

Evaluation report on Round Two of the Short Breaks Fund

October 2011 – October 2012



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Foreword

I had the privilege of sitting on the independent Grants Advisory Panel (GAP) for the Short Breaks Fund (Round 2). The role of the GAP is a difficult one. The standard of application was high and demonstrated a wide variety of support offered by the third sector to carers and the people they care for. Our role was to determine which applications best met the aims of the fund and to agree which projects could be funded within the available resources. It has been a very rewarding experience and I learned a great deal about the innovation and drive which exists within the voluntary sector to contribute to and enhance the communities which they support.

Most of us will, at some point in our lives, need the support of friends and family because of health issues or disability or be asked to provide support for someone close to us. Having access to good quality short breaks is an important part of that support; enabling carers and those they support to recharge their batteries. Spending time, either together or apart, pursuing activities and interests that support these close relationships can make them more sustainable, meaningful and rewarding. The benefit to carers of having a life outside of caring and having choice and control over the level of support provided cannot be underestimated. It is essential that they have confidence in the alternative care provided for the people they care for.

For carers to feel that they are truly valued requires recognition of the essential and skilled role they play within their families, communities and society as a whole. The Scottish Government Short Breaks Fund recognises the valuable contribution made by carers throughout the country and the ability of the third sector to respond to the need for support that is dynamic, innovative and flexible. In their unique position as members of the communities in which they operate, the third sector is breaking new ground in provision of flexible short breaks. The learning opportunities which come from this will, we hope, provide inspiration for personalised and sustainable short breaks across all sectors.

Margaret Petherbridge
Director
Shared Care Scotland

Everyone at Shared Care Scotland hopes that you enjoy this report. I would like to add my own congratulations to all the projects funded through the Short Breaks Fund. This report highlights many different examples of flexible, creative approaches to delivering short breaks which have been achieved through dedicated effort and hard work by staff, volunteers and families. We are very fortunate to have the support of many experienced people who help us to manage and deliver the grants programme including the assessors, members of the Grants Panel, colleagues from the National Carer Organisations, and the team here at Shared Care Scotland. My thanks to them for all their efforts and of course to the Scottish Government for their continued support of this funding programme.

Don Williamson
Chief Executive
Shared Care Scotland

Section 1:

Overview and Background to the Short Breaks Fund and to this Report

In the beginning

The Short Breaks Fund was launched in November 2010 as part of the implementation of the carers' strategy in Scotland. Up to £5M funding was made available by the Scottish Government to stimulate the development of short break opportunities. The aim of the fund is to make short breaks more accessible and more responsive, so that unpaid carers and those they care for are better able to find the short break that they need and to recharge their batteries. The fund recognises that short breaks play a vital part in supporting unpaid carers and the people they care for and in improving their quality of life.

Scottish Government approached the National Carer Organisations (NCO) group to help design and manage the fund. Subsequently the NCO group appointed Shared Care Scotland to manage the fund on their behalf. Shared Care Scotland reports to an Oversight Group consisting of representatives from the National Carer Organisations and from Scottish Government.

The first round of Short Break Fund grants were awarded in March 2011.

Because of the pressure of time and the imperative to put the fund to work as swiftly as possible, these first grants were awarded to organisations that could begin their funded projects quickly and complete them in six – eight months. In round one, 60 projects were awarded grants with a gross value of £979,179. Understandably, given the time pressure, most of these projects were time limited pieces of work, mainly focussed on providing specific short break activities, holidays and respite opportunities. These included a lot of holiday and residential experiences for carers – either provided as group activity breaks for carers or cared for, or through provision of direct grants so that carers could purchase their own breaks. They also included several play schemes and summer holiday clubs for children and young people with disabilities.

Despite the challenges posed by the short timescale to establish new projects, the projects funded in Round One of the Short Breaks Fund have been very positively evaluated. A copy of the Round One evaluation report is available from the office of Shared Care Scotland on 01383 622462.

What happened next?

Round Two of the Short Breaks Fund was launched in May 2011. It contained two strands:

The Service Development Fund to fund the development of existing services or new services which demonstrate a strategic approach to increasing availability and access to short breaks or respite services.

The Time to Live Fund to provide funding which carers and those they support can access directly to enable them to have a short break. Funding would be available on a local authority area basis and distributed through local delivery agencies. Carers would be able to apply directly to this fund.

Third sector organisations made applications on slightly different time lines to these funds, either with the aim of developing short break services directly (the Service Development Fund) or to establish a local Time to Live budget in their own area.

Following assessment of the applications, 58 grants were awarded within the service development strand with a total value of £802,223. 11 grants were awarded to Time To Live projects with a value of £226,963. Table 1.1 below contains a summary of the key statistics from Round One and Round Two.

Table 1.1

Short Breaks Fund	Round One	Round Two
Value of applications	£3,263,359.00	£3,508,968.00
Value of awarded grants	£979,000.00	£1,029,186.00
Average grant £	£25,696.00	£25,801.00
No. of carers supported	2,599	3,804
No. of cared for supported	1,792	2,499

The projects funded in Round Two completed their funded work by November 2012 and submitted written reports on their progress and achievements.

The aim of this report

The Short Breaks Fund represents a substantial investment by the Scottish Government in the development of short breaks' provision. Scottish Government, Shared Care Scotland and the NCO group are keen to make sure that there is a legacy from this investment, not simply in the form of additional or new short break services, but through better knowledge about what works well in short break services, and about what carers and those they care for need and value.

Accordingly this report sets out to:

- Review the individual projects and explore their achievements and challenges
- Consider how well Round Two projects have contributed towards delivery of the outcomes set for the Short Breaks Fund
- Consider how well Round Two funded projects delivered the principles of the Short Breaks Fund
- Capture and highlight examples of innovation, good practice and learning
- Make recommendations for improving the reach and impact of the Short Breaks Fund in the future

Layout of this report

Section 2 describes the Short Breaks Fund outcomes that the NCO group established. These are the differences that we want the projects to make to carers and the people they care for.

Section 3 describes the work that has been delivered in Round Two on a cluster-by-cluster basis, based on category of activity, and examines the achievements of the funded projects.

Section 4 uses case study examples to explore the difference that the funded projects have made to carers and those they care for in the context of the outcomes of the fund.

Section 5 examines how well the projects have reflected the principles of the fund and explores the challenges and learning that has emerged.

Section 6 contains recommendations for the future.

Section 7 describes the work that Shared Care Scotland has done to manage the fund and to support the development of the funded projects.

Section 2:

Aims of the Short Breaks Fund

The National Carer Organisations and Scottish Government established the outcomes that they wanted the Short Breaks Fund to achieve. These are the changes or differences that the fund is designed to make to carers and the people they care for.

The outcomes of the Short Breaks Fund are:

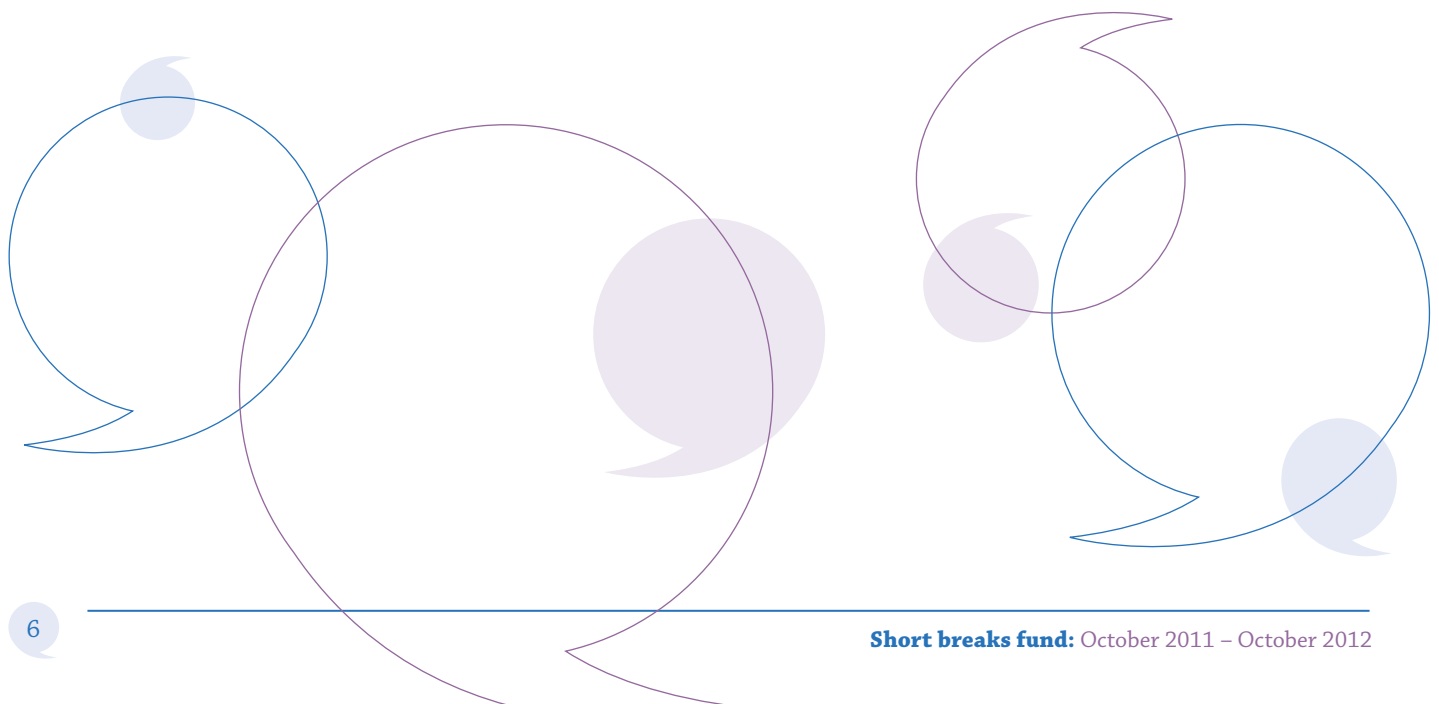
- Carers and those they care for will have improved physical, mental and emotional well being
- Carers will be better able to live a life outside of caring
- Carers will be better able to sustain their caring role
- Hard to reach carers will be better supported in accessing short breaks and respite
- There will be better understanding of the role of short breaks and respite in supporting caring relationships
- There will be better understanding of the needs of carers and those they care for

The National Carer Organisations group also established the **principles** that they wanted the funded projects to reflect.

The principles underpinning the Short Breaks Fund are:

- Funding will be targeted to those most in need of support and/or those who are less likely to access current support
- Funding will provide tangible outcomes for carers and those they care for, improving their quality of life, health and wellbeing
- Funding will be allocated where there is mutuality of benefit, ie the benefit to the carer and those they care for are clearly defined
- Funds will support the personalisation agenda, providing early intervention, choice and the tailoring of service provision to meet the needs of individuals
- Funding will complement but not replace statutory provision

These outcomes and principles were embedded into the application process of the fund from Round One and became a critical component of the assessment process of Round One and Round Two applications. Applicant organisations were required to demonstrate in their application how their proposal would contribute to the outcomes of the fund and reflect the principles established by the NCO group.



