

Further information on our services...

Online Short Break Information Service

This service provides a web based directory of short break providers offering all forms of breaks, from in-home provision to residential based breaks and holidays with additional support.

Event programme

We offer a range of events to improve knowledge and understanding of short break services and the needs of people using these services. Our

annual programme includes short courses, road show events, practitioner

and service user exchange forums, an annual conference and online discussion forums.

"I REALLY enjoyed the conference. One of the best."

"A great day, thoroughly enjoyed it."

Breaking News

Breaking News is the newsletter of Shared Care Scotland and is published three times a year. It is aimed at all those with an interest in short break services including service users, carers, practitioners, service providers and policy makers.

Membership

Membership of Shared Care Scotland entitles you to:

- Discounted rates at Shared Care Scotland events and training
- Regular news bulletins and info updates
- Opportunities to contribute to national developments and consultations
- Significant discounts on Canvas Holidays
- A say in the future shape and direction of Shared Care Scotland

Please contact us for an application form. For further information, including the latest membership offers, see our website.

Contact details

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Registered Charity SC005315



**Right Break,
Right Time,
Right Place**



**Supporting the development of imaginative,
flexible and person-centred care break services**

Leaflet available in alternative formats
Please contact us for details

About us

Shared Care Scotland is a registered charity which promotes and supports the development of short break services (also known as respite care) for carers and the people they care for.

In Scotland it is estimated there are 500,000 people who care for a family member, partner or friend, who may be ill, disabled, or dependent on drugs or alcohol. Short breaks provide a much-needed release from the physical and emotional demands of the caring relationship and help promote social inclusion.

"Short breaks mean everything to our family. They give us the ability to recharge our batteries and carry on."

Our vision

We want all carers and the people they care for to have easy access to a choice of short break services, which are responsive to individual needs and circumstances. We believe short break services should enrich the caring relationship, improve health and well-being, and provide opportunities for those involved to pursue their own goals and aspirations.

"They referred nursing homes to me but that's not what we needed. She needs somewhere where she can go and enjoy herself. I always think it has to be a dual purpose before respite works"

We will achieve this by:

- Giving a voice to carers and to all those who need, receive, or provide services
- Campaigning throughout Scotland to raise awareness of the benefits of short breaks
- Working with others, at national and local levels, to develop policies and practices which will result in more imaginative approaches to short breaks services
- Sharing knowledge, skills and experience to improve the range and quality of services and to promote good practice

Our services include:

- An online and telephone enquiry service to put carers and service users in touch with short break and respite services that best match their needs
- General information and advice on all matters relating to short break services
- Events, networks, publications and learning resources to share knowledge, experience and successful practice

"I didn't know that there were so many people who actually cared anymore. You have restored my faith in human beings thank you."

"You offer a very efficient and much valued service. Many thanks for your support."

What is a short break?

A short break is a break from the normal routine designed to benefit both a person with support needs and their carer, where they have one. Short break services are also sometimes referred to as respite care or care breaks.

Short breaks can mean people having time apart or together with extra support. The break can vary from a few hours to a few weeks and be provided on a regular planned basis, as a holiday or in emergencies.

Short breaks take place in a variety of settings. They include day, evening, overnight or weekend activities and take place in the client's home, the home of an approved carer, or a residential or community setting.

Give us a Break !

*Who cares for the carers?
Who gives us a break?
Let the movers move
And the shakers shake
Till the system works
For everyone's sake.*

*From 'Give us a Break' by
Elsbeth Murray, Shared Care
Scotland Poet in Residence,
April 2007*

