, 8 Carlibar Road, Barrhead. G78 1AA

Tel: 0141 638 4888

Email: [enquiries@eastrenfrewshirecarers.co.uk](mailto:enquiries@eastrenfrewshirecarers.co.uk)

Web: <https://www.eastrenfrewshirecarers.co.uk/>

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