Section 3:

Round Two projects: services and achievements

The NCO group identified a number of service categories that they wanted applications to cover and which would help to define individual applications. For the sake of brevity these have been slightly condensed into the following 6 categories:

Projects that offer activity and holiday breaks (20 projects)

This kind of break includes overnight to week long residential breaks, often at a pre-booked holiday venue or an activities centre. In this category are examples of breaks undertaken by groups of carers together with those they care for; groups of carers by themselves (without the person they care for) and groups of people who receive care having a break without their carers. In many there is a strong element of group and peer support, and often an explicit focus on the benefits of having a complete break from routine: either rest and relaxation in an attractive setting, or the opportunity to build a sense of well-being and self confidence by trying new activities. One project – Grampian Opportunities – did not provide breaks directly but undertook planning, fact-finding and problem solving to allow carers and those they care for to organise their own break.

“I’ve never done anything like this before. I’ve made new friends as a result. I used to be nervous talking to new people but this has given my self confidence a boost. I don’t have a job, but since I got back from the expedition I’ve got back in touch with the local guides as a leader to give me something to do.”

Young carer following a short break on the ocean waves with Ocean Youth Trust Scotland

“The carers themselves look forward to and take pleasure in planning their next short break from caring. Knowing that a befriender is coming to have a sociable time with the person they care for, and knowing that they can have a couple of hours off for themselves, can be as important to them as the actual respite time. The anticipation of receiving a regular break lifts their spirit and mood significantly”

Kincardine and Deeside Befriending

Befriending projects (6 projects)

Befriending projects involve recruiting and training volunteers or sessional workers who either ‘sit’ with or support the cared for person which allows the carer to have a break; or support carers to enjoy time out from caring. Befriending is not about providing care, it is about providing an extra dimension of social contact, or possibly a buddy to do things with.

Clubs / day facilities and playschemes (8 projects)

These projects provide activities and social contact which may be a lifeline for people who have become isolated because of a disability or because of their caring responsibilities. Funded projects range from youth groups for young people with a disability, summer play schemes for disabled children, to homework and social clubs for young carers. These projects have a strong focus on the social benefits of group activities and of reducing isolation.

"It's given me more to think about. It helped me to get more out of each day and helped my thinking. ...I feel stronger in myself. I got close to a few of the group members and we have stayed in touch and are arranging to go swimming. I enjoyed making new friends and talking about other activities as a group."

Carer who took part in a Mindfulness group run by Glasgow Association of Mental Health

"The group gives young carers structured quiet time to get their homework or revision tasks done – something most children can take for granted. The group helps to relieve the stress and worry of getting time to do homework and provides the right environment to get it done."

Perth and Kinross Association of Voluntary Service

Supported leisure and activities (9 projects)

These projects fall into two categories: projects that provide children, young people and adults with the support to take part in community activities and social events; or projects that provide support for carers to take up new activities. In most cases, activities do not involve an overnight stay, but in two of the examples with disabled children, sleepovers also feature.

Home based services and residential care for cared-for individuals (9 projects)

These projects either provide replacement care at home for people in need of care, to provide free time for their carers; or care in a residential establishment. In both categories, the service allows carers to enjoy time free from caring responsibilities. In the main, despite this category being perhaps the most conventional model of respite care, the projects in this category have attempted to push the boundaries of traditional respite by trying out new models of support.

"This is the only two hours out of the week that I have time for myself"

Carer of person with Motor Neurone Disease who uses the Haven Care @ Home Service in South Lanarkshire

Individually arranged and funded breaks (Time to Live model) (16 projects)

These projects allow carers and those they care for to design and fund the short break that best suits their needs. Typically, carers apply for a small grant from a locally-managed fund to pay for a break. The aim of these projects is to put carers in control of their own breaks by supporting them to craft bespoke arrangements. The organisations that have developed the projects in this category have developed processes at a local level to promote and manage their own micro-grant systems to suit local conditions.

"A number of carers mentioned that knowing this fund was available – knowing that someone cared and wanted to help – was a big boost. They also mentioned that having the need for a break validated, and that carers do not have to feel guilty about needing a break, was enormously important."

Fife Voluntary Action

"My break helped to rebuild my confidence and self esteem. To be able to get away and just "be me" and to be able to do something that is important to me as an individual was so beneficial. It recharged my energies and emotional well being... my son benefits from my improved sense of well-being."

Carer who benefited from a Time to Live grant from Argyll and Bute Carers' Network

Table Three overleaf summarises the activities of the projects within each category.

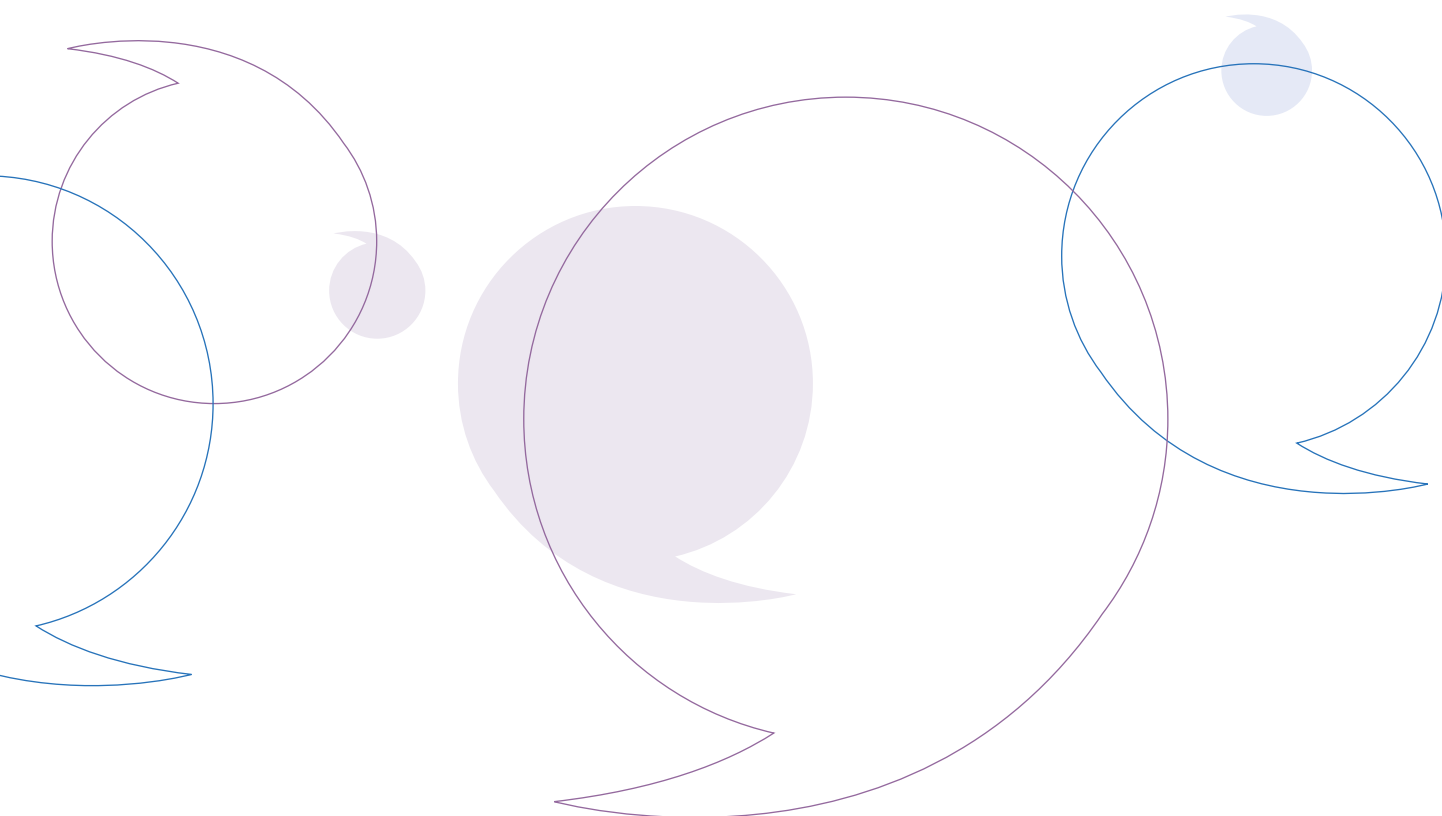
3.1 Projects that offer activity and holiday breaks (20 projects)

Project Name	Activities	Grant
Buddies Clubs and Services	Buddies organised two x five day holiday adventure breaks, each involving six young people with complex needs. The breaks allowed the young people to socialise with other young people and exercise a degree of independence, while providing a break from caring for their families.	£15,000
No Limits	No Limits organised a holiday week at the Calvert Trust for 21 carers and 18 young people with care needs. The break was designed to provide a complete break from routine for the families taking part and a chance to socialise with other families.	£13,400
Camp and Trek	Camp and Trek ran four residential adventure breaks for young carers, in total involving 65 young carers. The breaks were designed to provide fun and challenging activities that allowed the young people to build their self-confidence and to have a break from caring.	£5,000
Care for Carers: Stepping Out	The project provided two-night residential short breaks to 35 carers, and a range of evening and day time activities that involved 60 carers and the people they care for. The breaks are designed to provide a break from routine and, for carers, the chance to unwind and to have time for themselves.	£25,000
Support in Mind	Eight carers of people with enduring mental health difficulties took part in a weekend theatre break to London, which allowed them to have a break from caring and to socialise with other carers who have similar experiences.	£5,518
Children 1st	The project provided 6-night cottage holiday breaks for 18 kinship care families. It also provided a range of school-holiday and weekend activities involving children in kinship families, and some family outings, as well as carer-only activities.	£20,943
Fife Action on Autism	The project organised a two-night weekend break at Teenranch for 21 young people with autism, to provide them with fun and sociable activities and to allow their carers a break from caring.	£3,350
Brain Injury Grampian (BIG)	The group provided a residential weekend for nine female carers of people with acquired brain injury, and a theatre trip for nine carers and four people cared for. The breaks were designed to provide a break from routine and the chance for carers to benefit from peer support.	£5,000
Venture Trust	Venture Trust involved 23 young carers in an overnight adventure break as well as a programme of day time activities designed to give young carers a break from caring and to enjoy the company of other young carers.	£7,018
Y Sort It	Y Sort It provided two x two night breaks to Euro Disney and to Dolphin House, involving 32 young carers in total. The breaks were aimed at providing fun and engaging experiences to socially isolated young carers.	£16,543
East Ayrshire Carers Centre	The centre provided residential holiday breaks at their carer hotels in Dalmellington and Carnoustie for 95 carers and 22 people who are cared-for. The breaks provided relaxation and a break from routine and the opportunity to socialise.	£25,000

Project Name	Activities	Grant
Roses Trust	Roses provided nine week-long adventure breaks and a programme of days-out that involved 61 young carers. The residentials and days-out were designed to provide fun and adventure for young carers who have few natural opportunities to socialise.	£24,000
Speyside Trust	The Trust provided three and five day residential activity breaks to 29 disabled children and young people at Badaguish Outdoor Centre. The breaks gave the children and young people the chance to have fun away from home while allowing their carers a break from caring.	£23,750
Linn Park Group	The group organised a two night activity break for 17 carers and 16 disabled children and young people to Calvert Trust. The break provided the opportunity to try new activities and gave carers the chance to socialise with others in a similar situation.	£8,845
Ocean Youth Trust Scotland	The Trust involved 28 young carers in week-long sailing adventures on the west coast. The breaks were aimed at building the confidence and self esteem of the young people while giving them a break from their caring routine.	£14,900
West Glasgow Grandparents Support Group	The group provided a four night holiday break to Alton Towers for 15 kinship carers and 19 children that they care for. The break aimed to give the families the chance to have fun together and to build family bonds.	£9,000
Grampian Opportunities (GO)	GO worked with 41 referrals of carers and the people they care for, who all have significant disabilities and care needs. GO sourced made-to-measure short break solutions that met very specific family requests and circumstances and which allowed the families to have the break they wanted.	£15,000
Larkhall Youth Group	The group provided 13 disabled young people with a four day residential holiday break, aimed at providing the experience of independence and fun for the young people and a break from caring for their families. Initially the group intended to provide separate breaks for carers but uptake of this opportunity was lower than expected.	£12,360 with unspent balance of £8,355
Barnardo's Family Support Team Dundee	The group provided two residential short breaks, one for 11 young carers and the other for nine disabled children and young people. The breaks aimed to provide all the young people with the chance to try new activities and experience some independence, and to provide adult carers with a break from caring.	£5,764
Strathclyde Autistic Society	The group provided a four night holiday break for 12 young people with autism, to give them the chance to have fun and try new activities, while allowing their carers a break from caring.	£5686

