



Draft Short Breaks Services Statement

Adult and Young Carers

December 2018

1. Introduction

1.1 Inverclyde Health and Social Care Partnership recognise that Carers and Young Carers have better outcomes when they are able to take regular breaks from their caring role. Improving opportunities to take a break from caring, including improving prospects to access work, education and/or leisure activities are vital to ensuring positive outcomes for Carers and Young Carers.

2. Legislation

2.1 As a Carer legislation is in place to ensure that your rights are protected.

- **Carers (Scotland) Act 2016** places a legal requirement on Inverclyde HSCP to provide amongst other things, support to Carers including short breaks;
- **Children & Young People (Scotland) Act 2014** places a duty on public services such as health, education and social work to identify Young Carers. These services are required to work together to ensure that Young Carers are provided with the support they need.
- **Social Care (Self-Directed Support) Scotland Act 2013** states that Inverclyde HSCP must provide information about the four Self Directed Support to give people choice about how their support is provided. It is intended to encourage people to consider new ways of being supported or cared for rather than accept traditional services

2.2 A Carer is defined as an individual who provides or intends to provide unpaid care for another individual. A Young Carer is defined as a Carer under the age of 18, or aged up to 18 if still at school.

2.3 In the census of 2011 8,252 people identified themselves as unpaid Carers. However, 4,000 are known to Inverclyde Carers Centre. As more people are supported within the community and the Carers (Scotland) Act 2016 is fully embedded there is likely to be increased requests for support by carers including having a break from caring.

3. Aims of the Short Breaks Statement

3.1 The aim of the statement is to help Carers and Young Carers and people with support needs understand:

- What short breaks are;
- Who can access them;
- What short breaks are available in Inverclyde;
- What short breaks are available across Scotland;
- How to access short breaks and where to access further information.

4. What is a Short Breaks Service Statement?

4.1 Inverclyde Health and Social Care Partnership is required by the Carers (Scotland) Act 2016 to give information to Carers and the person they care for about short breaks. This statement has been informed by local consultation during the development of the Inverclyde Carer and Young Carer Strategy 2017 – 2022 and through ongoing consultation with Carers as the HSCP has implemented the Act in conjunction with Inverclyde Carers Centre and other partners.

4.2 The statement provides information about the range of local supports and services to help you as a Carer to get the right break, at the right time, in the right place.

5. Who is the Short Breaks Statement for?

5.0 The Short Breaks Statement is for Adult Carers and Young Carers and people who receive care.

5.1 This statement can help practitioners involved in supporting Carers identify flexible solutions to take a break from caring.

5.2 The Short Breaks Statement provides information to Carers and the cared for person so that people:

- are aware of the range of different ways you can take a break from caring;
- have information about short breaks available;
- are able to identify how a short break can meet your identified needs and outcomes;
- have choice and control over the support you can access.

6. Definition of a Short Break

6.1 Inverclyde HSCP has adopted the Shared Care Scotland definition of short breaks:

“A short break is any form of service or assistance which enables the Carer(s) to have sufficient and regular periods away from their caring routines or responsibilities”.

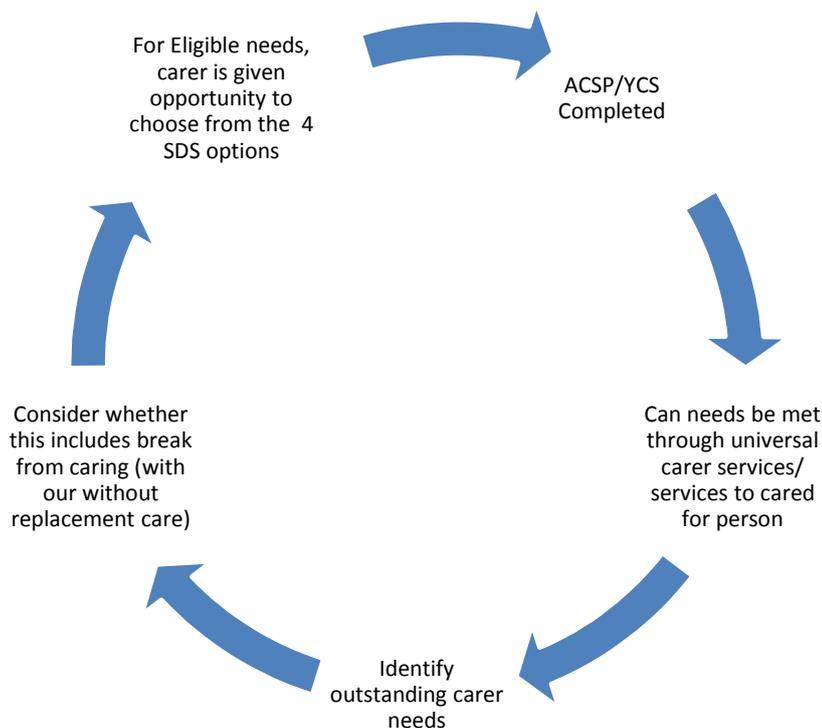
6.2 The purpose is to support the caring relationship and promote the health and wellbeing of Carers, the supported person and other family members affected by the caring situation. There are lots of ways to take a Short Break and there are different ways of accessing and funding short breaks.

