

Short Break Services Statement

December 2018

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1. Introduction

Welcome to Health and Social Care North Lanarkshire's first **Short Break Services Statement (SBSS)** for adult and young carers.

It has been produced in partnership with carers and carer support organisations to reflect the views and voices of a range of carers across North Lanarkshire.

This statement sets out information about Short Breaks available for you as a carer and how you can access these. Short Breaks are a way of supporting you to have a break from or alongside your caring role, have a rest, relax and feel more able to continue caring.

As well as informing carers about short breaks, this document will also help practitioners to identify short break opportunities.

This SBSS will be embedded within the Health and Social Care North Lanarkshire's Carers Strategy 2019-2024 and will be reviewed annually to reflect changing needs and in light of feedback.

2. Background

The Carers (Scotland) Act 2016 was implemented on 1 April 2018.

One of the main duties of the Act is for Health and Social Care Partnerships to produce a Short Breaks Services Statement that provides information on short breaks available locally and across Scotland for carers and the person or people that they care for.

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

- What short breaks are
- Who can access them
- What short breaks are available in our area and Scotland
- How they can access short breaks and find further information.

The Carers (Scotland) Act 2016 defines an **adult carer** as an individual who provides or intends to provide care for another individual (the 'cared-for' person). This does not include people caring for someone under the age of 18 years because of their age (e.g. roles associated with a typical parenting role). For the purposes of **parent carers**, an adult carer as defined by the Act would be someone looking after a child with a disability or additional need and not caring for a child by virtue of their age. It also excludes caring in a paid or voluntary capacity.

3. Young Carers

A **young carer** is a carer who is under 18 years old or has attained the age of 18 years while still a pupil at a school.

A young carer is more than just a young person who provides unpaid care. They are children and young people first, with rights to live a full life and not miss out on childhood. Short Breaks have a role to play in ensuring young carers may benefit from the same experiences and opportunities as their friends and peers.

For more information on short breaks for young carers, please contact North Lanarkshire Young Carers Project: www.northlanarkshireyoungcarers.org

4. Purpose of the SBSS

We are required under Section 25 of the Act to ‘consider in particular’ whether our duty to support carers ‘should take the form of or include a break from caring’ and to ‘have regard to the desirability of breaks from caring being provided on a planned basis’.

In North Lanarkshire, we are committed to ensuring you get a break from your caring role, if you so wish, in order to support your health and wellbeing, benefit the cared-for person and sustain the caring relationship.

The purpose of this SBSS is therefore to help support short break planning for those both eligible and not eligible under the ‘duty to support’ carers. It will provide information to carers and cared for people so that you;

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

5. Definition

A short break can take any number of forms in order to achieve your desired outcomes. The purpose is for you to have a life outside or alongside your caring role, supporting your health and wellbeing. This can also benefit the person you care for and others (e.g. family members) and can sustain the caring relationship.

Short breaks:

- Are not new. This SBSS is not just being provided because of the Carers Act, it is a formal recognition of the importance of short breaks.
- Provide a break from your normal caring *routine* or *role*.
- Enable you to have a life outside or alongside your caring role. If you're a young carer, this includes your right to be a child first (rather than being a carer first with a life alongside caring).
- Can take any number of forms and can be for short or extended periods. They should be personalised to meet your needs and be planned around what matters to you.

Your breaks from caring may:

- be for short or extended periods
- take place during the day or overnight
- involve the person you care for having a break away from home allowing you time for yourself
- allow you to have a break away with replacement care, if required, in place
- take the form of you and the person you care for having a break together, with assistance if necessary, providing a break from the demands of your daily caring routines

For more information on funding available for Short Breaks, see section 8.

Examples of breaks you might be able to take:

Example 1 - an overnight break with the person you care for.

A carer who cares for her adult son who has downs syndrome received funding for an overnight stay in London and a trip to the Harry Potter Experience as they are both fans of the Harry Potter franchise. The funding paid for the carer's cost of the break, whilst the cared for person paid their own.

They went on the break with her son's friend and mother (also a parent carer), resulting in both the carers having a break as their two sons had each other for company. The other carer and her son funded their break themselves.

The carer said, *"we booked the whole 'package' with a travel agent, so it was stress free. We thoroughly enjoyed the trip and my son had the chance to fulfil his dream as Harry Potter is his "hero." Seeing my son's face, absolutely in awe the whole time we were there was lovely and heart-warming for me. The photos and special memories will last a lifetime and he still talks about his weekend."*

Example 2 - an overnight break on your own whilst the person you care for can be supported by a family member, go into respite and/or be able to stay at home on their own with support from a provider.