3.2 Befriending projects (6 projects)

Project Name	Activities	Grant
Angus Carers Centre	The centre recruited and matched 29 volunteer befrienders who supported cared-for individuals and allowed their carers to have a regular break. The centre also provided a range of social activities for carers and ran four residential breaks for young carers.	£20,000
Epilepsy Scotland	The project has provided trained support workers to provide a one to one buddy service for 20 disabled young people with epilepsy, to support them to take part in social activities while allowing their carers a break from caring.	£28,000
PRT Carers Centre Falkirk and Clackmannanshire	The project has matched volunteer befrienders with 15 young carers, to support them to take part in activities and to develop self confidence.	£11,000
Interest Link Borders	The group has matched 46 volunteer befrienders with disabled children and young people, both as one to one friendship matches and in group settings. The befrienders support the young people to take part in fun activities outside the home which allows their carers to have a break.	£20,072
Kincardine and Deeside Befriending	The project has matched 18 volunteer befrienders with older people with care needs. The befrienders provide social contact and activities to the older people, while their carers have a regular break from caring.	£15,000
Amina Muslim Women's Resource Centre	The project organised group and individual befriending that involved 28 isolated female carers from BME communities in Dundee. Volunteer befrienders supported a range of group social activities, one to one matches and telephone befriending.	£28,600

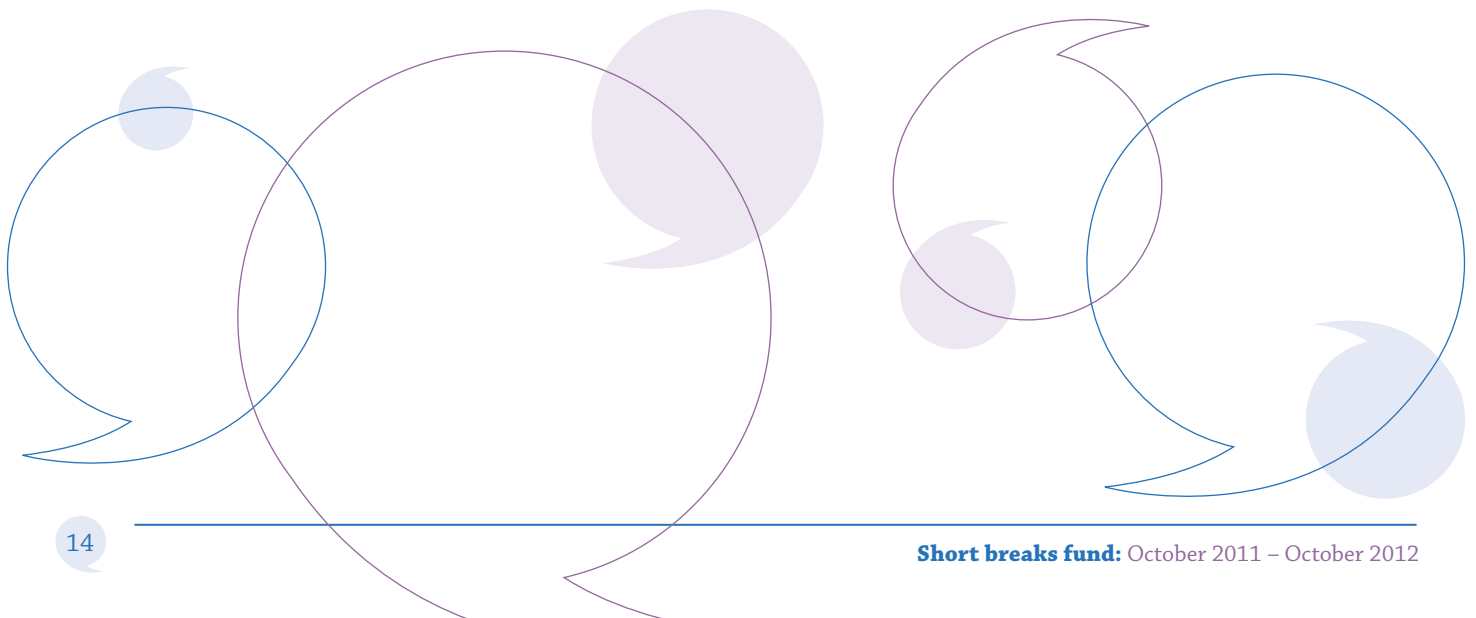


3.3 Clubs, day activities and playschemes (8 projects)

Project Name	Activities	Grant
The Yard Adventure Centre	The Yard established a Saturday evening social club for 20 young people with disabilities, which provided friendship and fun for the young people while allowing their carers to have a regular break.	£13,189
Multi Cultural Family Base	The project provided a weekly activity and friendship group, and day sessions of outings for 11 young female carers from BME communities who were not known to other services.	£11,245
Crossroads Orkney	The project provided a summer play scheme for 15 primary school-age children on the autistic spectrum who would have no other provision during the summer holidays.	£5,374
PKAVS Young Carers Club	The group has established a weekly after school homework and craft club that has involved 61 young carers. The club allows the young people to have a quiet space to keep up with homework and to have some fun time away from their caring role.	£12,666
Quarriers Chavey Chill Out	Quarriers developed an afterschool social group for 26 young people with complex needs, designed to provide them with the opportunity for fun and friendship and a regular evening off for their carers. Some sleepovers had been planned but did not take place because families decided that evening activities were sufficient, hence the unspent balance.	£15,000 with unspent balance of £4,768
Geeza Break	Geeza Break provided holiday playscheme activities for 33 children who are either young carers or from kinship care families in Glasgow. Additionally, six families were provided with respite sitting, and one family received overnight respite care.	£11,124
Quarriers' Family Support in Dumfries and Galloway	The group developed two new after-school and school holiday friendship clubs in Stranraer and Dumfries for primary-school age children with disabilities. These activities benefited the families of 36 children. The group also planned to develop a youth group for older teenagers in Stranraer, but this failed to become established because of capacity issues with the partner agency, Community Learning Development, hence the large unspent balance.	£20,483 with unspent balance of £11,930
Renfrewshire Carers Centre	The project provided regular social activities and outings to 14 children with autism and complex needs. The aim of the project was to provide new experiences to the children while providing a natural, regular break to carers.	£17,251

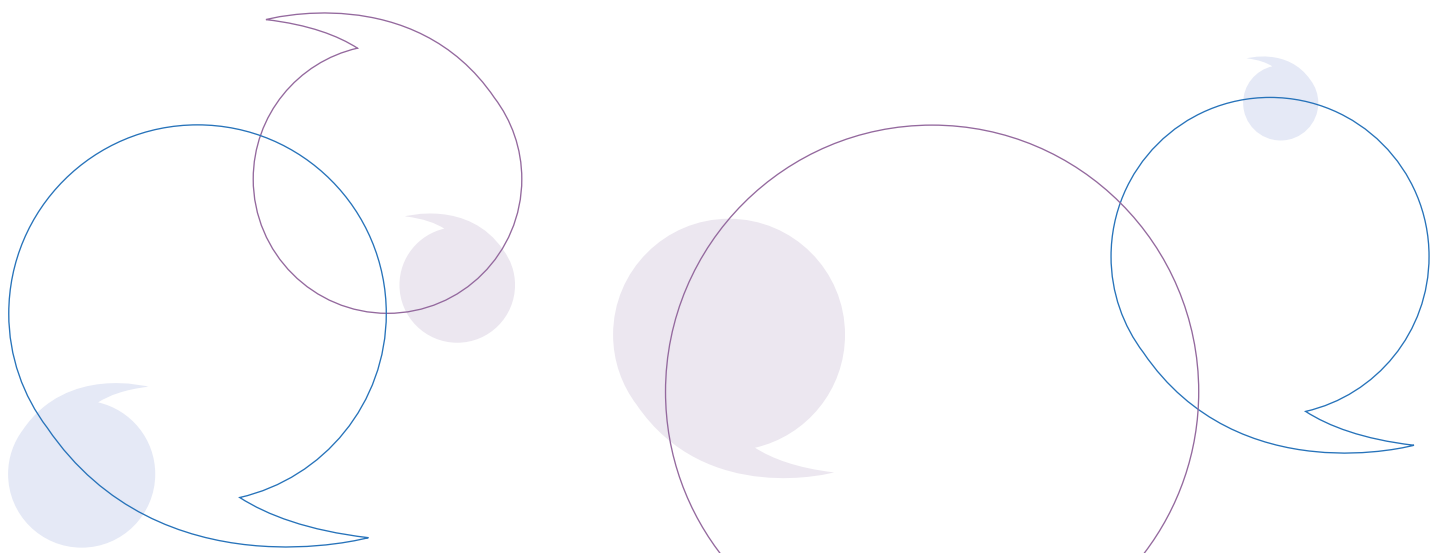
3.4 Supported leisure and activities (9 projects)

Project Name	Activities	Grant
Glasgow Association for Mental Health	The group ran Mindfulness (mental and emotional wellbeing) courses for 39 carers of people with a mental illness, to provide time for them to focus on their own wellbeing.	£10,787
PLUS	Has provided one to one support to 22 disabled children so that they can take up hobbies or activities that suit them, while allowing carers a break. The breaks are planned using a web-based booking system that puts carers in control. The project had a delayed start which meant a substantial unspent balance which was rolled forward to current year.	£50,000 with unspent balance of £20,144
Support in Mind Edinburgh Carer Support	The project provided storytelling and creative arts activities to 22 carers of people with mental illness	£3,745
Glasgow South East Carers Centre	The centre provided a range of activities and experiences to over 50 young carers, including theatre workshops, cooking classes, a first aid class, outward bound activities and a day trip to the zoo. The activities were designed to provide a break from caring while building life skills for the future.	£7,400
Respite Fife	Respite Fife developed a mini-breaks service which could respond quickly to carers' needs for a break at short notice, by providing sessional staff to support adults with a learning disability to take part in trips and activities. 33 families benefited from the service.	£12,390
Achievement Bute	The group provided a mix of group day trips, and individual support to 27 children with disabilities, providing a break for their carers and fun experiences for the children.	£16,000
East Renfrewshire Carers Centre	The centre has provided monthly lunch clubs and coffee mornings for carers that help them to have a social time with other carers and a regular break from caring. 203 carers have benefited.	£3,000
SNAP	SNAP in Inverness has delivered 40 x six hour outings for children with disabilities, plus six x 48 hour sleepover trips. The trips aimed to provide the children with stimulating activities and social interaction, while allowing carers a break they could plan towards.	£14,000
Alzheimer's Scotland Moray	The project established carers groups and a supper club that benefited carers of older people with dementia.	£5,600



