

# Scottish Borders Short Breaks Statement

SCOTTISH BORDERS SHORT  
BREAKS STATEMENT



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# SCOTTISH BORDERS SHORT BREAKS STATEMENT

## BACKGROUND

This Short Breaks Statement is a guide to the short breaks available in Scottish Borders and the rest of Scotland for carers and people who are supported.

In Scottish Borders we understand the importance to carers and the person that they support of getting a break. The Carers (Scotland) Act 2016 places a new duty on local authorities to publish a statement and this has been produced locally in partnership with carers.

In our local plan Caring Together 2018/19, a carer means an individual who provides or intends to provide care for another individual (the cared-for person). A carer is anyone who, unpaid, looks after a friend or family member. Young carers are carers who are under the age of 18 years, or still at school.

We estimate that in the Scottish Borders there are approximately 13,455 carers currently providing care and support, based on the most up to date demographic information we have.<sup>1</sup>

The aim of this Short Breaks Statement is to help carers and the people they support understand:

- What short breaks are
- Who can access them
- What short breaks are available
- How short breaks can be accessed
- Other support that is available locally

<sup>1</sup> Borders Carers Health Needs Assessment



## SCOTTISH BORDERS SHORT BREAKS STATEMENT

# WHY DO WE NEED A SHORT BREAK STATEMENT?

We want all carers in the Scottish Borders to understand their rights and their entitlement to a short break, if they meet the local eligibility criteria. Even if carers do not meet the eligibility criteria they and the person they care for may still get support to have a break. This may be through information and signposting or in some cases funding from grant sources.

We want to:

- promote greater transparency and fairness in the allocation of short breaks
- help carers and those they care for, and professionals, to be better informed
- ensure accessibility
- ensure choice and flexibility.

# SCOTTISH BORDERS SHORT BREAKS STATEMENT

## DEFINITION OF A SHORT BREAK

A short break is any form of service or assistance which enables the unpaid carer to have time out from the caring role and responsibilities in order to:

- support the caring relationship
- promote the health and well-being of the carer, the cared for person and any other family members.

Breaks from caring may:

- be for short or extended periods of time
- take place during the day or overnight
- involve the person cared for having a break away from the home environment
- allow the carer to take a break with care provided in the home
- allow the carer and person they support to have a break together, with additional provision if appropriate to provide a break from daily caring responsibilities.

## PRINCIPLES OF THE SHORT BREAKS STATEMENT

Breaks should make a difference to the lives of carers and the person or people they support, improving the quality of life and well-being of both, and supporting the caring relationship to enable carers to continue to care if they wish to do so.

## SCOTTISH BORDERS SHORT BREAKS STATEMENT

# HOW DID WE ENGAGE CARERS IN THE PREPARATION OF THE SHORT BREAKS STATEMENT?

During National Carers Week June 2018, we held an event to look at what short breaks mean to carers and how we can best support carers to access breaks. We asked carers:

### a. What does a short break mean to you?

Adult carers told us:

- Something to look forward to
- Needs to be a few days
- Needs to be defined by the carer
- Someone just popping in for a few hours
- Being at home with support
- Day centre

### b. What difference can a short break make (or has it made)?

Adult carers told us:

- Time to recharge
- Chance to relax
- It's a lifeline
- If it's right, time to recharge and time for me, if it's wrong more stress

### c. What are the barriers to having a short break?

Adult carers told us:

- Funding and timing of respite
- Availability of appropriate places
- Lack of choice and flexibility
- Feelings of guilt

## d. What creative ideas do you have for short breaks?

Adult carers told us:

- Art classes
- Community activity groups
- Access to community transport for days out
- Informal chances to meet up
- Little and often

**We asked young carers:**

### a. What would a break from caring mean to you?

Young carers told us:

- It's a chance for me to act my age
- I can see my friends
- A chance for me to choose to do something for myself e.g. go to a youth club, swimming, go to the cinema
- To stay later in bed, rather than getting up so early before school or on a week day
- A chance to go regularly to something I would like to join

### b. How does a break from caring help?

Young carers told us:

- Gives me a chance to vent
- Allow me to have some time without worrying so much
- Gives me a chance to just sit and relax or be a young person

### c. Is there anything that stops you from having a break from caring?

Young carers told us:

- Worrying anyway
- Feeling guilty
- Being unable to get somewhere because of funding or transport
- Because there is no one else to help
- Because no one realises I am a young carer

### d. Do you have any ideas of what to do for a break?

Young carers told us:

- Go to the cinema
- Catch up with friends
- An afternoon out with others
- Just be like all my friends
- Be a young person

This feedback has helped to inform this statement and the planning for our next carers plan, Carers-Living Well in the Borders 2019-22.

