

Short Breaks Services Statement



Do you provide care for someone?

You may be a parent, a partner, a son or daughter, a sister or brother, or friend. If you provide someone with help and support to manage their life, as a result of an illness (physical or mental illness and substance misuse), condition or disability, you are also a carer. This also applies if you intend to care for someone.

About short breaks in Angus

Angus Health & Social Care Partnership, Angus Council, Angus Carers Centre and other organisations work together to support carers. We are committed to enabling carers to access short breaks.

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 and responsibilities.

Why are short breaks important?

We believe having a short break can promote your health and well-being and sustain you in your caring role. Having a break can also help the person you support and other family members affected by the caring situation. Short breaks can help to bring more of a balance to your life, alongside your caring role.

What kind of short breaks are there?

There is a wide variety of short breaks across Scotland. The type of short break that is right for you will depend on your individual needs and circumstances. Examples 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 a power to support all carers and specific duties:

- A duty to support carers who have needs that meet the **local eligibility criteria**
- A duty to publish a **Short Breaks Services Statement**
- A duty to provide an **information and advice service** for carers.



It gave us quality time together which we don't usually get.



— parent carer from Angus

- Breaks at a day centre for the person you care for
- Support from a care at home service for the person you care for
- Short breaks in a care home
- 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 or an evening class

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

For more ideas and examples of short breaks see:

www.sharedcarescotland.org.uk
<https://www.anguscarers.org.uk/>

You can speak to your worker if you or the person you care for has one. If not you can contact:

First Contact on 01307 475242 or email
firstcontact@angus.gov.uk

You can also contact Angus Carers Centre who have a Short Breaks One Stop Shop. Contact details are on this page.

How do I know if I am eligible?

All local authorities have **eligibility criteria** and thresholds to access different supports. You will 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 is available to you. To find out more about eligibility criteria and other frequently asked questions go to:
<https://www.anguscarers.co.uk/services/short-breaks-for-carers.html>

You can access more information about this Statement at:

<https://www.anguscarers.co.uk/sbss-supporting-document.pdf>

“

My troubles didn't seem so big and more able to manage.

”

- carer who received a 2-night stay via Angus Carers Centre Respite



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Thanks to local carers and other carer support organisations for their input.

 **coalition**
of carers in Scotland

 **SHARED CARE**
scotland

 **Dundee Carers Centre**
Because We Care