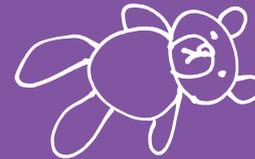


We'd been feeling very run down and fatigued prior to getting away - we hadn't had a break for a very long time. In this way, the other family members were able to give us a rest with my mother being there as well, which was great. It also meant that they could see at first-hand what was involved in looking after her.

We felt very positive about the impact of this break at the time. We'd had the flexibility to choose what would work best for us all, with an application that wasn't too intrusive or too long. My experience is that a grant like this allows primary carers to simply recharge their batteries.

Self Catered Cottage



My mother lives with us and I'm her primary carer. She has dementia as well as some disabilities which mean that she needs personal care. She is really very frail now and although we've got some paid care in place, it doesn't always work out. Sometimes the carers don't turn up or they're late. That's really very stressful and grinds you down. The reality is that we end up doing 95% of the care.

Family has always been important to my mother, so we had the idea to bring the family together so that we could spend some time with each other. Our grant went towards a self-catered cottage on the west coast of Scotland. We were able to encourage family members who live far away to come and see my mother there and be with her for a time.

It meant that my mother had the opportunity to be the centre of the family again. It was one way for us to create more good memories for her.

My mother has always been good with children and during this family gathering she was able to spend time with her great-great nephew who had just turned one. It was special because the wee boy was able to interact with someone older. He was quite happy to bring her juice or to offer to share his toast or his toys. My mother seemed to really enjoy that.

Having time together as a family which was different from the usual set-up was really important to us.