

East Renfrewshire Health and Social Care Partnership
Carer (Scotland) Act 2016,
Short Break Services Statement

December 2018

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Background

The Carers (Scotland) Act 2016 came into effect on the 1st April 2018. It placed new legislative requirements on East Renfrewshire's Integration Joint Board and the Health and Social Care Partnership. (HSCP) This includes the requirement to publish a statement setting out information about Short Breaks in Section 35 of the Act, including what services are available for carers to support caring relationships and promote health and well-being of the care giver and the cared for person.

Section 25 of the Carer (Scotland) Act 2016 requires responsible local authorities to consider whether support to meet a carer's identified needs should take the form of or include a break from caring. Local authorities' have a duty to consider breaks from caring to support carers based on eligible needs, (see East Renfrewshire's Carers Eligibility Framework April 2018).

What is a Short Breaks Statement?

Every Local Authority/Health and Social Care Partnerships in Scotland is required to write a 'Short Breaks Statement' to help carers understand what short breaks are available for them, how they can be accessed and any eligibility criteria that apply.

A short break statement is intended to help carers and those they help care for, as well as social workers and carer support staff, to be better informed about the assistance available to help carers and their families to achieve a break from caring.

This Short Breaks Services Statement seeks to provide information about East Renfrewshire's approach to short breaks for carers and how they can be accessed. It is also designed to sign post to other sources of advice and information.

Definition of Carer

East Renfrewshire HSCP has adopted the following as a working definition of a carer as set out in the Act.

In this Act “carer” means an individual who **provides or intends to provide care for another individual** (the “cared-for person”).

Carers will be identified within all care group settings and as such this policy applies to carers caring for older people, those with physical disabilities, learning disabilities, children with disabilities, people with an addiction, with mental health issues and a range of long term conditions.

- **Adult Carers**

The main principle regarding adult carers who provide substantial care, is that they should be treated as key partners in care. Our approach to supporting them and the cared for person should specifically support the meeting of their personal outcomes.

- **Young Carers**

The fundamental principle is that they should be viewed as children first and foremost. As such, assessment and care planning should focus on understanding their role in the family through a family support approach.

What is a Short Break?

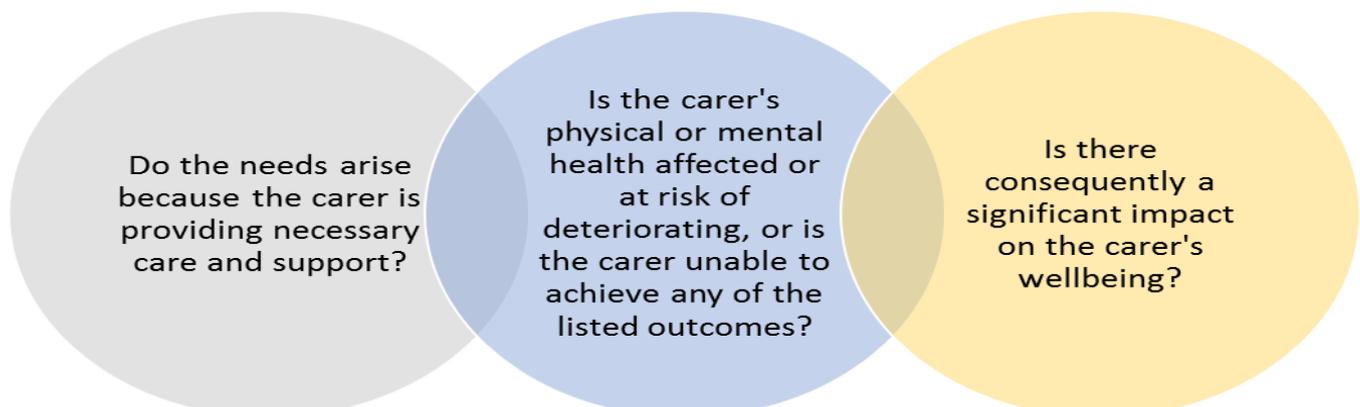
East Renfrewshire HSCP has adopted the Shared Care Scotland description of what constitutes a Short Break:

“A short break is any form of service or assistance which enables carers to have sufficient and regular periods away from their caring routines or responsibilities. It is designed to support the caring relationship and promote the health and wellbeing of the carer, the supported person, and other family members affected by the caring situation.”

The term ‘respite’ is used to describe a break from caring. In general, ‘respite’ is more often associated with institutional services or emergency situations. The term ‘Short Breaks’ is considered by carers to be a positive term, more in line with the flexibility and creativity that carers have advised they require in the development of this statement.

