



**Moray Council and Moray  
Integration Joint Board**

**20181129**

**FINAL Short  
Breaks**

**Services**

**APPENDIX 1**

**For Adult Carers and Young Carers**

Pauline Knox  
10/1/2018

## Contents

Background .....	2
Purpose .....	3
Definition of a Short Break .....	3
Outcomes of a short break .....	7
Opportunities Available .....	8
Eligibility .....	12
Contributions Policy .....	14
Further information .....	14

## Background

Each Local Authority and Integration Joint Board is required to produce a Short Breaks Services Statement under the duties of the Carers (Scotland) Act 2016. It gives information about the short breaks services available locally and across Scotland for carers and the people they care for. This information may be by way of direct provision within the statement, or by provision of a link to existing local or national systems that currently hold relevant information.

Further duties under the Carers (Scotland) Act 2016 as part of the Carers Charter can be accessed on the Scottish Government website here

<https://beta.gov.scot/publications/carers-charter/pages/2/>

A carer is someone who provides (or intends to provide) care for another person but not:

- If this is only because of that person's age (where they are under 18); or
- If you are caring because you have a contract or as voluntary work

You are an 'adult carer' if you meet the criteria above and are aged 18 or over, and not attending school.

You are a 'young carer' if you meet the criteria above and are either under the age of 18 or 18 or over, but still attending school.

The aim of the statement is to help carers and people with support needs understand:

- What short breaks are
- Who can access them
- What is available in the local area and across Scotland
- How they can access short breaks and find further information

This will enable carers to have more choice and therefore more control over what support is right for them.

The contents of this statement has been informed by what carers have told us during our consultations around both the adult carers and young carers' strategies is

important to them and further engagement with our commissioned carers support service. The statement will continue to be reviewed annually in light of feedback.

## **Purpose**

The purpose of this Short Breaks Services Statement is to provide information to carers and cared for people so that they:

- Know they can have a break in a range of ways
- Are informed about short breaks that are available
- Have choice in the support they access
- Can identify what a short break means for them, and how they can be supported to meet their needs and achieve their outcomes

The statement aims to provide useful information and links for all carers, regardless of any eligibility for formal support through Health & Social Care or Integrated Children's services. Carers who, through either an Adult Carer Support Plan or a Young Carers Statement, are found not to be eligible for formal support may still wish to pursue a short break using their own means and this statement will provide useful information relating to what is available.

In addition, the statement provides information relevant to breaks for the cared for person. The reason for this is the recognition that a break from caring holds significantly more benefit to the carer if the cared for person is also happy with the break that they are having. This is also true where the carer and cared for person wish to experience their break together.

Moray Council and Moray Integration Joint Board are committed to supporting carers to enable them to experience life alongside their caring role and will continue to work in partnership with each other and other organisations to develop and grow the local choices available for short breaks.

## **Definition of a Short Break**

The Carers (Scotland) Act 2016 has no specific definition for short breaks but the Statutory Guidance details the following definition from Shared Care Scotland:

*A short break is any form of service or assistance which enables the carer(s) to have periods away from their caring routines or responsibilities.*

*The purpose is to support the caring relationship and promote the health and well-being of the carer, the supported person, and other family members affected by the caring situation.*

*Breaks from caring may:*

- *Be for short or extended periods*
- *Take place during the day or overnight*
- *Involve the person with support needs having a break away from home allowing the carer time for themselves*
- *Allow the carer a break away with replacement care in place, if required*
- *Take the form of 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*

Short breaks are not new and this statement, in addition to the requirements of the Carers Act, is being produced to give formal recognition to the value and importance of short breaks as part of the suite of options for how carers can be supported.

The following case studies are taken from the variety of short breaks that have already taken place in Moray as part of the Creative Breaks funding provided by Scottish Government and administered by Shared Care Scotland through the local Carers Support Service.

L describes herself as the 'glue that holds things together' in her family, often doing things for others or sorting out problems. She feels she has to put everyone else's needs before her own, which is frustrating and stressful. She never feels emotionally balanced, has no energy, can't sleep, rarely feels confident and this all affects her wellbeing. Having taken breaks before that put other people's needs first, with the Carers Support Service's help she focused on what would make her feel better.

She liked the idea of regular opportunities to escape the stresses of her caring role, and bought vouchers for a local beauty spa. Over the summer she experienced a range of relaxation therapies, allowing her to pamper herself.