A carer who cares for her son who has a severe learning disability can struggle at times with her caring responsibilities. There was a marked deterioration in her son's cognitive functioning, which increased the level of care required, and the carer (and her husband's) sleeping pattern had become a problem. The carer and her husband rarely get the chance to socialise together as one of them are required to provide support to their son.

Arrangements were made for the couple to have an overnight stay in one of the hotels that provide Respite breaks, which are free to carers, allowing the couple to have a night on their own and more

importantly allow them to have a full night's sleep. This break was arranged whilst their son was in respite. Respite breaks are gifted from hospitality providers to Lanarkshire Carers Centre. These are then offered to carers and can be for a few hours, overnight or longer.

Example 3 - a break, which is not an overnight stay, pursuing an interest or hobby of your choice.

A carer who cares for her mother who has mixed dementia had a keen interest in art in the past but she fell away from this due to her working. She has since given up work to care for her mother and has decided to pursue this hobby again. The carer purchased some art materials and has begun painting again. She is able to do this both when she is at home with her mother and also when her mother attends the integrated day service, which she does twice per week.

It is important for you to have access to emergency support if you need replacement care at short notice. To minimise the stress that can be generated by emergencies, you should consider preparing a plan in advance that includes any options for emergency cover.

A helpful starting point for more information is Enable Scotland's emergency planning toolkit which you can access on line: www.enable.org.uk/emergencyplanning

6. Outcomes

A short break can have a positive impact for carers, cared-for people and others affected by the caring role.

As a carer, you will be supported to identify your need for and potential benefit of a short break. This will be through an 'outcomes focused' conversation that will inform an assessment called an **Adult Carer Support Plan (ACSP)** or **Young Carer Statement (YCS)** that will help you consider what the benefits (or outcomes) of a break will be for you. This might include:

- Having more opportunities to enjoy a life outside/alongside your caring role
- Feeling better supported
- Improved confidence (for example, more confident as a carer)
- 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 your caring role
- Improved health and wellbeing
- Improved quality of life
- Reduced likelihood of breakdown and crisis.

We have commissioned **Lanarkshire Carers Centre** to complete ACSPs and **Action for Children Young Carers Project** to complete YCSs in North Lanarkshire. If you would like more information on completing a plan or statement, please contact the relevant organisation:

Lanarkshire Carers Centre

92 Hallcraig Street

ML6 6AW

Tel: 01236 755550

Email: info@lanarkshirecarerscentre.org.uk

North Lanarkshire Young Carers

Town Hall Business Centre

1-11 High Road

Motherwell

ML1 3HU

Tel: 01698 258801

Email: nlyoungcarers@actionforchildren.org.uk

Shared Care Scotland have produced an Easy Evaluation Toolkit that gives examples of outcomes experienced from having a short break, the benefits achieved after taking the break and longer term improvements to carers lives.

More information is available using this link:

[Easy Evaluation Toolkit](#)



7. Eligibility for short breaks

In planning your short break, we will work with you as part of your ACSP or YCS to identify:

- The impact of caring on your health, wellbeing, employment and social opportunities
- Your relationship with the person you care for (or the wider family) and if it is becoming difficult
- 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.

We will then link your needs to the agreed eligibility criteria for carers which we developed using this guidance template issued by the Scottish Government.



This is based on the impact that caring has on various aspects of your life. Further information on North Lanarkshire's eligibility criteria can be found on the council website: www.northlanarkshire.gov.uk/carers

All carers can access some form of support to have a short break.

If your need is assessed as presenting **no or low risk** to you or the person you care for, we will consider how your short break needs can be met through services to the person you care for or other community services available to support you. Most carers fall within this category.

If your caring role presents a **moderate risk**, your short break requirements will generally be met through the existing range of supports or services provided by carers' support organisations, local community organisations and wider community resources.

A small number of carers may fall within the **substantial or critical risk** section. If your need is assessed as having a substantial or critical impact on your life, you can still access the same supports as carers in lower risk sections. You can also receive support from Health and Social Care North Lanarkshire, which is required by the Carers Act to provide support to you to meet your needs (this is support that cannot be provided through services for the person you care for or services that are available generally).