Types of Short Breaks

There are lots of ways a carer can have a Short Break from a caring role. The type and length of a break will reflect our eligibility framework and likely impact on the caring role (see Figure 1 below).



In East Renfrewshire our partners at the Carers Centre provide advice and information about the range of short breaks that have been used successfully by carers. They are also the Partnership's trusted assessor and will prepare Adult Carer Assessments upon request. This information supports the partnership to look at the best outcomes for the cared for and care givers personal situation.

Principles of the Short Breaks Policy

The fund should make a difference to the lives of adult carers and the cared for, improving quality of life and well-being of both and supporting the caring relationship to allow carers to continue to care.

The fund should ensure that carers and those they care for are at the centre of planning for the short break and for the break to be personalised to their needs. The fund should aim to make a difference to those who need most support and include those carers with a substantial caring role and whose needs are not met by traditional forms of short break and respite.

Personalised Short Breaks

In recognition in the Carers (Scotland) Act 2016, personalised short breaks are a key component of the support provided to a carer. East Renfrewshire HSCP has a duty to provide these for critical and substantial needs identified for carers and a power to provide these to moderate/low level need amongst carers where there is available funding to do so.

Calvert Trust in the Lake District

Cosgrove Care working to support children and young people to enjoy personalised short breaks within a stunning outdoor space with a range of exciting activities both inside and out. The experience has allowed the parents to build their own confidence knowing that their child is safely supported.

A personalised Short Breaks budget in East Renfrewshire has been agreed to support the development of short and creative breaks in East Renfrewshire. This is administered on behalf of the HSCP by the local Carers Centre.



Types of Breaks for the cared for person:

- Clubs, interest or activity groups focussing on a particular activity
- Befriending Schemes where a paid worker or volunteer assists someone with care and support needs to have access to activities.
- Holiday breaks for people to have a short break with their carer, or independently and can be supported in different ways.
- Day services based in the community or a community building and provided by a local authority or voluntary organisation.

Breaks to support the care giver:

- Breaks provided at home for a few hours or overnight to provide support while the carer is away, or to support the carer in other ways.
- Breaks in care homes (with or without nursing care) or a hospice for your loved one to allow you to have a break from your caring role.

Intended Outcomes Adult and Parent Carers

- Carers and the people they care for will have

Taking time to understand what works – working locally Cosgrove Care has consulted with young people and their families to understand what types of activities would make for interesting and exciting activity days. This has included outings to the Experience and the Yard, trips to parks and outdoor fun, not forgetting yearly trips to a panto. Dance and drama workshops and organisations that work with animals to allow children to interact and enjoy. Activities like these allow for flexible and person centred approaches to designing and offering creative breaks that work for families.

improved wellbeing;

The Rings (Fife) Short Break – A fully accessible high quality accommodation set in 90 acres of Fife countryside. Mum was anxious at the thought of being away from her daughter. Planning work with mum and her daughter meant that the provider was able to support her to get real enjoyment from her time away – they visited a wheelchair accessible swimming pool and the Seal Life Centre, and activities within a local park.

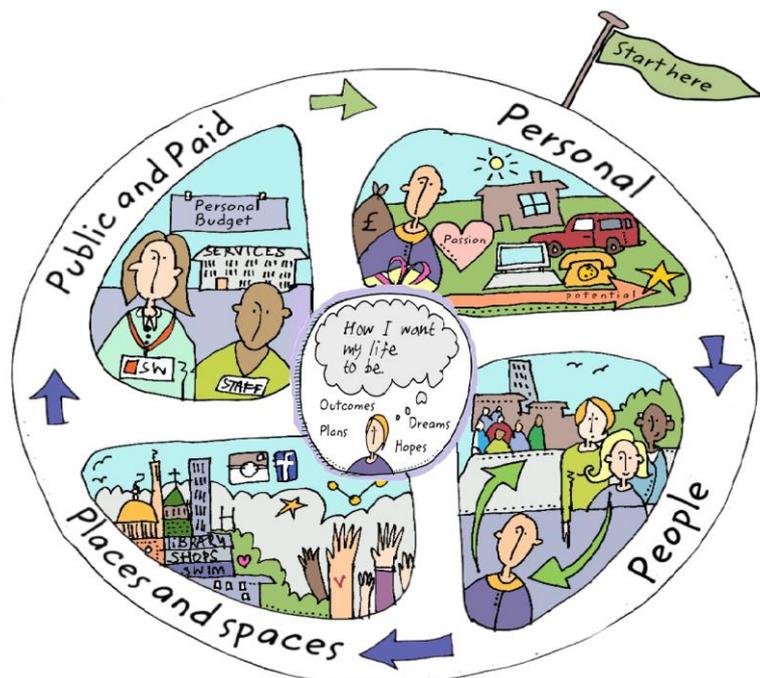
- Carers will have more opportunities to enjoy life outside of their caring role;
- Carers will feel better supported to sustain their caring role;

Intended outcomes for Young Carers

The young carer aspect of this will include individual and group activities personalised to the needs of young carers. This will include targeted group work interventions to promote confidence, resilience and well-being and school holiday based activities.

