

Where you can get more information and advice about Short Breaks

A lot of information is now available on the internet. If you don't have a computer at home, you may be able to use one at your local library.

Shared Care Scotland

The Shared Care Scotland website has an information and advice section:

- Shared Care Scotland www.sharedcarescotland.org.uk/links/informationandadvice.php

This section provides useful information if you are planning a break. It includes links to organisations which give advice about accessible holiday venues both in Scotland and abroad, insurance and holiday providers who specialise in arrangements for people with disabilities.

Shared Care Scotland's website also has a link to the Online Short Break Information Service, which lists short break services in Scotland. This service can be accessed via:

- Online Short Break Information Service www.carebreaksscotland.org

Shared Care Scotland also provides a telephone support service providing advice and information on finding the right break.

- Tel: 01383 622462 (office hours)
- Email: office@sharedcarescotland.com

Carers' Centres

Most areas now have a Carers' Centre. Carers' Centres vary in the amount of staff they have, but all of them should be able to offer some advice about how to get a short break/respite. They are likely to know the rules about funding short breaks in your area.

If you don't know how to contact your local Carers' Centre, ask at your local library, advice centre, GP surgery or social work office.

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Social Work offices

Many social work departments now no longer have that name. If you are looking for a care break for a child, the department you need to talk to may be called something like Children and Family Services. The correct department for adults may be called something like Health and Social Care Services.

If you don't already have an assessment of your needs, the department will be able to organise this. Social work staff will also be able to tell you what types of short break your council funds and how many short breaks they will pay for in a year for you.

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Other sources of help

If you're having difficulty getting your local council to fund your short break, you could contact your local advocacy organisation.

- Scottish Independent Advocacy Alliance www.siaa.org.uk/
- Tel: 0131 260 5380

If you would like to find out more about getting Direct Payments for your Short Breaks you could contact your local Direct Payments organisation. You can get their contact details from Self Directed Support Scotland

- Self Direct Support Scotland www.sdsscotland.org.uk/id2.php
- Tel: 0870 850 7795