3.5 Home based services and residential care for cared-for individuals (9 projects)

Project Name	Activities	Grant
Enable Glasgow Short Stay Emergency Bed	Enable's Balshagray unit in Glasgow made available a bed for emergency respite as a short term solution for cared-for adults in crisis while social workers found a longer term solution. Unfortunately only a few people were able to benefit as bed-blocking took place.	£11,169
Carers of West Dunbartonshire	The project purchased replacement care for cared for people to allow carers to have a break from caring. Carers were encouraged to use the free-time in ways which were beneficial to their well being. 64 carers benefited.	£16,000
Crossroads Barra	The project provided care at home for 22 cared for individuals, allowing their carers a break from their caring routine.	£8,500
Richmond Fellowship Dumfries and Galloway	Report unavailable because of staffing changes	£13,760
Crossroads West Stirlingshire Project	The project provided care at home, or an extra pair of hands to parents of 10 disabled children, providing a break for 12 parent carers and 10 siblings.	£8,000
The Haven @ Home	The Haven has provided 1,400 hours of complementary therapies to people affected by terminal and life-limiting conditions. The therapies provide a period of well-being for the client, and a natural break for 57 carers while the therapies are administered. The Haven also provided volunteer befriending visits.	£17,637
Leuchie House: Day Short Breaks	Leuchie developed a day respite service on three days per week, benefiting 18 people with a disability and their carers. The aim of the service is to improve the well-being of people with complex care needs while allowing their carers to have a complete break. The project was very late in starting because of delays with the Care Inspectorate, hence the unspent balance.	£28,650 with unspent balance of £11,233
Inverclyde Carers Centre	The centre supported 42 carers through providing replacement care at home for the people they care for. The centre also organised some group breaks away for carers who wanted a break away together.	£11,000
Crossroads Lewis	The project provided care at home to 12 elderly or disabled people in isolated locations which allowed 13 carers to have a break from caring.	£11,700



3.6 Individually arranged and funded breaks (Time to Live model) (16 projects)

Project name	Activities	Grant
Carers of West Lothian	The project funded 27 individual and small group short breaks that benefited 109 carers and 35 cared-for people. Breaks ranged from days out at a theme park to a five night coach holiday.	£12,500
PRTC Dumfries and Galloway	The centre attracted £51,000 additional funding from Dumfries and Galloway Council to boost the original £16,997 Time to Live grant. The project awarded 93 grants to adult carers and 26 grants to young carers, totalling £54,180, which funded a range of individualised breaks, from family days out to hotel breaks.	£28,147
Perth and Kinross Association of Voluntary Services	Developed a small scale project to make individual grants to families with a disabled child or young person. The project funded 10 families to have a break, which ranged from a trip to stay with extended family in Portugal to a child-free weekend for parents to recharge their batteries.	£12,228
PRT Carers' Centre Falkirk and Clackmannanshire	The project provided small grants of up to £300 each to carers to pay for an individualised short break, sometimes with the person they cared for and sometimes apart. 27 carers benefited	£8,672
Quarriers' Carer Support Service Moray	Quarriers supported 13 families with substantial caring responsibilities to have the break of their choice. These ranged from family weekends at Crieff Hydro hotel with the hotel providing special one to one support to the cared-for person, to a young carer going on a school trip.	£7,919
North Argyll Carers Centre	The centre made small grants available to 61 carers, and supported them to design a break that best suited their needs and the needs of the person they cared for. Examples included a family weekend by the seaside for a family with multiple care needs, and support for a travelling family to meet up with their extended family and friends.	£9,955
Crossroads Orkney	The project made short breaks available to 23 carers through a combination of funding their ferry fares to visit the mainland (taking advantage of a cost subsidy from the ferry company) and the provision of replacement care for the person they cared for. Two carers also benefited from free alternative therapies provided by therapists affiliated to the centre.	£2,121
Voluntary Action Shetland	VAS made micro grants available to 69 carers, which enabled them to benefit from a range of short breaks ranging from cinema passes or craft classes, to residential breaks at an adapted holiday chalet on Shetland. VAS also worked in partnership with Crossroads to make replacement care available for the cared-for person to allow carers to take a break.	£2,403
VOCAL	VOCAL provided grants to 145 carers from Edinburgh and Midlothian to identify and fund a break that would best meet their needs. They ranged from holiday breaks away with the person they cared for, to a sitter service for a disabled child to allow parents time with other children. VOCAL has the longest established TTL project, and has regularly provided support and advice to other TTL schemes. 50% of the carers who benefited from grants had not previously been in touch with VOCAL and many had not been well connected to services.	£41,921

Project name	Activities	Grant
Western Isles Community Care Forum	The Forum made grants available to 22 carers which ranged from a group holiday on the mainland for eight people with mental health problems to allow their carers a break at home, to an individual grant to a carer to purchase hens for her learning disabled daughter, which provides two hours per day of engaging activity for the daughter while she looks after them and a corresponding two hour break each day for her mum.	£3,181
PRTC Greater Pollock	The Centre manages the Glasgow TTL project in collaboration with another five Carers Centres. They collectively supported 189 carers to have a break, including some group breaks for carers who wanted the peer support of others in a similar situation, and individual family breaks. The project has also funded activity schemes for carers including a gym membership for a carer to allow several hours for herself every week.	£45,213
Voluntary Action Aberdeen (Aberdeen City TTL)	VSA provided short breaks to 47 carers in Aberdeen City. These covered an interesting range, including city breaks, equipment for a young carer's Duke of Edinburgh Award expedition and driving lessons. As with the other TTL projects, VSA was able to identify a number of previously unidentified carers and link them to other services.	£17,090
Voluntary Action Aberdeen (Aberdeenshire TTL)	VSA manages the TTL fund in Aberdeenshire in collaboration with Cair Scotland, which provides support to young carers. The Aberdeenshire project benefited 87 adult carers and 21 young carers, with a range of breaks ranging from family holiday breaks to activity opportunities for young carers. Of the many imaginative breaks funded, one was the purchase of a garden shed for a male carer, which provides a physical and emotional space away from caring. The funding from Short Breaks Fund was matched by funds from Aberdeenshire Council.	£14,480
PRTC Lanarkshire Carers Centre (North Lanarkshire TTL)	107 carers benefited from short breaks, including 58 carers who had not previously had the opportunity for a break or who had not felt able to ask for a break. The range of breaks included family holiday breaks and a group break to London for a group of 10 young carers.	£33,300
Argyll and Bute Carers Network	This TTL was managed by four local carers centres in Argyll and Bute, with each responsible for local promotion and grant allocation to carers. Within a largely very rural area, some imaginative TTL grants were awarded, including one to a family with a very disabled son who were enabled to visit family abroad because TTL paid for the otherwise prohibitively expensive travel insurance for their son.	£11,226
CVS Fife	CVS Fife manages the Fife TTL project in collaboration with the local Crossroads services in Fife and the Carers' Centre. The project has awarded grants to 65 carers who have benefited from a wide range of breaks, including holiday breaks and activity/hobby breaks. CVS Fife's promotion materials have been particularly effective.	£33,688

Operational reach

Despite the undoubted energy and effectiveness of the funded projects, and the difference that their work has made to a great many carers and those they care for, there are many more carers who have not been reached.

Table four below illustrates the geographical spread of the work of the projects and shows the percentage (%) of the number of carers in each local authority area that the funded projects benefited.

Table 4: Geographical spread of the funded projects and the proportion of carers reached in each area

LA Area	Number of Funded Projects	Total Number of Carers who Benefited	Number of Carers in the LA Area	% Impact
Aberdeen City	1	47	25,111	0.19
Aberdeenshire	2	117	29,036	0.40
Angus	1	355	12,133	2.9
Argyll & Bute	3	185	10,790	1.71
Clackmannanshire	0	0	8,690	0
Dumfries & Galloway	5	350	22,216	1.57
Dundee City	2	48	14,027	0.34
East Ayrshire	1	95	21,844	0.43
East Dunbartonshire	0	0	12,862	0
East Lothian	1	18	13,095	0.14
East Renfrewshire	2	248	9,772	2.54
Edinburgh City	3	186	47,404	0.39
Eilean Siar	3	57	2,933	1.94
Falkirk	0	0	21,929	0
Fife	3	130	49,522	0.26
Glasgow City	7	523	66,371	0.79
Highland	2	189	29,523	0.64
Inverclyde	1	42	9,892	0.42
Lanarkshire Wide	1	57	86,980	0.06
Midlothian	1	25	14,192	0.18
Moray	2	19	11,628	0.16
North Ayrshire	0	0	18,921	0
North Lanarkshire	1	107	48,957	0.22
Orkney	2	53	1,989	2.66
Perth & Kinross	2	75	19,082	0.39
Renfrewshire	1	26	24,087	0.11
Scotland Wide	3	176	0	0
Scottish Borders	1	46	12,502	0.37

LA Area	Number of Funded Projects	Total Number of Carers who Benefited	Number of Carers in the LA Area	% Impact
Shetland Islands	1	69	2,246	3.07
South Ayrshire	0	0	15,283	0
South Lanarkshire	1	3	38,023	0
Stirling	0	0	12,050	0
West Dunbartonshire	2	96	13,132	0.73
West Lothian	1	109	18,086	0.60
Totals	54	3,451	657,328	0.52

Projects with multiple geographical spread

LA Area	Number of Funded Projects	Total Number of Carers	Number of Carers	% Impact
Aberdeen City, Aberdeenshire	1	0	54,147	
Aberdeen City, Aberdeenshire Moray	1	19	65,775	0.03
Angus, Dundee City	1	355	26,160	1.36
Argyll & Bute, North Ayrshire, South Ayrshire, West Dunbartonshire	1	28	58,126	0.05
Argyll & Bute, Stirling	1	12	22,840	0.05
Clackmannanshire, Dundee City, East Ayrshire, Edinburgh City, Glasgow City, Inverclyde, North Ayrshire, West Lothian	1	27	205,235	0.01
Clackmannanshire, Falkirk	2	42	30,619	0.14
Clackmannanshire, Falkirk, Stirling	1	30	42,669	0.07
East Dunbartonshire, Glasgow City	1	20	79,233	0.02
East Lothian, Edinburgh City	1	95	60,499	0.16
East Lothian, Edinburgh City, West Lothian	2	57	78,585	0.07
East Renfrewshire, Glasgow City	1	17	76,143	0.02
Edinburgh City, Falkirk, Fife, Stirling, West Lothian	1	21	148,991	0.01
Totals	15	723	949,112	0.076

