Respite is a feeling not a building

Purpose

The Carers Act and Self Directed Support Act require local authorities to consider how they can support carers to have a break from their caring role. The purpose of this Short Break Service Statement is to provide information to carers and cared for people so that they:-

- Are aware they can take a break in a range of ways
- Informed about the shortbreaks available
- Have a choice about the support they access
- Identify how they can be supported with a shortbreak that will meet their outcomes

There are different types of breaks available from statutory support to the third sector. We believe it is really important that you have the opportunity to have a break whilst the needs of the person that you care for are being met.

Definition

A short break (sometimes called respite) is a form of support which enables you to have time away from your caring routines or responsibilities.
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. The type of short break that is right for you will depend on your own needs and circumstances. Examples of short breaks that may be available include:

- Time with extended family, friends or others in the community
- 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 a 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

The Carers Act

From April 2018, the Carers Act gives all carers the right to an adult carer support plan or a young carer statement. Although there is no duty for the local authority to provide a short break, as part of the support plan or young carer statement they must consider whether support for the carer should take the form of or include a break from caring.



The aim of the statement is to help carers and people with support needs understand:
What shortbreaks are
Who can access them
What shortbreaks are available in Shetland and how to access them

Outcomes

As part of our carer support plan we will give carers information and discuss with them their personal outcomes and what they think would give them a break from their caring role.

Outcomes may include:-

- Carers having an opportunity to have a life outside their caring role
- Carers feeling better supported
- Improved confidence and morale as a carer
- Increased ability to cope in their caring role
- Reduced social isolation and loneliness
- Improved health and wellbeing
- Reduced likelihood of breakdown and crisis within their caring role

Following the break and as part of their carer support plan review we will discuss with carers if their choice of break has met their particular needs and outcomes.

Support Available

Local

In Shetland we can offer different options for people but we would encourage people to think of ways that would enable them to take a break that would meet their needs.

Attending groups and activities – There are a number of different groups and activities in our local communities.

Funding for Leisure breaks – these are co-ordinated by VAS so that people get the opportunity either through money or a gift to help them have a break away from their usual activity. These are called shortbreak Scheme and Respitality.

Replacement Care – we have a number of opportunities provided by the local council and organisations such as Shetland Care Attendant Scheme. This will require an assessment process to ensure that the cared for person or the carer meets the eligibility.

National

Shared Care Scotland
The Take a Break website
Euan's Guide
ALISS

For more details about local and national services please look at the our website **www.shetlandcarers.org/support/breaks/national-organisations**

How do carers get a short break?

In Shetland someone can help you to identify and plan ways of you taking a shortbreak by contacting any of the following:-

Shetland Islands Council Duty Social Work - 01595 744400
Voluntary Action Shetland – your local carers centre – 01595 743923
carers@shetland.org

Or by speaking to the coordinator of the care plan for the person that you care for.



"I purchased an annual swimming membership at my local Leisure Centre. Going swimming regularly helps me with my overall fitness & well being. Also gives me time out from my caring role & gives me a recharge to carry on caring. After my break I felt less stressed. I came home revived and ready to continue my role as carer"

– Carer supporting her husband living with physical disabilities

"It gave me a chance to relax, get a full night of sleep, and not to worry about Mum. I very much appreciate the grant - I would probably not have taken this break on my own otherwise."

– Carer supporting her mum living with dementia