

Benefits to carers

- ★ Carers are welcome to bring the cared for person on the break if they wish.
- ★ The arrangement of the break is made entirely by the local carers organisation, therefore there is no pressure on the carer to plan their break.
- ★ Breaks are donated free of charge, therefore Respitality is an affordable short breaks option.
- ★ After a Respitality break, carers regularly report:
 - An improvement in their health and wellbeing
 - An improvement in their relationships with their loved ones
 - Increased confidence to continue in their caring role
 - Higher likelihood to access more breaks in future
 - Mutual relaxing benefits to both the carer and cared for person

Frequently Asked Questions

Who delivers Respitality? Shared Care Scotland co-ordinate the project nationally and work with local carers organisations to support them to deliver Respitality locally.

How do I access a Respitality break?
The process varies across Scotland.

I have savings, does this mean I am not eligible? Respitality breaks are not means-tested, therefore your income and savings are not taken into account. However other factors may be considered to determine priority (for example, when you last had a break).

Is there a cost? All breaks donated to Respitality are free, however there may be other costs to you such as transport and food.

Please contact your local carers organisation to find out if Respitality is available in your area.

How to get in touch

www.sharedcarescotland.org.uk/respitality

🐦 Respitality

📘 RespitalityScotland

01383 622462

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Information for carers



Who we are

The aim of Respite is to provide a short vital break from routine for unpaid carers in Scotland when they need it most. This is achieved by connecting carers' organisations with hospitality, tourism and leisure businesses who are willing to donate a break free of charge.

Why is Respite needed

Being an unpaid carer can have positive and rewarding aspects, but it can also be isolating as well as physically and mentally demanding. For a range of reasons, including financial pressures, carer concerns and limited time, it is often difficult for carers to take the time out to fully recharge, or to spend quality time on their own or with family and friends.

“I was able to have a break from my usual daily chores... I found time to spend for myself doing things I don't usually have time for.”

All names have been changed for confidentiality purposes.



SHETLAND: Melissa received a gym pass to enable regular breaks and improve her fitness and wellbeing.



“It gave me time to think about the things on my mind. I was able to go home with an action plan and with a renewed outlook on life.”

“I believe I could not have continued successfully in my caring role without this support.”



NORTH ARGYLL: Nicole re-visited a childhood holiday destination in Scotland which held fond memories.



ANGUS: Daniel went on a fishing trip and re-discovered a previous hobby.



PERTSHIRE: Amanda felt less socially isolated after a night at the local music theatre.



DUNDEE: A donation of four haircuts over the year helped boost Stephanie's confidence.



LANARKSHIRE: Emily and her daughter had a great night re-connecting at their local bingo hall.

FALKIRK: Sarah stayed in a dog friendly self-catering lodge which she would otherwise not have afforded.

EDINBURGH: Jenny took her son to an educational visitor attraction where she built positive memories with him.



EAST AYRSHIRE: Josh was able to take his wife out for lunch and enjoy a relaxing day away from home.