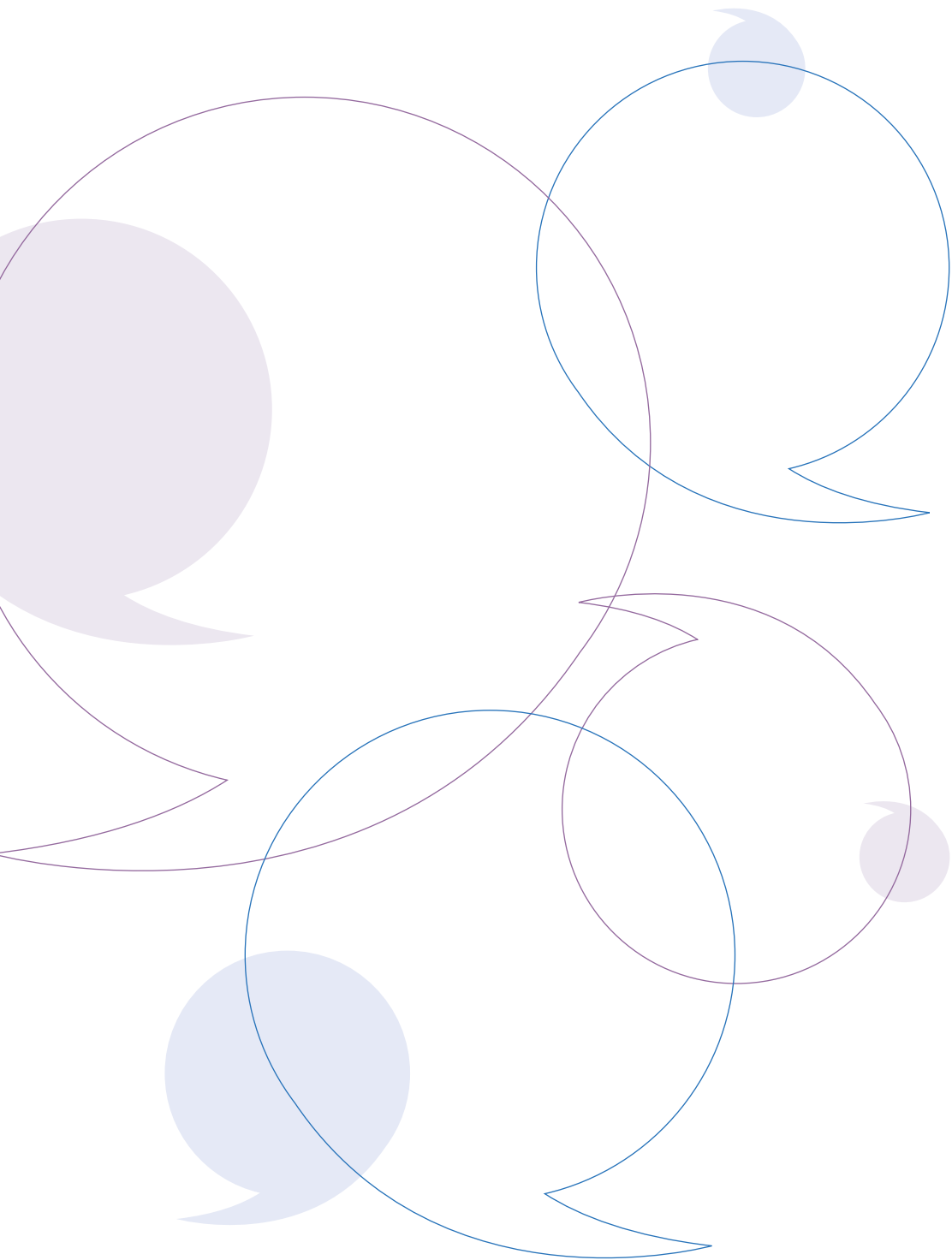
It will be seen from these tables that although no single local authority area missed out altogether, the fund did not benefit carers uniformly across the local authority areas.

This was identified as a challenge in the first round of funding. Geographical spread and the proportion of carers in each local authority area was subsequently incorporated into the allocation framework at the grantmaking meeting for Round Two. There is a measurable improvement between Round One and Two but this is an area requiring ongoing vigilance.

Operational challenges

The great majority of funded organisations delivered strong projects that fully achieved their individual targets. Many projects exceeded their targets in terms of the number of short break hours delivered with the funding, and the number of carers who benefited from a break. Only four of the funded organisations failed to fully deliver the work that they set out to achieve.

Unsurprisingly, the projects that delivered most successfully were those that showed the most comprehensive planning at the beginning and which could get off to a good start quickly and confidently. However, the opposite is not necessarily the case: the four projects which encountered challenges in delivery were thoughtfully planned but were affected by unforeseen influences. These projects' stories and experiences are explained in Section 5: Challenges and Learning



Section 4:

The Difference that the Projects have Made

The National Carer Organisations established the outcomes that they wanted the Short Breaks Fund to achieve. These are the changes or differences that the fund is designed to make to carers and the people they care for.

The outcomes of the Short Breaks Fund are:

- Carers and those they care for will have improved physical, mental and emotional well being
- Carers will be better able to live a life outside of caring
- Carers will be better able to sustain their caring role
- Hard to reach carers will be better supported in accessing short breaks and respite
- There will be better understanding of the role of short breaks and respite in supporting caring relationships
- There will be better understanding of the needs of carers and those they care for

The last two outcomes: *(better understanding of the role of short breaks)*, and *(better understanding of the needs of carers, will be explored in Section Five)*.

The difference that the projects have made to carers and the people they care for is examined below.

Outcome 1: carers and those they care for will have improved well - being

All of the funded projects aimed to make a difference to the well-being of carers and the people they care for. Typically, the projects aspired to reduce the isolation of carers and those they care for and to improve their emotional and physical health. The projects delivered a wide range of services to achieve these aims, for example befriending services for frail elderly people at home; group holidays for isolated young carers; individualised breaks where carers have designed the break that suits them best; complementary therapies and treatments to reduce stress. The cases studies below illustrate some of the services that were delivered and the difference that they made.

The Haven, Blantyre

The Haven supports families affected by life limiting and terminal illness. It operates from a well-being centre attached to a large GP practice in South Lanarkshire. The Haven provides complementary therapies, counselling and support.

Haven @ Home is the outreach arm of the Haven. Through volunteer befrienders and therapists it supports families where the cared for person becomes too ill to attend the centre and where the stress on the carer and the cared for person can become intolerable. The Short Breaks Fund has allowed the Haven to provide 1,400 hours of complementary therapies benefiting 57 families where the cared for person is either at end of life or has become too disabled to be mobile. Situations like this can literally trap carers at home with little opportunity for time-out. With weekly visits from a therapist or a befriender, the cared for person and the carer benefits from another relationship in their lives and time apart. The carer gets a couple of hours respite from caring, knowing that the person they care for is in professional hands. The therapies have a positive effect on the wellbeing of the person cared for and the carer and reduce stress in the household.

“Haven @ Home has been an absolute lifeline for our whole family and has helped us cope with Stevie’s illness the best we can” Stevie’s wife Beth, his carer.

This outcome is the only one which specifically targets both carers and those they care for. This does not mean that the funded projects were required to deliver services to both carer and cared for individual, but they were asked to demonstrate that the services they delivered did benefit both. In some cases the services delivered were aimed at the carer, for example through providing carer holidays at specialist carer hotels (East Ayrshire Carers Centre used this model in their project) while replacement care was organised for the person they usually care for. In other examples as in the one below, the services directly benefited the person cared for, while freeing up the carer to have a break from caring.

Buddies Clubs and Services, Glasgow

Buddies provide social activities, play schemes, sports opportunities and after school/college clubs for children, young people and young adults with a disability in Glasgow.

Buddies identified that many of their young people had never had an opportunity for a holiday break away from home, and many of their carers had never experienced an extended break from caring. So Buddies developed Adventure Breaks, taking small groups of disabled young people away for 4-night holiday breaks to Argyll. The breaks give the young people the chance to develop independence and forge friendships, while allowing their carers the opportunity for several days free from caring. The breaks are a lifeline for some carers, particularly those who manage complicated caring roles. In 2012 Buddies provided breaks to 12 young people with complex needs, benefiting 20 carers. Buddies’ evaluation shows that the breaks “work” for carers because they have complete confidence in the skills of the staff that support their young person on their adventure break and in the quality of their relationship with their young person. This allows carers to relax while their young person is away.

Outcome 2: carers will have more opportunities for a life outside of caring

Most of the funded projects aimed to make a difference in this area, through providing activities or social events that allow carers to regain some balance in their lives. Some of the projects supported carers to engage (or re-engage) with hobby activities which allow a break of a couple of hours on a regular basis, while others organised one-off short residential breaks which gave carers a longer break from caring.

Support in Mind, Scotland in Dumfries and Galloway

The Carers' Support project in Dumfries and Galloway has a focus on the well-being of carers. It runs support groups and drop-ins and provides individual advice so that carers of people who have complex mental health problems are better able to look after their own health and welfare.

The charity knows that carers of people with mental illness can be under great pressure, through the demands of caring and through social isolation. It is often the case that people who understand this best and who can provide the sort of empathic support that carers need are other carers.

Support in Mind arranged a two night residential holiday break to London for eight carers who have a particularly demanding caring role. The carers had a complete break from caring and could enjoy a west end show, shopping and sightseeing in the company of people who understood their situation.

"This is the first time that I have been away. I know now that it is ok to let go for a while, and pick it all up again when I go home, feeling a bit more balanced."
A Carer

Some of the more unusual and imaginative examples of support to allow carers a life outside of caring come from the Time to Live projects. In Aberdeenshire, Voluntary Service Aberdeen made a TTL grant to a male carer to purchase a garden shed. This gives him a physical and emotional refuge: somewhere to be himself and to potter, while still within easy reach of the person he cares for. In Shetland, the Time to Live project made a grant to carers to buy cinema passes. This allowed the carers to have a regular treat to look forward to but which didn't entail the worry of being away from home and their cared-for person for more than a few hours.

Carers Centre, Falkirk and Clackmannanshire

The Time to Live project managed by the Carers Centre made an award of £300 to Peter who gave up work 10 years ago to care full time for his wife who has complex care needs. Peter's own health was becoming affected by the constant pressure of caring.

Before his wife's illness Peter had been a keen hill walker but had to give it up. His TTL grant paid for travel and accommodation costs so that he could enjoy a walking holiday in the North of Scotland, enjoying the company of like-minded people and regaining some physical fitness. His grown up children stepped in to care for their mum while he was away.

The impact on Peter has been profound. He has rediscovered a hobby that he thought he had lost forever, and he now has the confidence to allow his children to step in to care for their mum so that if he wants to, he can get away again occasionally in the future.

Outcome 3: carers will be better able to continue caring

47 of the funded projects aimed to sustain carers' ability to care. The services they delivered fall generally into two broad categories: short breaks away from home, usually incorporating at least one overnight stay and often involving an element of peer support; and regular breaks of perhaps two or three hours which give carers small chunks of predictable and reliable respite.

Epilepsy Scotland runs the Lighthouse project in Glasgow and Edinburgh. The project provides 1-1 support to people with epilepsy coupled with another condition such as a learning disability or long term physical health problem. The service can provide support with independent living, support to prepare for employment or support to enjoy leisure or recreation opportunities.

In Glasgow, The Lighthouse service funded by the Short Breaks Fund has supported 20 young people who have complex support needs to make use of community leisure or sports facilities. The project has matched each young person with a trained support worker who acts as a buddy and mentor. Each young person usually goes out with their support worker weekly, for three or four hours, at a time that best suits them and their carers. This has allowed their carers to look forward to a regular break from caring, knowing that their young person is safe and having a great time. In 2012, 35 carers benefited from a total of 1,800 service hours.

Understandably, the evidence of impact appears strongest among carers who have very substantial caring responsibilities and whose personal resilience is most under pressure. For example, there are some illuminating case studies from projects that have supported carers of people with dementia or acquired brain injury that illustrate the important impact that having a break can have on their levels of energy and resilience.

Brain Injury Grampian (BIG) supports the carers of people who have been affected by brain injury. BIG organises fortnightly meetings, advice sessions and social events.

BIG became aware that some of its members were experiencing high levels of stress and anxiety. In particular, some carers were struggling to come to terms with the shock of all the sudden changes to their lives, made worse by the stress of coping with unpredictable and challenging behaviour in the person they cared for.