# SCOTTISH BORDERS SHORT BREAKS STATEMENT

## WHY DO CARERS NEED A BREAK?

Caring means something different for everyone, but one thing that carers tell us all the time is that they cannot keep going without a break. Caring for somebody can be a full time job, so breaks are vital for well-being and quality of life.

Short breaks can provide the space to rest, to pursue a hobby, catch up with friends or just relax and re-charge. Short breaks can be spent with the cared for or time apart.

It's a chance to have an evening out, go for a swim, try something new or take a holiday. To do everyday things such as meet up with friends, visit family or simply catch up with some sleep.

Taking a break also means that the person you are looking after may be able to enjoy new experiences, have a change of scene and routine and mix with other people.

The improvement in the range, choice and availability of short breaks provides carers and those they care for to have a better quality of life and feel better supported in their caring role.

Choice, flexibility, and affordability are key to getting the right break at the right time. Breaks need to be well planned and meet the needs of both carer and cared for to maximise benefit for both.

### **Benefits of taking a break**

Carers will be supported to identify the need for and potential benefit of their short break. The outcomes of a break will be personal to each carer and cared-for person, but may include:

- Carers have more opportunity to enjoy a life outside of their caring role
- Carers feel better supported
- Carers confidence and morale as a carer improves
- Increased ability to cope in the caring role

### **After a break**

- Reduced isolation
- Better able to maintain the caring role
- Increased self esteem

### **Long term benefits**

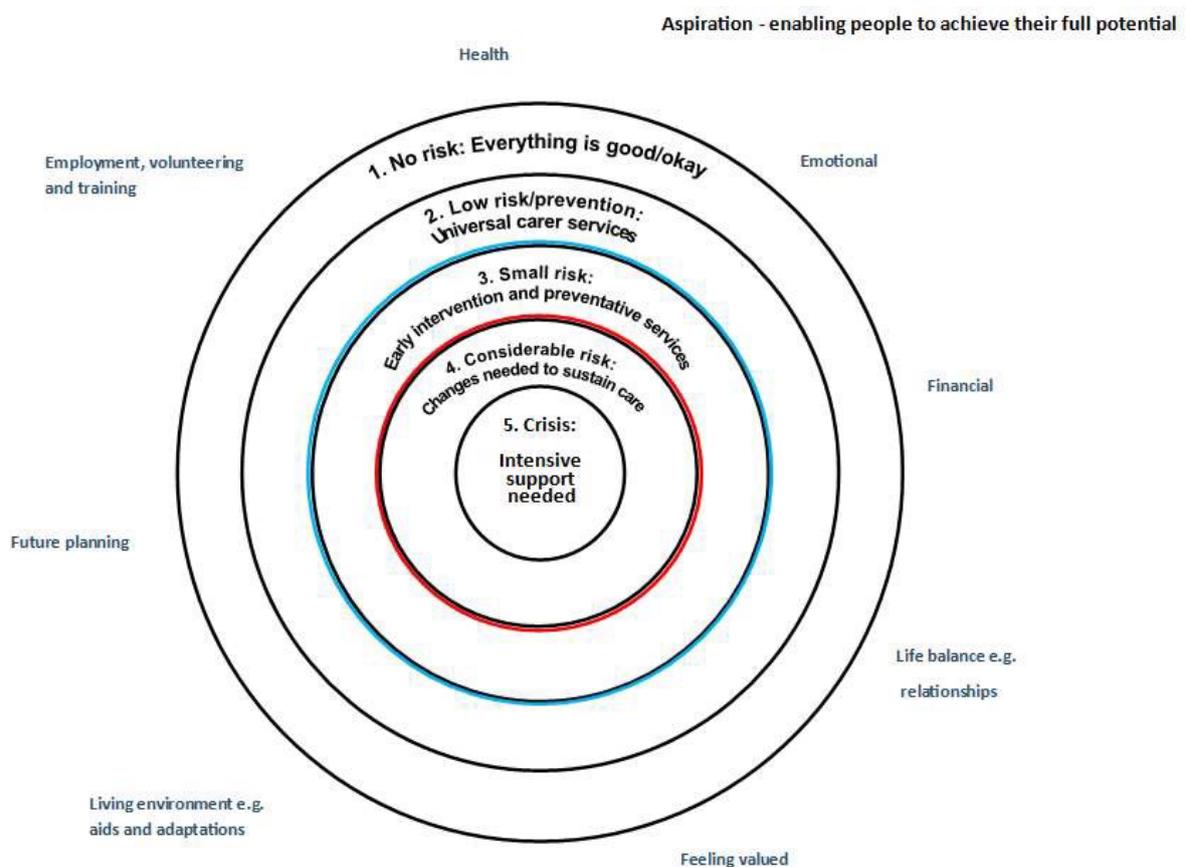
- Improve health and well-being
- Improve quality of life
- Reduce likelihood of breakdown

