



## Respite Care (Short Breaks)

The Scottish Government has written a paper about respite care. Lots of people call this “short breaks”. This paper gives guidance (advice) to the partnerships that provide short breaks.

The paper is still a draft, which means it is not finished.

We want you to tell us what you think about this paper.

We need to know what you think by Wednesday 16 January 2008.

You can email: [julie.wotherspoon@scotland.gsi.gov.uk](mailto:julie.wotherspoon@scotland.gsi.gov.uk)  
or you can write to her at:

Julie Wotherspoon  
Scottish Government  
Primary and Community Care Directorate  
Room 2.E.R  
St Andrew’s House  
Regent Road  
Edinburgh EH1 3DG

When you get in touch with us, please tell us which part of paper you are writing about. You must also send back the form on page 5 with your letter. This tells us what we can do with the information you give us.

We will look at what everyone tells us and we will finish the paper about short breaks.

Thank you.

Peter Stapleton

## Short Breaks

A short break is when someone has a good time away from his or her unpaid carer or when the carer has a break. It can also be when a carer and the person they care for have a break together.



The Scottish Government says that it is important to support unpaid carers. A short break is one way to do this.

Short breaks are good for carers because:

- They can spend time with family and friends
- People can become unwell if they do not have a break
- They know that help is there in an emergency.

Short breaks are good for the person being cared for because:

- They can spend time with other people
- They can try new activities
- They become more independent.

## Planning

There are partnerships in each area between local councils, the local NHS and other agencies. All these organisations will work together to make sure that the right short break services are available in each area.

Partnerships must write a plan about short break services in each area and say who can get them. It must talk about planned short breaks and emergency ones, like when a carer is ill.

The partnerships, including the NHS and the council, must decide together who will do what.



## Types of short break

There are lots of ways that someone can get a short break. The partnerships need to give people choices. The things that are important to people that get short breaks and their families are:

- A choice of places to have a short break
- The chance to go away with or without their carer
- Short breaks at different times
- Being able to decide how long the break should last for
- Knowing that they will be looked after.

There are lots of different kinds of short breaks.

The NHS has to look at how it can give people medical equipment to let them have a short break wherever they want.

Direct payments (self directed support) are a good way of letting people organise short breaks where and when they need them.

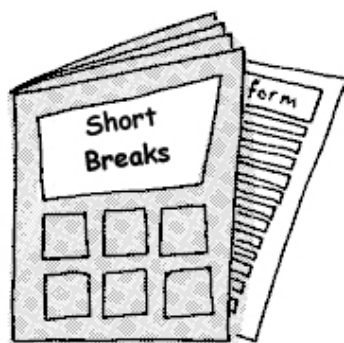
## Information

Carers and the people they care for need clear information about different kinds of short breaks. They need to be able to talk about what they want from short breaks.

Health and social care workers must give people information about short break services. This will usually happen when people get assessed, but it can happen at other times too.

Once a person gets a short break service, this will be looked at from time to time to make sure that everyone is happy with it.

There are other ways to get information about short breaks, including respite bureaux, voluntary organisations and Shared Care Scotland.



## Who can get a short break

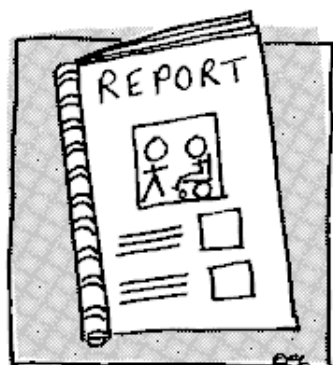
Partnerships need to decide who can get a short break. They need to publish a paper that says who is eligible for a short break. This will be linked to the assessments that people get.



Partnerships must make it clear who can get a short break.

Short breaks help people live in their own home for as long as possible. This means that **some** of the groups that are most likely to get a short break are:

- Older carers
- Carers who care for more than one person
- Carers who are unwell or disabled.



## Checking that the short break service is good

Partnerships should write a report every year about how many short breaks they provide.

The Care Commission is responsible for making sure that care services follow rules, including ones that provide short breaks.



## Paying for a short break

Partnerships can charge for a short break service. The charges need to be fair and people must be told how much they have to pay before they have a short break.

This easy-read guidance was produced by ENABLE Scotland's Accessible Information Unit, using graphics from Change Picturebank.

## What happens next?

You can write to us and tell us what you think of this guidance. We especially want you to answer some or all of these questions.

**Q)** What are the good bits and the bad bits of this guidance paper?

**Q)** Have we missed anything out?

**Q)** Is there anything else that partnerships need to think about when they work out how to provide short breaks in their area?

**Q)** Do you have any good examples of ways to get information about short breaks services?

**Q)** Do you think that short breaks should mainly be for:  
Carers who need a break to be able to carry on caring  
Carers who work, so that they can carry on working  
Carers who are most at risk, like

- Carers who are ill or disabled
- Carers who care for people with long-term conditions
- Older carers
- Young carers
- Carers of people with challenging behaviour
- People who have been carers for a long time
- People who care for more than one person
- People who care for someone with a terminal illness

**Q)** Do you think that good short breaks should:

- Be right for the carer and the person they care for
- Make the person being cared for feel better
- Not cost too much
- Have well trained, caring staff
- Be reliable.

**Q)** Is there anything else that is important for a good short break?