The Short Breaks Fund paid for some of BIG's female carers to have a break together. Nine carers benefited from a weekend trip to Perth for Ladies Day races and a day at a spa. BIG thinks that the time away from caring, with the support of others in the same situation, made a real difference to the carers. One carer noted: "I benefited very much and feel emotionally and physically stronger to deal with situations."

Another said: "Had a brilliant time with others who have been, and still are, struggling to cope with the traumatic life changing experience. Really good company. Such a laugh which is good therapy."

Outcome 4: Hard to reach carers will be better supported in accessing short breaks

The NCO group was aware that there is not always an even access to short breaks for all carers. Carers who live in remote and rural parts of Scotland are less likely to have access to short breaks because of their physical distance from services and the cost of travel. Many rural carers are not on the radar of service provider organisations because they have never asked for help. A further group of harder to reach carers are those from Black and minority ethnic communities, who tend to be under-represented in services. This is recognised in Caring Together: the Carers Strategy for Scotland.

As an indication of how well the projects had managed to reach carers who were not well connected to existing short break services, we asked the projects to identify how many of their beneficiary carers had not had a break in the previous 12 months. 810 carers had not had a break in 12 months, which represents 21.3% of the total carers who benefited. This is not a definitive indication of success in reaching hard to reach carers but does at least show that the services benefited a large proportion of carers who were not already receiving short break services on a regular basis. It is possible, however, that some projects may have interpreted this question as referring purely to residential breaks or holidays, so the figure may not be entirely reliable.

40 projects managed to reach and provide services to families from the BME communities. Unsurprisingly, projects in the central belt, and particularly Glasgow and Edinburgh, were more successful in attracting carers from minority communities than projects based elsewhere. In total, 175 BME carers benefited from the short breaks provided by the projects. This represents 3.6% of the total carer numbers who benefited.

Two projects were funded specifically to work with BME families: Amina (the Muslim Women's Resource Centre) in association with the PRT Carers Centre in Dundee; and Multi Cultural Family Base in Edinburgh.

Amina provided individual and group befriending to isolated female carers from Dundee's BME communities. It has supported 28 carers through telephone and face to face befriending, and through group outings and activities. The project also hosted a residential break at Gartmore House near Stirling for nine carers.

“Caring for an ill or disabled member of the family can often be a very isolating experience which over time can result in the carer losing their social networks. Our befriending service recognises this and provides a pathway where carers can begin by accessing telephone and face to face support, and then when ready they can participate in group activities. We provide a range of group befriending activities, all designed to improve health and well being, give carers a break from their caring roles and support them to sustain their caring”

Amina, Dundee project.

Multi Cultural Family Base in Edinburgh runs the Nhamtok project which has supported female young carers from BME communities in Edinburgh, who are affected by social and cultural isolation. Nhamtok has supported 11 young carers through group work sessions and activities designed to improve the girls' self esteem and confidence, and build their social networks.

The young carers who attend Nhamtok's groups tend not to be engaged in other support groups for young carers or other services in general because they worry about not fitting in and because they can feel intimidated in mixed gender groups. Nhamtok aims to provide a safe space where the young carers can discuss their feelings and concerns and can develop friendships. "The mother of a 12 year old Turkish girl told us that she particularly values the input of the project in her daughter's life because she feels the staff understand the complex issues that impact on their lives, including mental health issues, the impact of racism and language barriers."

Nhamtok project.

The focus on carers in remote and rural settings, who may be isolated from services and have limited support networks, was reflected in the number of projects which were funded in these areas. 21 projects supported geographically remote carers and in total managed to reach 337 carers in areas ranging from Shetland to rural villages in Dumfries and Galloway. This represents 8.8% of the total number of carers who benefited.

Some of these projects bolted on additional elements to their existing services in order to reach more carers in their area. Others managed local Time to Live budgets that allowed carers to design a break that would best suit their needs. Some of these projects developed imaginative joined-up approaches that built on the work of local partners to create bespoke solutions to overcome the challenges faced by carers in very remote locations.

Crossroads in Orkney managed a local Time to Live fund that distributed micro-grants of up to £100 to carers so that they could take advantage of preferential ferry fares to get off the island for one or two nights and have a break from caring. Because many of the carers look after older people with complex needs, Crossroads provided replacement care to make the break possible. 25 carers benefited from a break. "An elderly carer on one of the remote outer island carers for her friend who is 103. We provided a grant of £100 to allow her to attend the wedding of a relative on the mainland. We looked after her dependent while she was away, and without this help she wouldn't have had a break as there is no residential respite on the island." Crossroads Orkney

Section Five:

Challenges and Learning

5.1: Delivering the principles of the fund

We asked the projects to identify how well they felt their funded work had reflected the principles of the fund. In general, the projects' end of year reports provided some thoughtful responses to this question.

Funding will be targeted to those most in need of support and / or those who are less likely to access current support

42 of the funded projects provided satisfactory evidence that their short break services had been effectively targeted at carers (and those they care for) who had most need of support. These projects established eligibility criteria which tended to include reference to the level of care-giving by the carer; the level of need / dependence of the person cared for; the length of time since a previous break; whether the carer had access to breaks or respite already; the carer's well-being (or social isolation). One project, VOCAL, which manages the Edinburgh and Midlothian Time to Live budget, also introduced an income criteria in the case of requests for holidays. For another project, The Haven in Lanarkshire, priority is given to families where the cared for person has become too ill or frail to leave the house and where the burden of care has become very heavy. The Haven is also conscious that the majority of its clients live within the top 15% most deprived data zones in Scotland, and may be affected by pre-existing health, financial and social inequalities.

"Fund criteria are designed to prioritise those in most need of support and / or those who are less likely to access current support. Criteria such as: carers must provide 20 hours or more practical or emotional care in an average week; the carer and the family are unable to finance the full cost of the break themselves; where the request is for a holiday, carers must be in receipt of a means tested welfare benefit as eligibility criteria, combined with prioritisation criteria such as the carer has required hospital or sudden medical treatment in the last 12 months, or supports someone who has been in hospital within the last 12 months ensure that those in greatest need are targeted for funding."

(VOCAL)

Some projects, however, do not seem to have targeted their short breaks services, and instead of asking “who most needs our service” have simply asked “who wants to use our service?”

It is likely that some projects can feel a pressure to fill places in order to meet targets, which is at odds with the spirit of this principle.

A learning point for Shared Care Scotland is to ask applicants to the Short Breaks Fund to describe more clearly in their application how they will target carers who are most in need of support and those less connected to services; and to have a stronger focus on this assessment.

Funding will seek to provide positive outcomes for carers and those they care for, improving their quality of life, health and well being

All the funded projects successfully demonstrated this principle to some degree. There was a good level of understanding across the projects about the need or problem that their work should address, and what success would look like for carers and the people they cared for.

Typically, projects in Round Two were keen that their short break services would reduce the isolation of carers and those they cared for, improve relationships within the family (perhaps by providing quality time apart or enjoyable activities together), create improved family time and help carers to feel more relaxed.

“The Adventure Breaks create opportunities for parents / carers to have time to themselves to rest and re-energise, thereby reducing their stress levels knowing that their young people are safe and happy on their trip. The young people benefit by spending time with a peer group away from home (many for the first time) and are encouraged to plan and try out new activities.”

(Buddies Clubs, Glasgow)

Funding will seek to deliver mutuality of benefit, ie the benefit to the carer and those they care for are clearly defined

As above, mutuality of benefit came across strongly in the reports provided by the funded projects. This represents a significant improvement from Round One, where some organisations struggled to demonstrate reciprocity. For some, the benefit to the carer derived from having a natural break from caring because their cared for person received support to have a break. The Buddies excerpt above is an example of that model. For others, the benefit derived from the carer and the person they cared for having a break away together. For example, Dumfries and Galloway Carers Centre which managed a Time to Live budget, noted in their report that in the majority of the applications for a holiday-type break, the carer and the person they cared for wanted to go away together. Many applications mentioned the need to have time to recharge their batteries and refresh their relationship, and to have the opportunity to create happy memories. This was a recurring theme from many of the Time to Live projects.

In other settings, carers were supported to have a break away from home without the person they cared for. For example, Care for Carers in Edinburgh, the BIG group in Aberdeenshire, and Amina in Dundee all organised day or residential activities designed to allow carers to have a break away from the routine of caring, in the company of other carers. However these projects were also able to show clearly how these breaks also indirectly benefited the person cared for, by improving the well-being of the carer so that the caring relationship was refreshed, or by introducing another relationship, such as a befriender, to the cared-for person to enrich their social circle.

All the projects that benefited young carers involved the young carers having some time away from their caring role, either in a residential holiday break or for some regular weekly activities. These projects too were able to articulate the benefit to the cared for person of the young carer having a break, in improving the family dynamic and reducing the parent's anxiety about the young carer.

**“Hello
my name is Sara, I
am 14 years old and I care
for my dad. I started the group
around one year ago and it’s been
amazing. The things I do for my Dad is
sort out his medicine, cook dinners, tidy
up my house and help my Dad walk if he is
feeling dizzy or sick. The group helped me by
giving me more confidence and I have made
lots of friends. My Dad thinks it is great
for me because it gives me a little break
from the responsibilities at home.”**

(Young carer with Y Sort It.)

Funds will support the personalisation agenda, providing early intervention, choice and the tailoring of service provision to meet the needs of individuals

In the evaluation report of the first round of the Short Breaks Fund, personalisation was identified as an area for improvement across the portfolio, as the capacity of the projects to demonstrate that their short break services were authentically person-centred was patchy. This year, however, there are some very strong examples of personalisation in the reports, which demonstrate a better understanding of how to deliver personalisation in different short break settings. In general, despite some variation in the quality of the reports, there is a stronger focus on personalisation across the Round Two reports.

In the Time to Live projects personalisation and individual choice underpinned the model of local grant-making. Carers were encouraged to identify the break that would best make a difference to them and to the person they cared for. In some examples, carers were highly imaginative in what they asked for, ranging from piano lessons to a rabbit hutch, which in turn encouraged the local grant panels to move away from more conventional thinking about what constitutes a short break.

Many of the projects that supported young carers had good evidence that the young carers themselves had influenced the design of the services which were delivered. This was particularly strong in the work of Y Sort It and Multi Cultural Family Base, both of which provided strong examples of person-centred approaches.

One of the strongest examples of personalisation is the work of Grampian Opportunities which established a disability-friendly short break advice and information service which set out to source and build individualised short breaks. The project did not provide short breaks services directly but worked with a range of providers to create bespoke solutions to the support needs of individuals and their carers.

**“we
invested time to
discover what both the carer
and the cared for wanted from a
short break... we looked at the issues
they had encountered and sought to
find appropriate solutions that would
meet the needs of all involved. We were
able to take an “out of the box” approach
to offer as many choices as possible...
with inspiring and inspirational ideas.”**

(Grampian Opportunities)

Funding will complement but not replace statutory provision

The evaluation of Round One projects identified that the risk of replacing statutory provision was minimal in the first year, given the short term nature of the projects (eight months) and the fact that so many of them focussed on holiday and leisure provision.

In Round Two, the nature of the programme changed as some of the projects which had been developed in Round One became more established and there was a stronger focus on the provision of support for cared for people through, for example, replacement care at home. This could potentially have blurred the boundaries between services which had been assessed and funded by the local authority, and the additional provision provided by the funded projects. In reality, the projects were generally clear that the services they provided were extra and complementary to any core provision and have explained their service criteria unambiguously.