How to access short breaks?

If you need to access short breaks speak to the Carers Centre staff who will advise you on the approach we have agreed for adult and young carers alike. The Carers Centre can complete the Adult Carer Support Plan with you to properly understand the impact of your caring role and what outcomes you want to meet.



Funding available/Charging policy

The Carers (Scotland) Act 2016 states that charges must be waived for all support in order to meet an individual carer's identified eligible needs as set out in their ACSP or YCS. If personalised support is to be provided to you in the form of a break from caring, Health and Social Care East Renfrewshire must waive the cost of all of the elements of the break to be provided to meet your identified needs (linked to the local eligibility criteria noted in the previous page).

If the person you care for is accompanying you on the short break and they will also benefit from the break, then charges for their portion of the break will apply. If your short break doesn't

include the person you care for, we need to consider the provision of alternative (or replacement) care for them during your absence. In some cases, this may be provided by friends, family or other community supports; however in circumstances where such alternative resources are not available or the person you care for has complex care needs and requires individual care provision there may be a need for more formal replacement care.

If replacement care is required to meet your identified eligible need, charges for this will be waived. For example, if it has been assessed that you need a few nights apart from the person you care for to enable you to continue in your caring role and that person needs to go into a residential care home for that period, there will be no charge made for the care home costs.

If you are eligible for funding, you have a right to request a self-directed support (SDS) package to purchase short break opportunities.

Self-directed support

Carers who are eligible for funded short break support will be offered self-directed support and enabled to explore a range of different short break options tailored to their personal outcomes.

- Option 1 - Take a direct payment to organise the short break yourself
- Option 2 – East Renfrewshire Carer Services identify and arrange the short break on your behalf.
- Option 3 - you identify the short break and arrange yourself
- Option 4 - You can choose a combination of the first three options

Further advice and Information can be provided by:

The Self Directed Support Forum

The Gate House
Eastwood Park
Rouken Glen Road
Giffnock G46 6UG
TEL: 0141 638 2525
admin@sdsforumer.org

SPAEN (Scottish Personal Assistant Employers Network)

Unit 24 Evans Business Centre

Belgrave Street

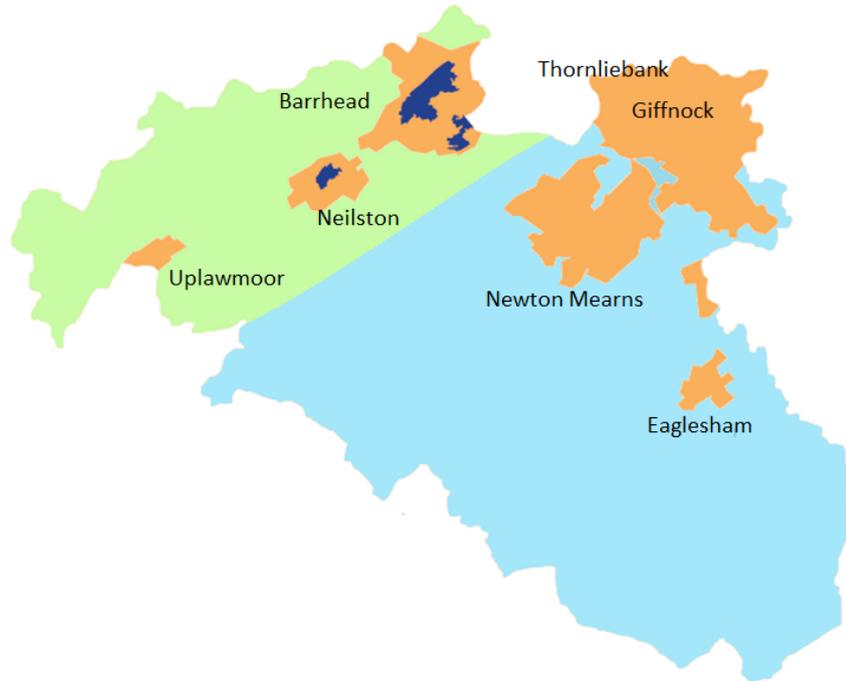
Bellshill, ML4 3NP

TEL: 01698 250280

www.spaen.co.uk

Review of the Short Break Statement

The Statement will be reviewed annually. We will do this through our Locality Forums which are established to understand and plan for the needs of people across Barrhead Locality and Eastwood Locality. This will ensure that the best options for delivering to the populations of each area are properly understood and catered for.



