

### **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 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 a home through the day or overnight (with support from a care at home service) or in a care home



### **The Carers Act**

The Carers (Scotland) Act 2016 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.

Health and Social Care Partnerships 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 Statement by 31 December 2018
- Duty to provide an information and advice service for carers

“  
I came home feeling  
much better and ready  
to face the world again.  
”

– Carer who had a  
theatre break in  
Edinburgh

- 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
- 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 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](http://www.sharedcarescotland.org.uk)

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

South Ayrshire Health and Social Care Partnership values the important role carers have across our communities.

We have implemented the Carers (Scotland) Act 2016 requirements and this includes publishing a short breaks statement on our website. The short breaks statement includes information around how you can access a short break in South Ayrshire.

In South Ayrshire you will have choice and control over a Short Break to meet your needs. You will be able to use of Self-Directed Support (SDS) options to personalise your break.

The purpose of a Short will focus on 'outcomes', making sure the break improves your own health, wellbeing and safety, as well as your ability to continue to care.

**Please contact your local South Ayrshire Health and Social Care Partnership office on 0300 123 0900 or South Ayrshire Carers Centre on 01292 263 000 for more information.**

“

The tablet is amazing, my son uses it for nursery rhymes which makes him happy and it allows me to do course work at night once he is settled

”

*-Carer who received a tablet via Short Breaks Brokerage*



## For more information on Short Breaks visit

[www.south-ayrshire.gov.uk/carers](http://www.south-ayrshire.gov.uk/carers)

Thanks to Shared Care Scotland and Dundee Carers Centre for their input to the development of this leaflet

