

You are considering a short break



Do you provide care for someone?

You may be a parent, a husband or wife, 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 a carer.**

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 wellbeing. 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.

The Carers Act

The Carers Act gives all adult carers the right to an adult carer support plan. For young carers it is 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 all carers and a duty to support those carers who have needs that meet local eligibility criteria
- Duty to publish a Short Breaks Services Statement
- Duty to provide an information and advice service for carers.

Examples of short breaks 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)
- Breaks at day care for the person you care for or at home through the day or overnight (with support from a care at home service) or in a care home
- Specialist play schemes or after school clubs for the child that you care for
- Befriending
- Funding to do something that is important to you that helps you to have a break e.g. relaxation therapies, going out for a meal or to the cinema or getting a magazine subscription

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 has a duty to publish a Short Break Services Statement. The statement includes information setting out what breaks are available in your area. This means you can find out what is available locally.

Each local authority has local 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 that you can access.

Lanarkshire Carers Short Breaks Bureau

Lanarkshire Carers provides a range of information and support for carers to take a short break from caring, including:

- identifying short break opportunities that meet carers needs and circumstances
- help with funding a short break
- information and guidance with arranging a short break

They provide a range of resources available for carers to take a break from caring. This includes available grant funding, and discounted or free opportunities to take a break from your caring role.

Telephone : 01236 755550

Email : info@lanarkshirecarerscentre.org.uk

Visit : <https://lanarkshirecarers.org.uk>

Carer Breather Projects

In North Lanarkshire, funding for Carer Breather services has been allocated to 11 organisations across the local authority. The services, funded by University Health and Social Care North Lanarkshire in partnership with Voluntary Action North Lanarkshire (VANL) and with North Lanarkshire Carers Together (NLCT) leading the project, are available over a two-year term for 2023-2025.

The funding will be used to provide breaks to carers from their caring roles in their local communities. These breaks allow carers to access a few hours per week of time-out to focus on themselves in ways that support overall wellbeing. Some services provide support for carers at the same time as providing support for the person they care for. This reflects requests from carers that they can enjoy some joint time-out to relax in a community setting. More information on how to access Carer Breather services can be sought by contacting us on the details below.

Contact details

For more information on carer breather services and other local supports to allow a break from caring please contact

North Lanarkshire Carers Together
Forgewood Community Centre
49 Dinmont Crescent
ML1 3TT

Telephone : 01698 404055

Email : enquiries@carerstgether.org

Visit

www.carerstgether.org