

Do you provide care for someone?

You may be a parent, a partner, a son or daughter, a sister or brother or friend to someone who needs support as a result of their illness (physical or mental illness and substance misuse), condition or disability. If you provide them with help and support to manage their life you are also a carer.

What to expect when...

You are considering a short break

What is a short break?

A short break (sometimes called respite) is a form of support which enables you to have time away from your caring routines or responsibilities.

Why are short breaks important?

A short break aims to support your caring relationship and promote your health and well-being. Having a break can also help the person you support and other family members affected by the caring situation. Short breaks can help you to have a life alongside caring.

What kind of short breaks are there?

There are a great variety of short breaks across Scotland. The type of short break that is right for you will depend on your own needs and circumstances.

Examples that may be available include:

- Holiday or leisure breaks (with or without the person you care for)
- Sports or activity breaks (with or without the person you care for)



The Carers Act

From April 2018, the Act gives all adult carers the right to an adult carer support plan. For young carers it's called a young carer statement.

Although there is no duty for the local authority to provide a short break, they must consider whether support to you as a carer should take the form of or include a break from caring.

Local authorities now have duties to support carers which include:

- A power to support carers and a duty to support carers who have needs that meet the local eligibility criteria
- Duty to publish a Short breaks Services Statement by 31 December 2018
- Duty to provide an information and advice service for carers.

“

The break left me rested, refreshed, happy and content ”

— Carer who had a weekend spa break

- Breaks at day care for the person you care for at home through the day or overnight (with support from a care at home service) or in a care home
- Respite
- Befriending
- Funding to do something that is important to you that helps you have a break e.g. relaxation therapies, going out for a meal or to the cinema

See Shared Care Scotland's Short Breaks Directory for more ideas and examples
www.sharedcarescotland.org.uk

How do I find out more about having a short break?

The local authority area has a duty to publish a Short Break Services Statement by 31 December 2018. The statement will include information setting out what breaks are available in your area. This means you can find out what is available locally.

Each local authority area has eligibility criteria and thresholds to access different supports. You may need to complete an adult carer support plan or young carer statement to help you plan what matters to you and find out what support, including short breaks you can access.

Contact the Lanarkshire Carers Centre on Airdrie 01236 755550 Hamilton 01698 428090 or visit their website www.lanarkshirecarerscentre.org.uk for information on the Short Breaks Carer Information Service and completing and Adult Carer Support Plan.

How do I find out about my rights as a Carer?

For information on the range of supports available to Carers in North Lanarkshire, including information on Carers' rights contact North Lanarkshire Carers Together on 01698 404055 or email Enquiries@carerstgether.org

There are a wide range of groups and organisations in your local community that may be able to offer you and/or the person you care for a short break as part of an activity or interest, for example an arts group, choir, walking group or befriending service.

For more information on what is available locally you can visit the Locator Tool at:

<http://locator.nl.org.uk/>

Alternatively, you can contact VANL on 01236 748 011 who will be happy to direct you to someone in your locality who can help.

Support for Young Carers is available. To find out more about specific support for Young Carers contact the Action for Children, North Lanarkshire Young Carers Project on 01698 258801.



Lanarkshire Carers Centre

