

### **Do you provide care for someone?**

*You may be a parent, a partner, a son or daughter, a sister or brother or friend to someone who needs support as a result of their illness (physical or mental illness and substance misuse), condition or disability. If you provide them with help and support to manage their life you are also a carer.*

## What to expect when...

# You are considering a short break

### **What is a short break?**

A short break (sometimes called respite) is a form of support which enables you to have time away from your caring routines or responsibilities.

### **Why are short breaks important?**

A short break aims to support your caring relationship and promote your health and well-being. Having a break can also help the person you support and other family members affected by the caring situation. Short breaks can help you to have a life alongside caring.

### **What kind of short breaks are there?**

There are a great variety of short breaks across Scotland. The type of short break that is right for you will depend on your own needs and circumstances. Examples that may be available include:

- Holiday or leisure breaks (with or without the person you care for)
- Sports or activity breaks (with or without the person you care for)



### **The Carers Act**

From April 2018, the Act gives all adult carers the right to an adult carer support plan. For young carers it's called a young carer statement.

Although there is no duty for the local authority to provide a short break, they must consider whether support to you as a carer should take the form of or include a break from caring.

Local authorities now have duties to support carers which include:

- A power to support carers and a duty to support carers who have needs that meet the local eligibility criteria
- Duty to publish a Short breaks Services Statement by 31 December 2018
- Duty to provide an information and advice service for carers.

“

I came home feeling much better and ready to face the world again.

”

– Carer who had a theatre break in Edinburgh

- Breaks at day care for the person you care for at home through the day or overnight (with support from a care at home service) or in a care home, or buying a tablet for them to use
- Specialist play schemes or after school clubs for the child that you care for
- Befriending
- Funding to do something that is important to you that helps you have a break e.g. relaxation therapies, going out for a meal or to the cinema or getting a magazine subscription

See Shared Care Scotland's Short Breaks Directory for more ideas and examples

[www.sharedcarescotland.org.uk](http://www.sharedcarescotland.org.uk)

## How do I find out more about having a short break?

The local authority area has a duty to publish a Short Break Services Statement by 31 December 2018. The statement will include information setting out what breaks are available in your area. This means you can find out what is available locally.

Each local authority area has eligibility criteria and thresholds to access different supports. You may need to complete an adult carer support plan or young carer statement to help you plan what matters to you and find out what support, including short breaks you can access.

Carers Link East Dunbartonshire can help you decide which type of short break will suit you best, and help you find out how to apply for one. We can also offer funding for a short break through the Time to Live programme, funded by Shared Care Scotland, and through our own "Drop in the Ocean" fund, both of which support carers who have a substantial caring role, are less likely to access current support or whose needs are not met by current models of service provision.



“

The tablet is amazing, my son uses it for nursery rhymes which makes him happy and it allows me to do course work at night once he is settled

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**For more information, please contact:**

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