8. Funding available/Charging policy

The Carers (Scotland) Act 2016 states that charges must be waived for all support in order to meet an individual carer's identified **eligible** (substantial or critical level) needs as set out in their ACSP or YCS.

If personalised support is to be provided to you in the form of a break from caring, Health and Social Care North Lanarkshire **must** waive the cost of all of the elements of the break to be provided to meet **your** identified needs (linked to the local eligibility criteria noted in the previous page).

If the person you care for is accompanying you on the short break and they will also benefit from the break, then charges for their portion of the break will apply.

If your short break doesn't include the person you care for, we need to consider the provision of alternative (or replacement) care for them during your absence. In some cases, this may be provided by friends, family or other community supports; however in circumstances where such alternative resources are not available or the person you care for has complex care needs and requires individual care provision there may be a need for more formal replacement care.

If replacement care is required to meet **your** identified eligible need, charges for this will be waived. For example, if it has been assessed that you need a few nights apart from the person you care for to enable you to continue in your caring role and that person needs to go into a residential care home for that period, there will be no charge made for the care home costs.

If you are eligible for funding, you may be offered a **Self-Directed Support** (SDS) package to purchase short break opportunities.

More information on funding and Self-Directed Support can be found on the council website or in our local Carers Strategy - www.northlanarkshire.gov.uk/carers

If you are not eligible for funding from Health and Social Care, there may still be other sources of funding available to you. For more information contact:

Short Break Carer Information Service
Lanarkshire Carers Centre
92 Hallcraig Street
Airdrie
ML6 6AW
Tel: 01236 755550
Email: info@lanarkshirecarerscentre.org.uk

9. Support available

In North Lanarkshire there is a range of supports and specific services that are helpful in finding a short break to suit your needs.

The **Short Breaks Carers Information Service (SBCIS)** based within **Lanarkshire Carers Centre** provides information on opportunities for carers to take a short break from their caring role, including grant funding and other useful resources. www.lanarkshirecarerscentre.org.uk

North Lanarkshire Carers Together provide a range of information and signposting to help you access local and national supports for you and the person you care for. www.carerstogether.org

Action for Children, Young Carers Project supports young carers to have time off from caring to do the things that other young people take for granted. www.northlanarkshireyoungcarers.org

The **Carer Support Network** links to a community capacity building programme that connects people with their own networks, communities and community groups. The programme recognises the key contribution of carers and the importance of supporting them in their role. Further information on the network is available from North Lanarkshire Carers Together. www.carerstogether.org

The **Locator Tool** is an information tool to access details of community supports for people in North Lanarkshire. It includes community groups; activity groups; peer support groups and advisory organisations. www.locatornl.org.uk

CultureNL link with the SBCIS to provide a range of offers and discounts for carers. www.culturenl.co.uk

North Lanarkshire Leisure provide a range of exercise programmes including Active Health, to improve health and wellbeing www.nlleisure.co.uk/specialised-health-classes/active-health

As short breaks can take any form, it is almost impossible to list everything that could constitute a short break. More carers are finding creative ways to take a break that doesn't necessarily involve external services. For example, they might use leisure equipment, computers, gardens or anything else that provides a break from routine.

The first point of contact to arrange a short break should be with the organisations noted above. However, here are some examples of a range of supports that can be tailored to your individual needs and help you get a short break.

Breaks for the cared for person:

- **Clubs, interest or activity groups** focussing on a particular activity
- **Befriending Schemes** where a paid worker or volunteer assists someone with care and support needs to have access to activities.
- **Holiday breaks** for people to have a short break with their carer, or independently and can be supported in different ways.
- **Day services** based in the community or a community building and provided by a local authority or voluntary organisation.

Breaks to support you, the carer:

- **Breaks provided at home** for a few hours or overnight to provide support while the carer is away, or to support the carer in other ways.
- **Breaks in care homes (with or without nursing care) or a hospice** for your loved one to allow you to have a break from your caring role.

