

# A snapshot of the impact Time to Live had during 2016–2017

## About Time to Live

Time to Live provides funding to carers' organisations (usually carers' centres) to develop and deliver micro grant schemes for carers of adults (aged 21 and over), carers of older people (65 and older) and young carers, to help them take short breaks that meet their needs.

Time to Live is operated by Shared Care Scotland on behalf of the Scottish Government. It is part of the Short Breaks Fund, which was set up to increase the range and availability of short breaks for carers and the people they care for across Scotland.

## 2016–2017 in numbers

### Grants awarded

Total value

**£527,080**

Number of **carers** who benefitted

**2,603**

Number of **people being cared** for who benefitted

**1,575**

### Reach

Carers in **31 of Scotland's 32 local authority areas** were supported, with full coverage from October 2017



### Activities Funded

Breaks away and day trips



Leisure or fitness activities, relaxation and holistic therapies



Meals out



Equipment and home improvements



## The outcomes of Time to Live are to:

- improve the wellbeing of carers and the people they care for
- give carers more opportunities to enjoy life outside their caring role
- support carers to continue caring
- provide better support for hard-to-reach carers, including signposting them to sources of help
- raise awareness of the role of short breaks in supporting caring relationships
- develop an understanding of how important short breaks are to carers and the people they care for
- help organisations that support carers develop their projects and services and increase the positive impact of their work



## Ways that Time to Live made a difference to carers and the people they care for

### More than breaks away

**Voluntary Action Shetland** gave Rebecca a grant of £150 to buy painting equipment, enabling her to restart a favourite hobby. Rebecca then sold some of her paintings and used the money to buy two riser chairs and a wheelchair glide board, making life easier for her husband.

Joanne used her grant from **Aberdeenshire Carers Support Service** to buy a laptop and printer, which meant she could complete an SVQ in health and care alongside her caring role. Joanne has since got a job and says she “feels like a new person, more confident to move forward”.

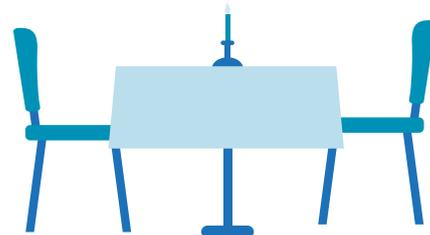
### Mix and match

Linda cares for both her elderly parents, as well as her son who has autism. **Dundee Carers Centre** worked with Linda to identify her caring support needs and the outcomes she wanted to achieve. Linda’s Time to Live grant paid for therapy vouchers, an annual magazine subscription and a coffee shop voucher, as well as providing funding to pursue a hobby. Linda also received welfare rights advice, counselling and a referral to the adult carer support team. She said the support she had received made her feel “valued, more confident and able to look forward”.

**Perth and Kinross Association of Voluntary Services (PKAVS)** funded a special memories hotel break for Richard and his wife Sandra, who has dementia. As well as providing the grant, PKAVS helped arrange the break and even managed to negotiate a free dinner for the couple. Richard and Sandra said this extra gift made them feel “really special”.

### Support for young carers

Simon, Jake and Lou are young carers with a passion for snowboarding. After doing a snowboarding course arranged by **Inverclyde Carers Centre**, they each applied for grants to buy their own boards. They now snowboard together regularly – enjoying a break from caring and a sport they love at the same time.



Hannah used her grant from **VSA (Voluntary Service Aberdeen)** to join a hillwalking club and buy walking boots and other equipment. For her, a short break is a bracing walk in the hills, in the company of her hillwalking friends.

### Testing the water

**Renfrewshire Carers Centre** staff encouraged Anne, who had suffered a stroke, to go to a day centre to help give her and her daughter Denise a break from their usual caring routine. Although Anne was reluctant at first, she enjoyed her time at the day centre so much that she decided to go on a weekend respite break. While Anne was away, Denise used her grant to enjoy a much-needed spa break. As a result, Anne and Denise have now decided to have four weekends away a year. Denise said that “having times and dates locked in gives us something to look forward to”.

June is 83 and cares for her son, Michael. Their caring relationship was almost at breaking point. A grant from **Carers of West Dunbartonshire** meant June could join other carers on a day trip. This experience helped her realise how important it was for her to take a break. June now goes to training and support sessions at the carers’ centre, and has made new friends who provide peer support.

## Ways that Time to Live made a difference to funded organisations

### Reaching new carers

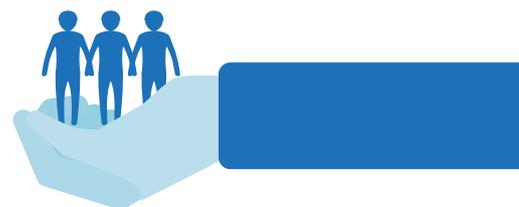
62% of all awards made by **Falkirk and Clackmannanshire Carers Centre** were to carers who previously had little or no support from other sources. **Vocal Carer Centre** in Edinburgh reported that their Time to Live project helped attract self-referrals from carers who hadn’t previously accessed support.

### ‘Another string to our bow’

**East Dunbartonshire Carers Centre** really value being able to give carers the opportunity to apply for a Time to Live grant. Staff say that having something extra to offer on top of emotional support and advice gives them a lift.

### Developing new partnerships

Several carers’ centres said that Time to Live funding helped them build better partnerships with other organisations and groups. **Carers of West Dunbartonshire** identified additional carers through improved links with health staff, GPs, district nurses, social work teams and carers’ support groups. **Voluntary Action Shetland** promoted their Time to Live fund to the ten health centres in Shetland, resulting in their first referral from a district nurse.



## Securing new funding

**Lanarkshire Carers Centre** used their experience of managing Time to Live to support funding applications for other services, such as their short break carer information service. Both **Falkirk & Clackmannanshire Carers Centre** and **Dumfries & Galloway Carers Centre** have received additional funding from their local health & social care partnership to augment their Time to Live resources. Being part of Time to Live made it easier for **Dundee Carers Centre** to attract other sources of funding. **Quarriers** highlighted their experience of running the Time to Live project in Moray in their tender to provide carers' services in the area.



## What we learned

Success stories from the 2016–2017 round of Time to Live grants have helped increase understanding about the range of activities that can give carers and the people they care for a break from their caring routine.

**Western Isles Community Care Forum** and others reported that more carers were choosing to buy equipment to support their short break needs. They also commented on how effective [Short Breaks: Short Stories](#) is in helping open up people's minds to possibilities.



## Influencing local strategies

**Quarriers Moray** described how their Time to Live approach was recognised by the local authority and cited as a model for piloting self-directed support for carers. At **Dundee Carers Centre**, Time to Live is one option on the short breaks 'menu' that staff at the brokerage service can use to support carers to take a break. The brokerage service is mainstream funded by the local authority as part of their overall carers' support strategy.



## Get in touch

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All names changed to protect individuals' privacy