In a few cases, and in line with the focus on carers with most need, projects developed eligibility criteria which precluded families which already received packages of statutory respite. The rationale for this approach was that families with no pre-existing provision for a short break were likely to have greater needs than equivalent families who had some provision in a care plan. For example, when PLUS established eligibility criteria for its Direct Short Breaks service, it determined that the scheme would only be available for families who were not in receipt of residential respite.

In other cases, however, the line can be slightly blurred. Epilepsy Scotland's Lighthouse service supported young people with epilepsy and multiple support needs in Edinburgh and the Lothians to take part in fun activities for three - four hours at a time, which allowed their carers to have a break to pursue their own interests. This is a very specialist resource because the specific needs of the young people means that the people who work with them have to have specialist skills. Epilepsy Scotland is confident that the service is additional to statutory services, which traditionally provides support for people with disabilities but does not necessarily provide support to their carers. However, they note in their report that many of the families they support have seen cuts in their statutory funding. They note: "The provision of this service offers a source of support for carers and helps them to come to terms with the loss of their statutory support services."

Going forward, it is likely that this kind of ambiguity may increase as some local authorities begin to implement difficult decisions about their budgets.

A learning point for the Short Breaks Fund will be to more clearly identify and describe the short breaks "territory" that it is happy to operate in and to be aware of the gaps left by the contraction of statutory funded packages of support.

5.2 When things don't go to plan

Four projects encountered some difficulties of one kind or another which had the effect of limiting their ability to fully meet their targets. It is often the case that there is more to learn from events not going quite to plan than from a study of unrelieved success, so the stories of these projects are told here not in criticism but in the spirit of learning.

Barnardo's Balshagray project

The Short Breaks Fund awarded a grant of £11,169 to a Barnardo's project in Glasgow to develop an emergency short-stay respite bed for adults with a learning disability. The aim of the project was to provide a temporary, comfortable refuge in the event of carers becoming suddenly unable to care, while Social Work identified a longer-term alternative. The Fund paid for some development costs of the project including staff hours to promote the new facility to social work teams and families in Glasgow.

What actually happened was that the new residents became stuck in the "emergency" bed because social workers had limited alternative accommodation to offer, and arguably, were content for their clients to continue to stay in a pleasant and cost effective resource. But with the bed being used for several weeks – and months – at a time by a very small number of residents, the project could not respond to new emergencies and accordingly could not fully achieve its potential. Ultimately although the bed was used every night for the full year, only six carers and those they cared for benefited from the resource.

Richmond Fellowship: Dumfries and Galloway Shared Lives

Shared Lives was already an established project when it approached the Fund. The project recruits host families to provide daytime, evening or weekend support to vulnerable people who have a mental health or other disability, thus giving their carers a break. In Dumfries and Galloway, the core service was funded by the local authority and focussed on adult carers under the age of 65. There was an equivalent project that supported young people. Richmond Fellowship identified that there was an increasing population of older people (over the age of 65) who would benefit from the shared lives model of support but who no longer fitted the age criteria of the council funded project.

The Shared Lives project in Dumfries and Galloway was awarded £13,760 by the Short Breaks Fund to recruit host families to support the cared for individuals of older carers.

What actually happened was that a key member of the Richmond Fellowship team, who was the architect of the application, left to go on parental leave. Subsequently it appears that the project lost its original focus and experienced some "drift". By the time the end of year report was due the organisation had some difficulty explaining what had actually been achieved. It does not appear that any host families were recruited and in fact it appears that the project failed to attract much interest from older carers. Ultimately it seems that the only services provided were some "get togethers" for a few carers.

Lessons learned for The Fund? It is inevitable that organisations will experience some degree of staff turnover. To minimise the risk of this sort of project drift, it is important that organisations ensure a robust handover of projects-in-development, so that the work can be picked up promptly by other colleagues who share an understanding of the outcomes that the project has been funded to achieve.

Quarriers: Family Support in Dumfries and Galloway

Quarriers in Dumfries and Galloway provide support services to families who have a disabled child or young person. Local managers and staff identified that some of the children they supported in Dumfries and Stranraer were socially very isolated and had few opportunities for play and friendships outside of school. Accordingly the proposal was to establish two friendship groups for younger children – one in Stranraer and one in Dumfries – and a youth group for slightly older children in Stranraer which would replicate a successful prototype in Dumfries.

What actually happened was that the Friendship Groups in Stranraer and Dumfries were very successful, and provided a resource that carers and children appreciated, enjoyed and benefited from. However, it proved much more difficult to implement the Youth Group in Stranraer: the project had been planned as a partnership with the Community Learning and Development (CLD) section of Dumfries and Galloway Council but subsequently the CLD experienced a restructure and redundancies which meant it could no longer commit to the project. Without this critical component of the partnership this part of the project failed to get off the ground.

A learning point for the Fund is to explore at assessment what would happen if a partnership fails to deliver and to plan for an alternative approach to deliver the project.

Leuchie House: Short Breaks day guest project

Leuchie House is an independent charity that provides residential short breaks and holidays to guests who have a range of physical disabilities and conditions. Leuchie was keen to expand its menu of services to include a day-guest project which would provide more choice to guests and their carers. The Short Breaks Fund awarded a grant of £28,650 to Leuchie to provide this new facility. Leuchie had already identified potential users of the day guest project and had plans well advanced to be able to move quickly.

What actually happened was the Care Inspectorate took almost six months to register the day guest service. This meant that Leuchie's project was unable to operate for the first six months of the funded 12 months. Although by the end of the funding period the project had built up momentum and become fully subscribed, it meant that Leuchie lost a full six months of funded service delivery time.

A learning point for the Short Breaks Fund is to factor in the time needed to register a new service with the Care Inspectorate as part of the wider planning and risk assessment associated with assessing a potential new piece of work.

5.3 What have we learned about the role of short breaks in supporting the caring relationship?

Some interesting themes have become evident through the work of the projects.

A break doesn't always mean a break apart

Sometimes the caring relationship is nurtured better through having quality time together in fresh surroundings. Several projects noted that many carers were resistant to the notion of having a break apart from the person they cared for, and for this reason some had previously refused the offer of traditional residential respite care. In Moray, where Quarriers managed a small Time to Live type budget that supported families in extremely demanding caring circumstances, eight out of 13 families chose to go away together for a short holiday-type break. In Fife, where the Time to Live budget is managed by Fife Voluntary Action, 53% of applicants for a short break grant wished to have their short break with the person they cared for. The evaluation report from the Princess Royal Trust for carers in Dumfries notes "In the majority of the applications for a holiday-type break, the carer and cared for went away together. Carers stated (they wanted) to recharge their batteries and have the opportunity to create happy memories."

The caring relationship is not static

Many projects noted that the needs of carers and those they care for are constantly changing and are best served by imaginative and responsive short break models. It is not simply the case that individual caring relationships need individual approaches but more that what they need to be sustained and nurtured will change over time – and sometimes very rapidly. Many organisations noted that sometimes carers need small and regular interventions such as time to go to a gym or to take part in a book club or having time in the garden; but at other times may need bigger chunks of time out from routine such as a short holiday.

"What works for me is knowing that I can get out of the house for a couple of hours if I need to do something normal. This time last year John (husband) and I were desperate to have a few days away together and that was lovely, but now John's condition has deteriorated to the point where neither of us can face the upheaval. John's befriender has got to know him well now and they have a good relationship. I can leave the house if I want to without him getting anxious. Or sometimes I just sit in the kitchen with a book because it is such a treat to read without being interrupted."

(Carer of husband with Huntington's, who does not want her project to be identified.)

5.4 What have we learned about the needs of carers?

Small is (quite often) beautiful

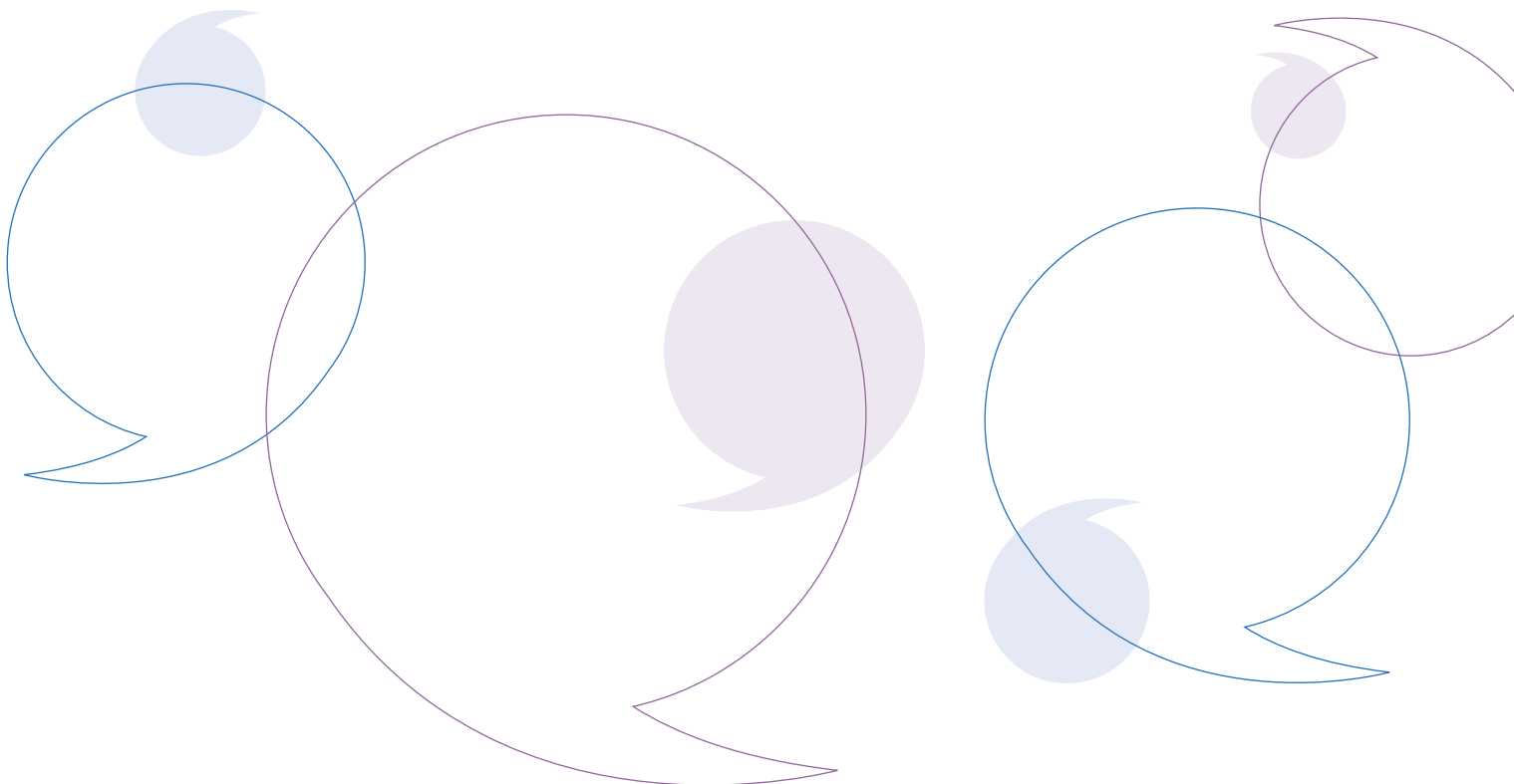
The experience from many projects is that carers often have surprisingly modest expectations and need only small interventions to make a difference. Being able to catch up with family or friends, or to reconnect with a hobby, or even just potter in a garden shed for a couple of hours, is often all that is required for a meaningful break. Many of the applications to the Time to Live projects were for grants of under £200. Naturally there were many which were far more substantial, but even factoring in the larger awards that were made, the average grant across the Time to Live programme was less than £300.