*"Creative Breaks made me think of myself, put myself first for a change. Mentally and physically I feel healthier and stronger and able to go on. I'm able to switch off from things a lot better."*

This carer's Creative Break award gave L the permission to care for herself and do something that made her feel and look good.

She has taken the steps to realise her rights to:

- a life outside caring
- regular breaks
- look after her own wellbeing
- and she's thriving on it.

*"I'm much better at saying 'no' because my confidence has increased."*

D applied for a Creative Break because her energy levels were so low and her stress levels so high that she frequently felt overwhelmed. She needed something to help her feel more positive and confident.

Initially, she mentioned a one-off break with the person she cares for, but conversation with the Carers Support Service helped her consider how she could achieve bigger changes she wanted, but had thought out of reach: to return to work, and have a life outside caring.

The service suggested joining their programme for the nationally-recognised SVQ Health and Care qualification which acknowledges the skills and expertise carers gain in their role and is welcomed by employers. D felt a laptop and printer would help her manage studying and preparation work alongside caring, whilst offering an escape through games and online social opportunities. The Carers Support Service helped her choose and buy her IT equipment.

As a result of studying for her SVQ, D has found work, giving her a new outlook on life and caring.

*"My confidence is improving, I'm more able and willing to try out new things and when I can do them, I feel 100%. I'm more positive, have fewer down days, and am better able to get going again when I DO have a down day. I'm also more prepared to ask people for help when I need it."*

*I feel like a new person, more confident and ready to move forward, and all because of that one Creative Break application!"*

*A is 12 years old and lives with his mum and dad. He was referred to the Carers Support Service in May 2015 by an Occupational Therapist after his dad experienced a collapsed lung and complications arising from it. Because of the severity of his dad's illness, and dad's sudden dependency on his son and his wife, the OT felt that he would benefit from support to understand and manage his role as a young carer.*

*A Support Worker met with A one-to-one, completing a Young Carers Assessment to identify the impact his caring role was having on him and where he specifically needed information and support. A's main concerns were how poorly his dad was, and that he would get ill again during the night without him knowing. With the Carers Support Service's help, A created his personal Support Plan, which set out the actions he and the support worker would take to make life easier. This included opportunities for A to take breaks away from his caring role with other young carers. He attended a range of young carer activities where he met with others of a similar age and with similar experiences. His dad returned to work, and A felt he no longer needed dedicated one-to-one support. This support was reduced, although A stayed in touch with the service and continued to take part in group activities, giving him the confidence to cope with changes at home as they happened.*

*Most teenagers generally need a break from their parents, but when they have a caring role for mum or dad that can be much harder to achieve. Having responsibility for a parent can be overwhelming and frustrating; putting someone else's needs first is not easy, and returning to that time and again is challenging, particularly at an age when peers are experiencing more freedom and independence. N (14) manages to get a break and reduce her daily frustrations by attending martial arts training, but is always aware that she has to go back.*

*In summer 2017, N was offered the opportunity to attend the WOMAA World Championships in Dublin. Her Creative Break award made it possible for her to attend.*

*N says, "My break helped me to relax more. It also helped develop my independence. This was the first time I'd been away by myself, although my instructor was with me as the responsible adult. Now I worry about things less because I've seen what I can do. It was a total break from caring which was refreshing, and it has strengthened my support network by building up my relationships with my instructors, so I'm able to carry on with my caring role knowing what's possible."*

*A Creative Break contributed to N's life outside caring, helping her put her own needs first improving her wellbeing and confidence, and supporting her to return to her caring role refreshed and boosted. In addition, she secured an international award in competition – something she is very proud of. Her mum is equally proud, and not just of N's success – she sees N can cope with new challenges and is capable of even more than she realised.*

## Outcomes of a short break

Carers will be supported to identify the need for and potential benefit of their short break through the process of having an Adult Carers Support Plan or a Young Carers Statement. The outcomes of a break will be personal to each carer and cared-for person, but for many, are likely to include some, if not all, of the following:

- Having more opportunities to enjoy a life outside/alongside the caring role
- Feeling better supported
- Improved confidence
- Increased ability to cope
- Reduced social isolation and loneliness, for example increasing social circles, connections and activities
- Increased ability to maintain the caring relationship – and sustain the caring role
- Improved health and wellbeing
- Improved quality of life
- Reduced likelihood of breakdown and crisis

Further real life examples of the types of outcomes achieved from short breaks in Moray can be seen in the case studies in the previous section and in the carer quotes below:

