

Welcome to the Short Break Planning Pack

...bringing together, in one place, the information and advice you need to help you plan your short break

Introduction

Many people with disabilities, mental ill health, learning difficulties or other serious illnesses or conditions, need a break from time to time. They might need to recharge their batteries or just enjoy a change of scene. Families and carers also need the occasional break from caring too.

Shared Care Scotland's vision is that all those with caring responsibilities, and the people they care for, will have regular access to high quality, affordable and appropriate short break services, which support the caring relationship and contribute to their health, well-being and quality of life.

(‘Short Breaks’ is another name for Respite Care).

Like the Scottish Government and the local councils, we believe that service users and carers are the experts when it comes to planning their short breaks.

With this in mind, Shared Care Scotland has developed this planning pack to help people to be more in control of all aspects of their short break service. We hope the guidance and information contained in the pack will help people to think about what's available or possible, and to get the short break they both need.

Raising expectations?

We are raising expectations! We make no apologies for this. Sometimes this is necessary to produce the pressure that's needed to make things happen. This pack is for people who already receive short break services and want to get the best from them, but also for those trying to get services who can use the information, advice and examples to strengthen their efforts.

"If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them."

Henry David Thoreau

We also have a Glossary to explain some of the language used.

Your Feedback

We would very much appreciate your thoughts about how we could improve this pack. Please use the Feedback Form to send us your comments and any ideas.

Reference Group

Shared Care Scotland would like to thank the following people for their help with developing this resource:

- Sue Barnard, Carer, Shared Care Scotland
- Philip Bryers, Shared Care Scotland
- Ann Cummings, Glasgow City Council
- Kirsten Easdale, Carer
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