Some carers need permission to acknowledge own needs

Many projects noted that carers can be reluctant to ask for support, even when their caring role is very substantial and their own health has become affected. Some projects have developed some imaginative approaches to “selling” the idea to carers that having a break is an investment in their own well-being and will ultimately benefit the person they care for. For example, Voluntary Action Shetland found that the most effective promotion was carer-to-carer: one of the carers who had benefited from a break agreed to be interviewed by the local radio station to describe her role as a carer. She explained how having a few relaxation sessions had helped her to cope better and had improved her ability to carry on caring. This resulted in more carers coming forward to the project.

This was also the experience of the Western Isles Community Care Forum, which noted that a culture of independence on the islands can inhibit carers – particularly older carers – from asking for assistance. The Forum discovered that carers talking to carers was the best way of changing attitudes. The Forum also enlisted the help of other local charities to promote a consistent message about the benefits of having a break.

Other projects became more aware of the importance of language when talking about having a break. Fife Voluntary Action developed a leaflet which described different examples of short breaks in very straightforward terms: they discovered that this helped to demystify the terminology of short breaks, and that carers were more willing to come forward once they realised that having a break didn't have to mean residential respite.



Carers value the support of other carers

More than 25% of the projects featured some joint activities for carers, and this has clearly emerged as an important element of support. Very many carers have commented about the benefits of spending time with people who share a similar experience of caring and who can be trusted to understand without the need for lengthy explanations. Some of the activities provided by the projects have involved groups of carers enjoying an outing or a short holiday without the person they care for, and some have involved groups of carers along with the people they care for enjoying a trip or a break away together.

What carers appear to value is a sense of being accepted and having experiences in common with other carers.

A comment from a carer attached to Angus Carer Centre who benefited from a joint day out with other carers is typical:

“Thank you so much for giving me an enjoyable and refreshing time. The company and the camaraderie of other carers was great.”

The benefits of friendship and shared experiences are a clear feature of the projects that have supported young carers. The projects have recognised through consultation with young carers that many of them experience isolation and reduced social opportunities as a result of their caring responsibilities. Accordingly all deliberately developed short break models that encouraged the development of friendships and shared activities.

“Young people have benefited from spending time with a peer group of young people in similar circumstances. This helped them to make new friends and share experiences with an understanding and empathetic group of peers”

Venture Trust, which hosted residential adventure breaks for groups of young carers.

Section 6:

Recommendations for the future

These are the key strengths and challenges that have emerged from this round of funding:

Strengths	Challenges
Quality of applications and reporting by funded projects has improved...	... but still variation in the quality of project planning and management across the portfolio
Quality of consultation and planning by projects has improved...	... but in some cases planning and consultation is still superficial, for example with partnership working
Quality of data collection by projects has improved...	... but more needs to be done to standardise how statistical information is collected and analysed
Some improvement in how short breaks are targeted at carers most in need...	... but in some cases projects have filled places rather than target services
Some funded projects have been eager to share information with others and to take part in shared learning...	... but some have resisted, and so the opportunity for shared learning across the portfolio has been limited
There are some good examples of projects trying out new service approaches that increase choice for carers...	... but more could be done to encourage different ways of working and personalisation so that the fund grows the range of funded ideas and short break models.
Most projects are able to clearly explain how the service they provide is complimentary to anything funded by the local authority	As local authority budgets become tighter there may be more ambiguity about what is, or has been, statutory provision.

This can translate into the following recommendations:

1. To drive up the quality of project planning and project management, Shared Care Scotland will have a tighter focus on the quality of the project plan and management arrangements at assessment; assessors will ask at assessment of future applications “what could go wrong?” and will provide a more detailed risk assessment as part of their assessment report.
2. To improve the quality of planning and consultation of new or existing services, we will continue to focus on the requirement for applicant organisations to provide robust evidence of consultation with stakeholders including carers, people who are cared-for, and potential referrer or partner organisations.
3. To improve the reliability of data about the short breaks that projects have delivered, Shared Care Scotland will publish a data collection guide.
4. To improve the targeting of short break services at carers in most need of a break, we will tighten the focus on this at assessment. Applicants will be asked to describe the eligibility criteria for the service they wish to establish and how they will prioritise carers.
5. To improve the flow of information across projects and encourage shared learning about good practice, Shared Care Scotland will develop a web-based e-learning centre, which will assemble and showcase different models of evaluation, project planning tools, examples of evaluation reports and examples of effective consultation.
6. To encourage greater choice for carers, and to make it easier for more carers and those they care for to benefit from breaks, Shared Care Scotland will publish some real life examples to illustrate what innovation can look like in different settings.
7. To limit the opportunity for ambiguity about what constitutes a service which should be funded by a local authority, the application guidelines will have a clearer focus on carers who most need a break: which will include carers of people who do not already have a funded short break package as well as those who have a particularly heavy caring role.

Section 7:

Shared Care Scotland's Role

7.1 Pre-application support to organisations

In order to promote the fund and to support potential applicants to prepare high quality applications, Shared Care Scotland hosted four application workshops in Glasgow, Edinburgh, Inverness and Fife, which attracted 78 participants. Each workshop covered the background to the fund; what we wanted it to achieve (the outcomes); who we wanted it to benefit; the type of short breaks development that we wanted to encourage; and how to prepare a strong project plan. Each workshop lasted three hours and was supplemented by one to one time with individual applicants when this was requested.

These sessions were highly valued by potential applicants to the fund and generated very positive feedback.

"The learning event was very informative, well-structured, engaging and passed on all the right information. Good mix of group work and discussion to support information being imparted. Opportunity to have a one to one meeting regarding application ideas was of huge benefit and helped to give us the right steer for any applications. A really worthwhile day."

Helen McKinnon, PKAVS

We also provided one to one telephone support to applicants.

7.2 How applications were assessed

The fund received 124 applications which were individually assessed by one of Shared Care Scotland's team of external assessors. The assessors that work for us are already experienced in the assessment of grant applications. We provided training for them on the specifics of the Short Breaks Fund and provided a standard assessment proforma. Assessors were asked to comment on the following:

- The capacity of the proposal to increase the availability and reach of short breaks
- How well it focussed on the needs of carers and those they cared for
- The involvement of carers in how the project had been planned and would be implemented and evaluated
- The quality of project planning
- Value for money

Additionally, if applications were for more than a single year, we asked assessors to comment on supplementary criteria:

- How well the project would allow flexibility and personal choice
- Whether it had strategic relevance or could develop a partnership at a local strategic level
- Whether it would increase knowledge and learning about short breaks

The assessments were desk based and included an assessment telephone call with the applicant, and contact with at least one referee.

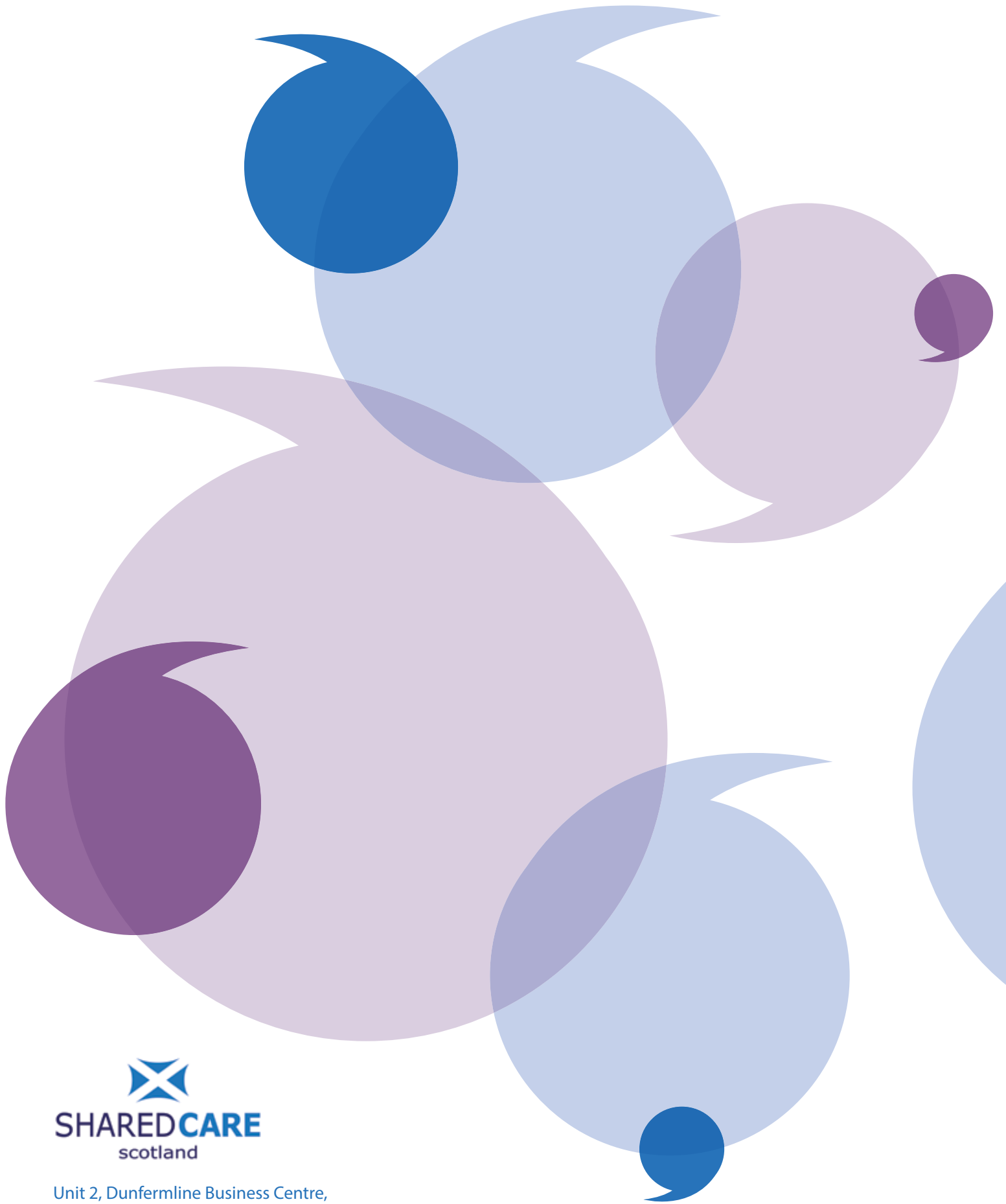
7.3 The Grants' panel

The assessed applications went before a grants panel consisting of volunteer participants representing a range of national and local carers' organisations, and a representative from the Carers Strategy Team in Scottish Government. The panel considered the assessed applications over two days to assemble the final portfolio of funded projects, taking into account geographical spread and the relative size of the population of carers in each local authority area.

7.4 Evaluation support

Because of the emphasis on shared learning and the importance of effective evaluation, Shared Care Scotland commissioned training in evaluation skills from Evaluation Support Scotland for the funded projects. Three workshops were hosted, in Aberdeen, Edinburgh and Glasgow which collectively involved 60 participants. The feedback from the participants who took part was very positive.





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