### **Quotes from Creative Breaks recipients 2017-18**

- *“It has been so good to get away for several short breaks - to recharge our batteries and get a change of scenery. It has helped morale enormously.”* (Carer took day trips in and around Moray)
- *“I now have materials to continue my artwork. From now on I will be able to use these materials to enjoy some relaxing time.”* (Carer bought art materials to use at home)
- *“I switched off for that period of the break which did me the world of good. I enjoyed every minute of it.”* (Carer stayed for 2 nights in a Moray hotel)
- *“I felt restored and still do.”* (Carer took a personal retreat in Inverness)



## **Opportunities Available**

Given that a short break can be delivered through any service or form of assistance the carer feels will provide them with the perception of time away from the caring routine or responsibilities, it would be impossible to be able to include a comprehensive list of all short breaks opportunities in Moray or across Scotland.

The following list gives examples of the different ways that breaks can be provided. There may be eligibility criteria attached to these.

### **Breaks in specialist/dedicated 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](#)

### **Breaks in care homes (with or without nursing care)**

Some care homes may have a small number of places set aside specifically for short breaks. Rather than simply offering a 'spare bed' the home may provide activities for short-term guests to suit individual needs and interests. [Click here for examples from the Shared Care Scotland Directory](#)

### **Breaks in the home of another individual or family**

These involve overnight breaks provided by paid or volunteer carers in their own home. These are sometimes referred to as shared lives, family based or adult placement schemes. Families or individuals offering this support are carefully recruited and registered – normally by the local authority or through voluntary sector organisations. [Click here for examples from the Shared Care Scotland Directory](#)

### **Breaks provided at home through a care attendant or sitting service**

This includes individual 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, e.g. by enabling the carer to have an undisturbed night's sleep. [Click here for examples from the Shared Care Scotland Directory](#)

## **Supported access to clubs, interest or activity groups**

These opportunities might focus on a particular activity (e.g. sports clubs, leisure activities) and may be based in a community building. These generally take place over a few hours perhaps once or twice a week or, in the case of disabled children, they may be planned over the school holidays. The availability of adapted equipment or trained workers can help people with support needs to enjoy these activities. [Click here for examples from the Shared Care Scotland Directory](#)

## **Holiday breaks**

These include opportunities for people to have a short break together, or independently. These breaks can be supported in different ways – through an agency specialising in breaks for people with particular needs; in adapted accommodation; or in ordinary hotels and guest houses, perhaps with additional equipment. More mainstream breaks may also be possible with the support of a paid carer or companion. [Click here for examples from the Shared Care Scotland Directory](#)

## **Befriending schemes where volunteers provide short breaks**

Befriending normally involves a paid worker or volunteer assisting someone with care and support needs to have access to activities, for example going to the cinema, meeting friends, shopping, swimming and other such leisure pursuits. Befriending can be on a one-to-one basis or as part of a group. [Click here for examples from the Shared Care Scotland Directory](#)

## **Day care or Day activities**

Day care is typically based in a community building and provided by a local authority or voluntary organisation. The degree of flexibility varies; most are characterised by fixed opening hours on particular days; some offer a drop-in service whereby people can attend for part of the day only. Day care is not generally provided for short break or respite purposes but services which offer more flexible arrangements, designed around the needs of both the client and carer, can achieve this purpose.

## Hospital/hospice-based break

This type of break is for people who need medical supervision because of complex or intensive health care needs. Some facilities are designed in such a way to create a more homely environment with guest bedrooms, lounges and activity programmes. Some short-term hospital-based care provides a break for the carer.

