

Self-Directed Support (SDS)

Self-Directed Support is about having choice, control and flexibility over the support you receive.

Carers can have a SDS assessment in their own right. This may open up other options of support for you.

The One Stop Shop can provide you with information about SDS, including how to access a Carers SDS assessment through the Local Authority.

We can also put you in touch with a Support Broker who is independent from the Local Authority or any provider. Their role is to talk through your options with you about your caring role and how to access support services available.

Opening times:

You can drop into our One Stop Shop at any time that Angus Carers Centre is open. However, please contact us to check times of supported opening times.

On the last Wednesday of each month the One Stop Shop will be open from 6.00pm - 8.00pm.

Centre opening times:

Monday - Thursday 9.00am - 5.00pm

Friday 9.00am - 4.30pm

Closed for lunch 12.30pm - 1.30pm

Contact Details

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Angus Carers Association is a company limited by guarantee and a charity

Charity number SC026052 Company Number SC212062

Short Breaks One Stop Shop

Do you care for someone?

Would you like a Short Break from your caring role?



Angus Carers Centre
supporting carers

What is a Short Break?

A Short break can range from a couple of hours to longer, depending on individual circumstances and what matters to you.

Sometimes you might want to have time to yourself or to go away for a couple of days with or without the person you care for.

The benefits of a Short Break include:

- Allowing you time for your own interests
- An opportunity to see friends or take up a new hobby
- A chance to recharge your batteries
- Spending quality time with loved ones

Come and find out about:

- **Supported holidays**
- **Respite**
- **Funding available (options)**
- **Information on Care Providers**
- **Take a Break**
- **Self-Directed Support**
- **Sitter/Befriending Service**
- **Access to Leisure Services**
- **Events and activities**
- **Community resources**

All our services are confidential and free of charge

How can Angus Carers Centre help me with a Short Break?

We can support you to explore options about the kind of Short Break that is important to you. There is free internet access to look up information and help with arrangements. We have information on a range of topics which you can browse or take away.

How do I fund a Short Break?

For some Short Breaks there may be no cost, however, we can signpost and support you to access different options. This may be through Self-Directed Support or by applying to different grants and trusts. Some people meet the cost of a break themselves.

What if I can't get to the One Stop Shop?

Don't worry, we know it's not always easy to get in to the Centre. Information will always be available on our website.

Our Short Break Worker can also arrange to visit you at home or in your local community.