# HOW TO GET A BREAK

You may be asked to complete an adult carer support plan or young carer statement. This will involve a conversation to explore what is important to you and what will help you to stay healthy and well in your caring role. We will work with you to identify and take into account:

- The impact of caring on your health, wellbeing, employment and ability to socialise
- Your relationship with the person you care for (or the wider family) and if it is becoming difficult
- The amount of time spent caring each week
- How long it has been since you last had a break
- If you are the only person caring and if you care for more than one person
- Your ability to make arrangements for a short break

Scottish Borders Council has local eligibility criteria for adult and for young carers with thresholds to access different supports: [www.scotborders.gov.uk/carers](http://www.scotborders.gov.uk/carers)



You will be supported to identify your own skills and resources and to look at different ways to improve your life. Some outcomes may be achieved through accessing universal services. These are services which are provided to the public generally e.g. leisure and recreation facilities, support groups, neighbourhood networks.

If universal services are not possible or appropriate to meet all your needs, you may be eligible for additional resources, which may include a short break. Your support plan may identify the need for support for the person you care for so that you can take a break from caring. This will also be discussed with the person you support to plan the break that works best for you both. The person that you care for may have their own support plan, or a referral could be made for this, and this plan may include support that gives you an opportunity to take a break.

If you are eligible for resources you can choose from four options as to how you would like to manage your support.

- A direct payment- a payment made to you to plan and manage the support that is agreed within your plan
- Individual Service Fund – you direct how the budget is used, but the funding is managed by someone else
- You ask the Council to choose and arrange services for you
- You can choose a mix of the above.

Scottish Borders Council has a charging policy available on the website:  
[www.scotborders.gov.uk/chargingpolicy18-19](http://www.scotborders.gov.uk/chargingpolicy18-19)

This policy, in line with legislation, waives the charge if a short break directly benefits the carer and this is identified in the Adult Carer Support Plan or Young Carers Statement. This is important as breaks will often benefit carers and the cared for person. Where the support is assessed as meeting the needs and outcomes of the person cared for the charge is based on financial assessment.

If you are an adult carer, the Borders Carers Centre can advise on local information and help you to complete a carers support plan and with access to funding and a break.

If you are a young carer, talk to someone at your school such as a teacher or guidance teacher, school nurse or a social worker.

# INFORMATION ON SHORT BREAKS

The following are examples of how breaks can be provided and will depend on what kind of break you want. There is information about local leisure facilities as well as more specialist breaks for all ages where support can be provided. There may be eligibility criteria attached to these.

## A. Directories of local and national information

- **Shared Care Scotland**  
[www.sharedcarescotland.org.uk](http://www.sharedcarescotland.org.uk)  
An online national short breaks services directory where you can search for short breaks by area and type of break. Also provides information on a set of small funds that individuals can apply to for help with a short break, such as the family fund and take a break.
- **Euan's Guide**  
[www.euansguide.com](http://www.euansguide.com)  
A national online directory of accessible places.
- **ALISS**  
[www.aliss.org](http://www.aliss.org)  
An online information directory for Scotland with a range of local community activities that can support health and well-being.
- **Disabled Holidays**  
[www.disabilityholidaysguide.com](http://www.disabilityholidaysguide.com)
- **Borders Carers Centre**  
[www.borderscarerscentre.co.uk](http://www.borderscarerscentre.co.uk)  
Information about breaks and local grants including:
  - Time to Live Fund: a micro grant scheme managed by the Borders Carers Centre and funded through the Scottish Government's Short Breaks Fund. Grants of up to £300 are available to unpaid carers caring for someone over the age of 18 years.
  - Respitality: a short break programme managed through Shared Care Scotland. It matches Scottish hospitality providers and businesses who are willing to donate a day out, meal out, family experience or longer holiday break for unpaid carers and their families and friends. These breaks are free or have a very small cost contribution for carers. Borders Carers Centre is now a delivery partner of the Respitality Programme and carers, their families and friends who are supported by the Centre will be able to access the Respitality service. They are also identifying local businesses who are willing to offer "time out" in a variety of different ways.