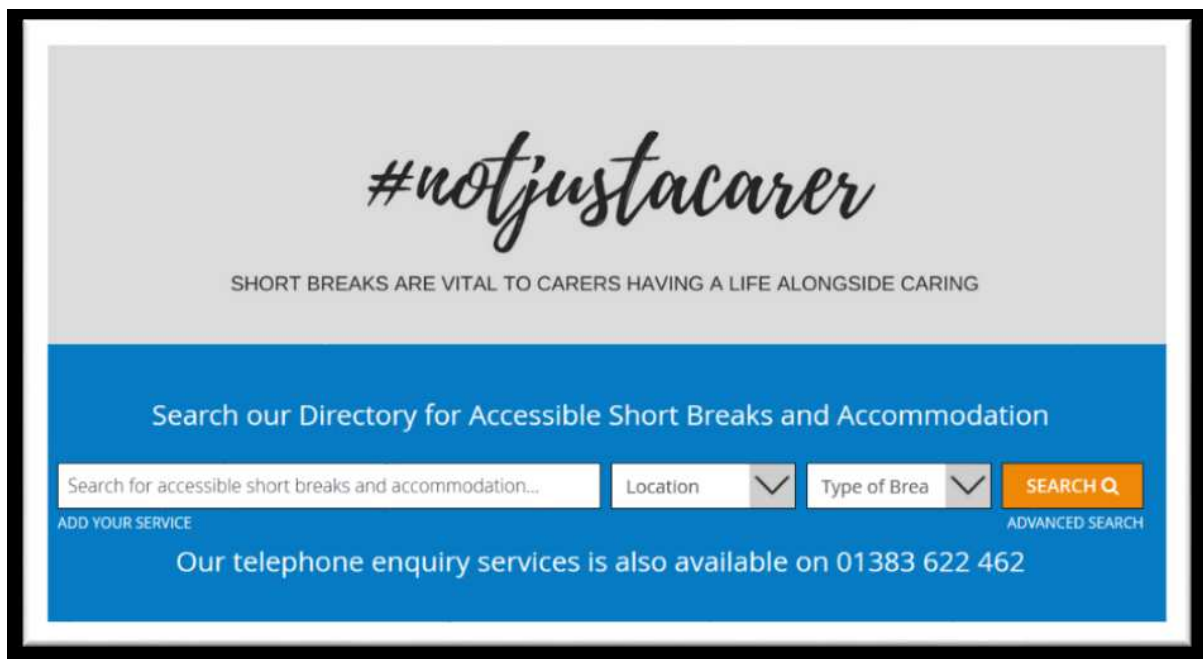
## Alternative breaks

Increasingly, with the development of Self-directed Support, more people are finding creative ways to take a break that don't necessarily involve external services. For example, they might use leisure equipment, computers, gardens or anything else that provides a break from routine. [You can read some example 'Short Break Stories' by clicking here](#)

## National Information Sources

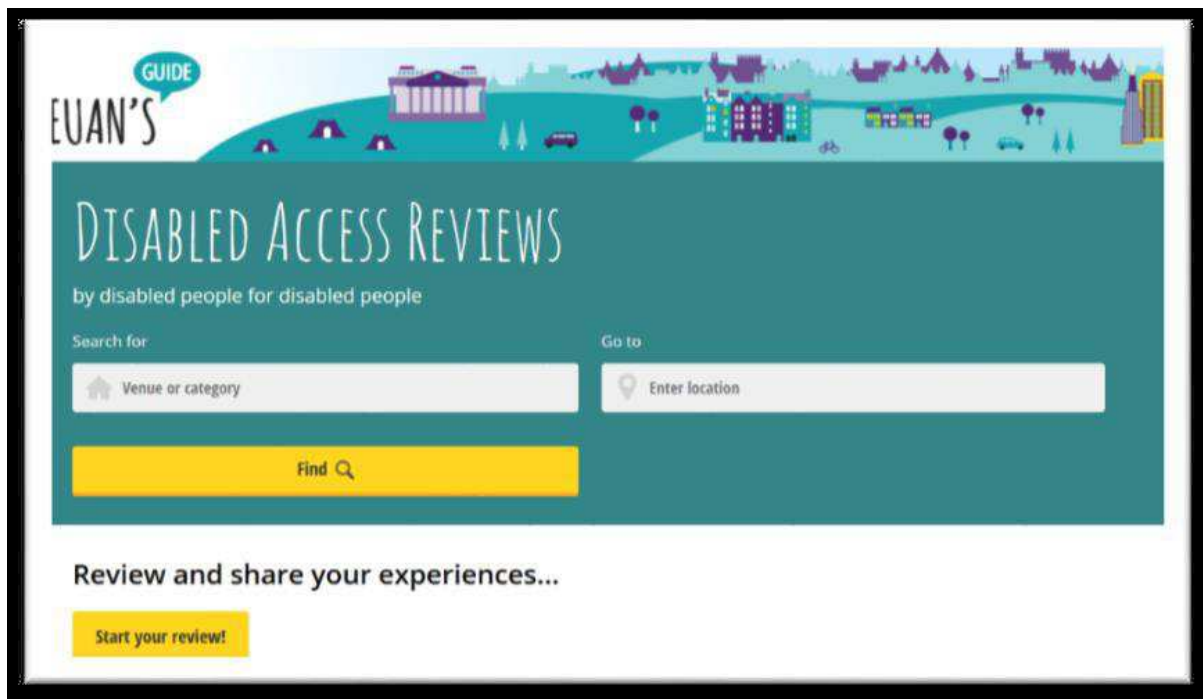
Below are links to some of the national short breaks information sources.