6.3 Breaks from caring can:

- be for a short time during the day, as a one off occasion or regularly;
- be overnight;
- take place for extended periods such as for a weekend or longer;
- enable Carers to have a break away without the need for replacement care;
- enable Carers to have a break away with replacement care to support the cared for person if required;
- enable 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 routines.

7. How to Access Short Breaks

7.1 The type and length of a break will be proportionate to every situation. To access short breaks, Adult Carers should be supported to complete an Adult Carers Support Plan and Young Carers should be supported to complete a Young Carers Statement. Once the plan is completed, the local Carers eligibility criteria is applied.



7.2 If it is identified that you as a Carer have eligible needs which includes taking a break from your caring role (including replacement care where required), you will be given the opportunity to choose one of the options for self-directed support as follows:

Option 1:

A direct payment. You will receive a budget which enables you to plan and direct support or services which will enable you to take a break from your caring role;

Option 2:

Individual Service Budget. You direct the available support. You can still plan and identify the support or services to enable you to take a break from your caring role but the budget for this is arranged by the local authority;

Option 3:

You can still be involved in identifying the support to enable you to take a break from the caring role but the planning and arranging of the support and the budget is managed by the HSCP;

Option 4:

"mix and match". You might prefer a combination of two or more of the options to provide a flexible approach no meet your circumstances.

8. Short Break Bureau

8.1 The Inverclyde HSCP Short Break Bureau provides Carers who have completed an Adult Carer Support Plan and have identified eligible needs with practical support and advice to plan a short break. Referrals to the Short Breaks Bureau usually come from HSCP professionals or the Inverclyde Carers Centre who will have undertaken an Adult Carer Support Plan or Young Carer Statement with you.

8.2 The Bureau staff will work directly with you to consider a variety of options in order to best meet your needs and circumstances. It is recognised that there will always be a need for some individuals to have a break within care home or other residential environments, there is also a need to develop more flexible short breaks which result in better outcomes for the cared for person and their carers.

9. Inverclyde Carers Centre

9.1 Inverclyde Carers Centre supports Carers to take a break through regular or one-off individual or group activities. This can be either through a small budget which they manage on behalf of the HSCP where Carers can access one-off breaks without a full referral to the HSCP or through a range of services, projects and other funding streams.

Type of Break



Group Break

Description

Holiday type breaks can meet the accommodation costs which can be on any board basis, may include entertainment or activities and travel costs.

A maximum of £150 per Carer per break will apply.

Access/Eligibility Requirements

All Carers, who are registered with Inverclyde Carers Centre and have not had an overnight break away from their caring role in the last 12 months.

Short application completed by centre staff.



Family Break

Holiday type breaks for Carers of young people and the Carers immediate family. In the past this has typically been a few nights break in a caravan with the opportunity to participate in leisure activities and travel costs.

A maximum of £500 per Carer per break will apply.

Carers of young people with disabilities or additional support needs who have not had an overnight break away from their caring role in the last 12 months.

Short application completed by centre staff or other professional.



Time To Live

Alternative breaks for Carers to do something they enjoy. For example to exercise, spend time in the garden, go hill walking, develop skills, try a new hobby, learn to play an instrument or maybe you have something else in mind. It can help include buying or hiring equipment you may need or paying a membership fee. A maximum of £300 per Carer will apply.

All Carers registered with the centre who have not accessed this type of break in the last 12 months.

Short application completed by centre staff.



Sitter Service

Replacement Care enables carers are able to:

- **Attend appointments**
 - **Go to a family celebration**
- **Meet up with friends**
 - **Take time for themselves in the comfort of their own home**
- **Take part in training, support groups or leisure activities**

Sitter service is provided by registered care providers occasionally or for a short period up to 12 weeks.

All Carers with registered with the centre can access sitter service for one off events.

A designated member of staff will work with you to arrange sitter service at a time which suits your needs and supports the person being looked after.



Events

The centre provide a variety of social activities which are open to Carers and in some circumstances the person being cared for. Examples include Pantomimes, Christmas Cheer and Quiz Nights.

All Carers registered with the centre can access.

National Resources

<https://www.sharedcarescotland.org.uk/directory/?action=search>

<https://www.sharedcarescotland.org.uk/funding-your-break/funding-directory/>

<https://www.euansguide.com/>

<https://www.aliss.org/>

<http://shortbreakstories.org.uk/>

<http://www.autism.org.uk/directory.aspx>

<http://www.careinspectorate.com/index.php/care-services>