The Short Breaks Statement will be reviewed annually as per guidance from Scottish Government. The **Carer Strategy Implementation Group** will be responsible for engaging carers.

East Renfrewshire Carers
The Barrhead Resource Centre,
8 Carlibar Rd,
Barrhead,
Glasgow G78 1AA
enquiries@eastrenfrewshirecarers.co.uk

TEL: 0141 370 1100

Sources of Information, Advice and Support

Shared Care Scotland have produced an Easy Evaluation Toolkit that gives examples of outcomes experienced from having a short break, the benefits achieved after taking the break and longer term improvements to carers lives. More information is available using this link: [Easy Evaluation Toolkit](#)

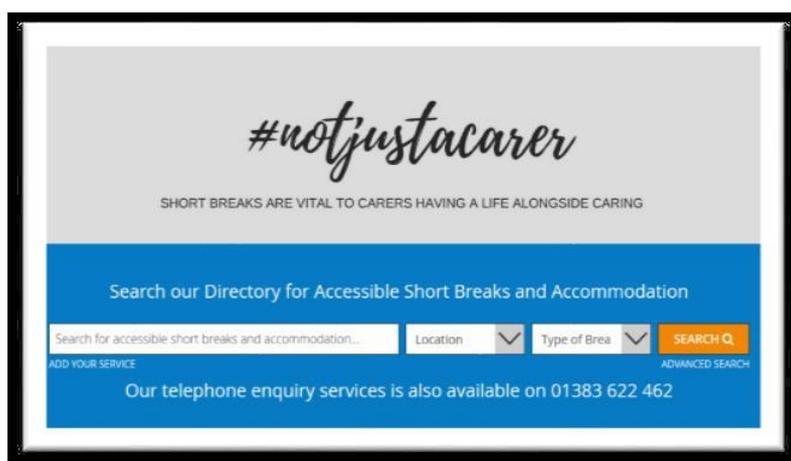


National short break websites

These links can be helpful if you are looking for a short break beyond your local area, especially if you live in a different Local Authority area to the person you care for.

Shared Care Scotland

www.sharedcarescotland.org.uk This website contains a searchable directory of short breaks.



Anyone wishing to list a short break service can log in to do so. This website also provides information on 'Time to Live', a set of small funds available in every Local Authority area, along with a database of funding sources for short breaks.



The Take a Break website

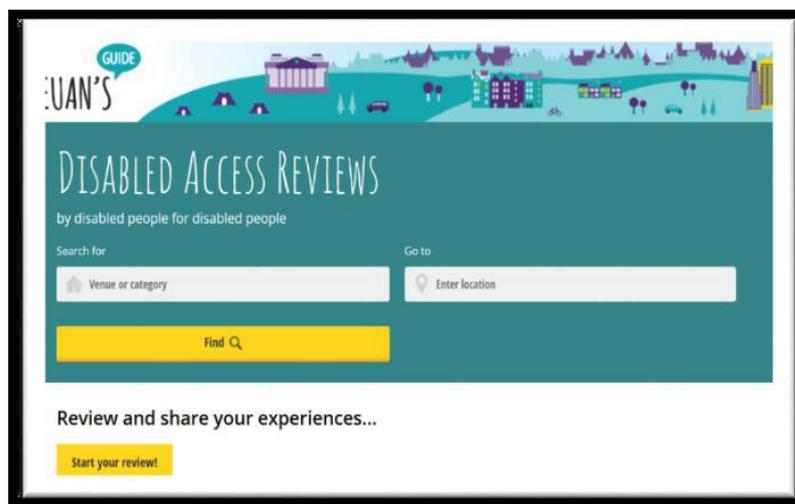
www.takeabreakscotland.org.uk

Take a Break is Scotland's short breaks fund for carers of disabled children, young people and their families. Take a Break grants can be

used for a break away, towards leisure activities or outings; sports equipment and more.

Euan's Guide www.euansguide.com

Euan's Guide is the disabled access review website that aims to 'remove the fear of the unknown' and inspire people to try new places. The cornerstone of Euan's Guide is its community of independent reviewers, who share their photos and



experiences of restaurants, hotels, train stations, attractions and anywhere else they may have visited.

ALISS www.aliss.org

ALISS (A Local Information System for Scotland) aims to increase the availability of health and wellbeing information for people living with long term conditions, disabled people and unpaid carers. It supports people, communities, professionals and organisations that have information to share.