[Click here for the Shared Care Scotland Short Breaks Directory](#)

The image shows a screenshot of a website interface for a short breaks directory. At the top, the hashtag "#notjustacarer" is written in a large, black, cursive font. Below it, in a smaller, black, sans-serif font, is the text "SHORT BREAKS ARE VITAL TO CARERS HAVING A LIFE ALONGSIDE CARING". The main section of the interface is a blue rectangle. Inside this rectangle, the text "Search our Directory for Accessible Short Breaks and Accommodation" is centered. Below this text is a search bar with the placeholder text "Search for accessible short breaks and accommodation...". To the right of the search bar are two dropdown menus labeled "Location" and "Type of Brea", each with a downward arrow. To the right of these dropdowns is an orange button with the text "SEARCH Q". Below the search bar, on the left, is the text "ADD YOUR SERVICE". On the right, below the "SEARCH Q" button, is the text "ADVANCED SEARCH". At the bottom of the blue rectangle, the text "Our telephone enquiry services is also available on 01383 622 462" is centered.

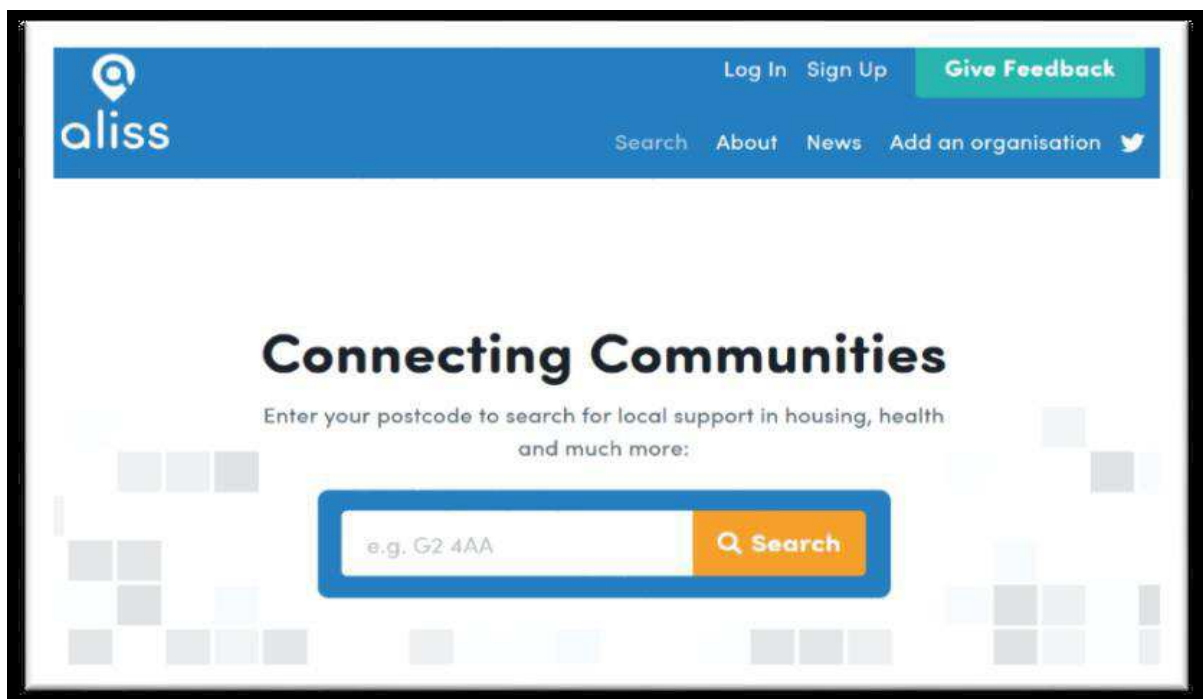
*This website contains a searchable directory of short breaks. It also provides information on 'Time to Live', a programme of 12-month small grants available to carer in every local authority area.*

[Click here for Euan's Guide](#)



*Euan's Guide is the disabled access review website that aims to 'remove the fear of the unknown' and inspire people to try new places. The cornerstone of Euan's Guide is its community of independent reviewers, who share their photos and experiences of restaurants, hotels, train stations, attractions and anywhere else they may have visited.*

[Click here for ALISS](#)



*ALISS (A Local Information System for Scotland) aims to increase the availability of health and wellbeing information for people living with long-term conditions, disabled people and unpaid carers. It supports people, communities, professionals and organisations that have information to share.*

These national links support carers to access breaks beyond their local area (e.g. if they live in a different local authority area to the cared-for-person).