## B. Local Breaks

These are examples of types of breaks that are available for people that require support. This is not comprehensive and you may have other ideas that would suit you. Many of these breaks have an eligibility criteria.

### **Breaks in specialist/dedicated accommodation**

This is accommodation which is only used for short breaks e.g. purpose built or adapted accommodation and may or may not have a provision for specialist care. For example, there is an accessible short breaks house in Berwickshire where people can have a break on their own or with family, friends or paid carer, or accommodation with support in the Kelso area for people with a learning disability.

### **Breaks in care homes**

Some care homes offer a specialist short breaks service and others have some places set specifically for short breaks. There are a number of private, independent care homes for older people (including SB Cares) that offer a short breaks facility. Leuchie House in North Berwick specialises in short breaks for people with long term conditions and there are short breaks facilities in the central Borders for people with a learning disability.

You can find information about care homes that offer short breaks and the inspection grades on the Care Inspectorate website: [www.careinspectorate.com](http://www.careinspectorate.com)

### **Breaks in the home of another individual or family**

These involve breaks in the homes of paid carers. Families or individuals offering this support are carefully recruited and registered.

There is a family based short breaks scheme in Scottish Borders which provides day and overnight care for a child with a disability with short breaks carers.

There may be scope to extend this model in the future. The learning disability service is in the process of preparing a business case with a view to commissioning a Shared Lives service in the Borders, initially for people with a learning disability.

### **Taking a break at home**

There are a number of care at home providers in the Borders who can provide support at home. Information on those registered with the Care Inspectorate can be found at: [www.careinspectorate.com](http://www.careinspectorate.com)

You could also employ your own staff through a direct payment, if eligible. See information on the Council website: [www.scotborders.gov.uk/sds](http://www.scotborders.gov.uk/sds)

## Supported access to clubs, interest or activity groups

These opportunities might focus on a particular activity such as sports clubs or leisure activity and may be based in a community building, for example:

- **Interest Link**  
[www.interestlink.org.uk](http://www.interestlink.org.uk)  
Offering group and one to one volunteer befriending for children (8-15yrs) and young people (16-25yrs) with learning disabilities throughout the Borders area.
- **Active Schools Coordinators (Live Borders)**  
[www.liveborders.org.uk](http://www.liveborders.org.uk)  
Working with primary and secondary schools to increase the number and diversity of children and young people participating in Active Schools activities.
- **Disability Sports (Live Borders)**  
[www.liveborders.org.uk](http://www.liveborders.org.uk)  
Giving children, teenagers and adults the opportunity to participate locally in their chosen sport.
- **Local Area Coordinators (Health & Social Care Partnership)**  
Provide support for people with a learning disability to access local groups and activities with a view to enabling people to attend them independently or with friends and other informal supports.

## Holiday breaks

Opportunities for people to have a short break together, or independently in adapted accommodation, hotels and guest houses or with the support of a paid carer e.g. Calvert Trust, Kielder.

## Day services

Day services and social centres for older people are available for regular attendance at a building based service. People can self-refer to social centres via Royal Voluntary Service (RVS). Day centres can be accessed via the local social work assessment team. Charges apply for both these services. The Community Capacity Building team and Link Workers can support people to access community based activities and a referral can be made via the What Matters Hubs. There are also daytime opportunities in different localities across the Borders for people with a learning disability.

## Breaks for children

Aberlour Options provide outreach, a weekend activity club, school holiday play scheme and residential overnight breaks for children with disabilities. These are commissioned by Scottish Borders Council. To access this service, social work will be required to undertake an assessment of need.

## SCOTTISH BORDERS SHORT BREAKS STATEMENT

# LOCAL SOURCES OF INFORMATION

This Short Breaks Statement will be reviewed annually by the Carers Advisory Board in conjunction with Scottish Borders Council and NHS Borders.

For more information, contact

- **Borders Carers Centre**  
Brewerybrig, Low Buckholmside, Galashiels TD1 1RT  
T: 01896 752431 E: [admin@borderscarers.co.uk](mailto:admin@borderscarers.co.uk) W: [www.borderscarerscentre.co.uk](http://www.borderscarerscentre.co.uk)
- **Scottish Borders Council**  
T: 0300 100 1800 E: [customeradvice@scotborders.gov.uk](mailto:customeradvice@scotborders.gov.uk) W: [www.scotborders.gov.uk](http://www.scotborders.gov.uk)

This is the first Scottish Borders Short Breaks Statement and we would welcome your feedback. If you have any suggestions or comments, email the Council's People Information Management team at: [peopleinfomgt@scotborders.gov.uk](mailto:peopleinfomgt@scotborders.gov.uk)

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