National short break websites

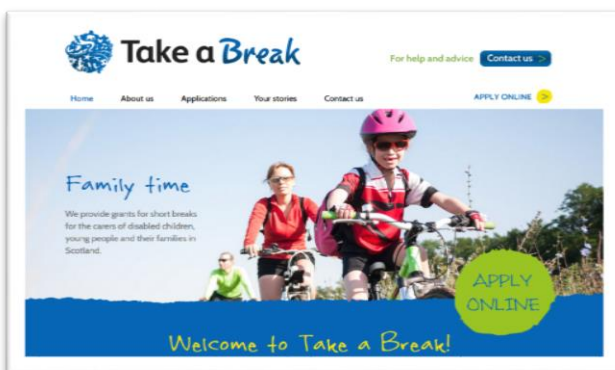
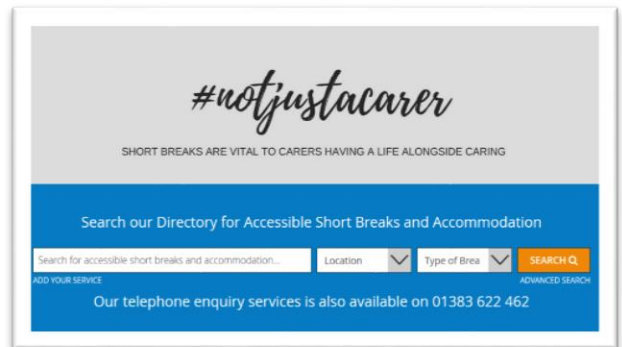
These links can be helpful if you are looking for a short break beyond your local area, especially if you live in a different Local Authority area to the person you care for.

Shared Care Scotland

www.sharedcarescotland.org.uk

This website contains a searchable directory of short breaks. Anyone wishing to list a short break service can log in to do so.

This website also provides information on [‘Time to Live’](#), a set of small funds available in every Local Authority area, along with a [database of funding sources](#) for short breaks.



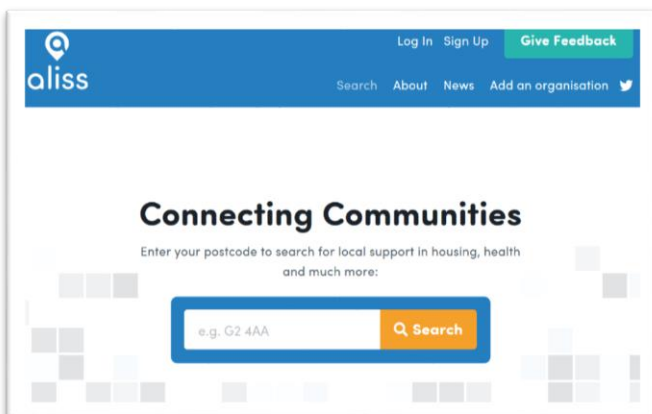
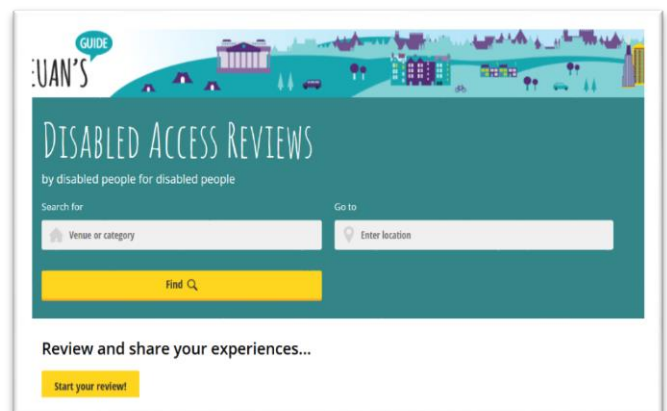
The Take A Break website

www.takeabreakscotland.org.uk

Take a Break is Scotland’s short breaks fund for carers of disabled children, young people and their families. Take a Break grants can be used for a break away, towards leisure activities or outings; sports equipment and more.

Euan’s Guide www.euansguide.com

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.



ALISS www.aliss.org

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.

10. Further information

If you are a carer and think a short break would help, please contact:

- The Short Break Carer Information Service: www.lanarkshirecarerscentre.org.uk

These other sources of information may also be helpful:

- North Lanarkshire Carers Together: www.carerstogether.org
- North Lanarkshire Young Carers: www.northlanarkshireyoungcarers.org
- Shared Care Scotland: www.sharedcarescotland.org.uk
- Health and Social Care North Lanarkshire: www.northlanarkshire.gov.uk/carers

11. Reviewing the SBSS

Our Short Breaks Services Statement will be reviewed annually to make sure information and links are up to date. The first review will take place in December 2019.

The review will involve carers, carer organisations and key partners to ensure information within the statement reflects the views of carers of all ages.