## **Local Services**

*Quarriers Carer Support Service – This service is commissioned by Moray Council and is the main provider of direct support to adult and young carers in Moray.*

*Through Quarriers carers can access local carer groups and support groups along with short break grants that are both locally and nationally funded. Examples of these can be seen in the case studies earlier in this document.*

[Click here for information about Quarriers Carer Support Service](#)

There are other locally commissioned services that provide care and support to the cared-for person that can support a carer to be able to take a short break through the provision of replacement care. These are generally accessed through receipt of a Social Work/Community Care Assessment and are subject to relevant local eligibility criteria. For more information in the first instance please contact

[accesscareteam@moray.gov.uk](mailto:accesscareteam@moray.gov.uk)

## **Eligibility**

Short breaks should be planned as part of an outcome-focused conversation, which could be part of the production of an Adult Carers Support Plan or Young Carers Statement.

We (Moray Council and Moray Integration Joint Board), in partnership with our commissioned Carer Support Service, will work with you to identify:

- The impact of caring on your health, wellbeing, employment and ability to socialise
- Possible issues in your relationship with the person you care for (or the wider family)

- The amount of time spent caring each week
- How long it has been since you last had a break
- If you are the only person caring and if you care for more than one person
- Your ability to make arrangements for a short break with support

Under the Carers Act we have a duty to provide all carers with access to information and advice services and this may be through the commissioned carer support service or other universally available information and advice services.

In addition to this all carers may access universal services and support. These are the services generally provided to the public at large (e.g. leisure and recreation facilities, support groups, community groups), or support that is available to all carers without the need for assessment or test of eligibility (e.g. Peer Support Carers Cafes provided by the commissioned carers support service).

For enhanced support such as short breaks or other supports that would be accessed as a result of an assessed need being identified, there are eligibility criteria that would apply. This is the case for supports provided to the cared-for person to meet their identified needs, or for those provided direct to the carer in their own right. The relevant documents can be seen by clicking on the links below:

[Click here for the Eligibility Criteria for Community Care](#)

[Click here for the Eligibility Criteria for Adult Carers in Moray](#)

Eligibility criteria for Young Carers in Moray can be found on page 8 of the Young Carers Strategy, which can be accessed via the link below.

Other relevant information about support for carers locally can be found in the Adult and Young Carer Strategies which can be seen by clicking the links below:

[Click here for Carry on Caring 2016-19 - The Adult Carers Strategy for Moray](#)

[Click here for the Young Carers Strategy for Moray](#)

## **Contributions Policy**

Services provided directly to carers do not carry any requirements for financial assessment or subsequent financial contribution.

If a carer has an identified assessed need for a short break, and they meet the eligibility criteria, then they will receive an individual budget that can be used to purchase/arrange the break. If replacement care for the cared-for person is required in order for the carer to be able to take the short break then informal support options should be explored in the first instance, followed by utilisation of routine support already provided to the cared-for person. If neither of these options are suitable then the cared-for person's Social Worker/Community Care Officer will look at what arrangements can be made through formal services (under the Carers Act any such 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).

At the time of writing this Short Breaks Services Statement local areas are awaiting further guidance, by way of case studies, from the Carers Act Short Life Working Group (set up by the Scottish Government) on the waiving of charges. Once these are finalised we will be able to provide further clarity around the waiving of charges directly relating to the provision of replacement care.

## **Further information**

The Short Breaks Services Statement will be reviewed annually within each financial year, the first review being due before 31<sup>st</sup> March 2020. The review will involve consultation with carers and the organisations that support them and this will be done using a variety of methods to ensure as much opportunity as possible for people to contribute their views in a way that works for them.

For further information about this document or any of the information contained in it please contact [commissioning@moray.gov.uk](mailto:commissioning@moray.gov.uk) in the first instance and your query will be passed to the relevant person/department/place for a response.