

SHORT BREAK SERVICES FROM THE PERSPECTIVE OF INTERNATIONAL SOLUTIONS

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Presentation outline

- * Scene Setting - *Caring & Short Breaks in Scotland*
- * The Short Breaks Fund - *Pushing Boundaries*
- * Time for Questions
- * Respite in Scotland - *The Story So Far*
- * Time for Questions

Shared Care Scotland

- * National directory of short breaks
- * Promoting and supporting good practice
- * Research
- * Short Breaks Fund (£2.3m)
- * Respite
- * Presidency of the International Short Break Association 2015-16



learning  CHANGE

Improving short
breaks for people
with support needs
and their carers

sharedcarescotland.org.uk



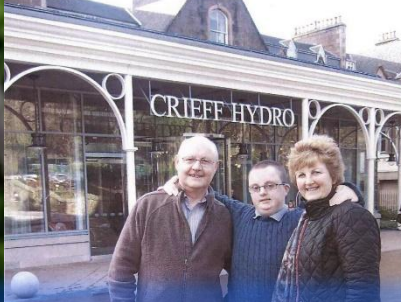
Who provides care in Scotland?

There are an estimated **759,000 carers** aged 16+ in Scotland - 15% of the adult population

There are an estimated **29,000 young carers** in Scotland - 4% of the child population (aged 4-15)

There are estimated to be over 171,000 carers aged 16+ caring for **35 hours a week** or more





£11,000,000,000



Who does what for carers in Scotland?

- **National level (Scottish Government):**
 - Legislation
 - National strategies and collaboration
 - Funding
 - Monitoring impact / understanding the 'big picture'
- **Local level (Local Authorities and Health Boards):**
 - Duties and powers to support carers and cared for people
 - Varied approaches and systems
 - Strong partnerships with 3rd sector to co-produce solutions
- **Third Sector (not for profit):**
 - Key role at national and local level to support delivery
 - Advocate for and represent the interests of unpaid carers

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Carers centres are often independent charities that offer practical support, advice and information for you as a carer in your local area either by phone, drop-in or outreach surgeries.

More and more throughout Scotland carers centres are working in partnership with our statutory sector colleagues to enhance the services delivered to carers.



- Young carers aged between 5-17 years old
- Young adult carers aged between 18-25 years old
- Adult carers aged 26 years or older.



Information & Advice



Support Plans



Emotional & Group Support



Training & Learning



Signposting



Short Breaks

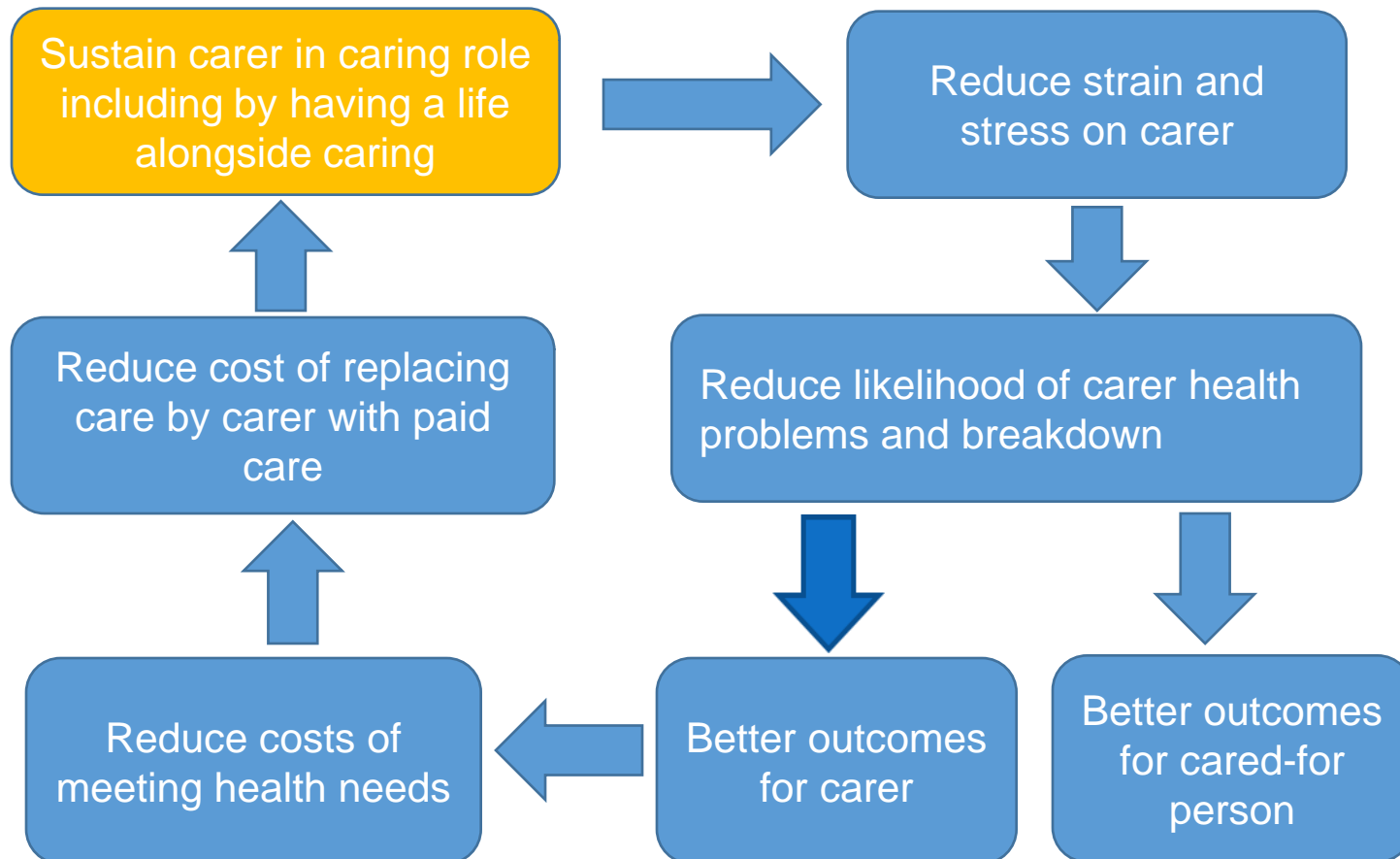


Awareness Raising



Events & Activities

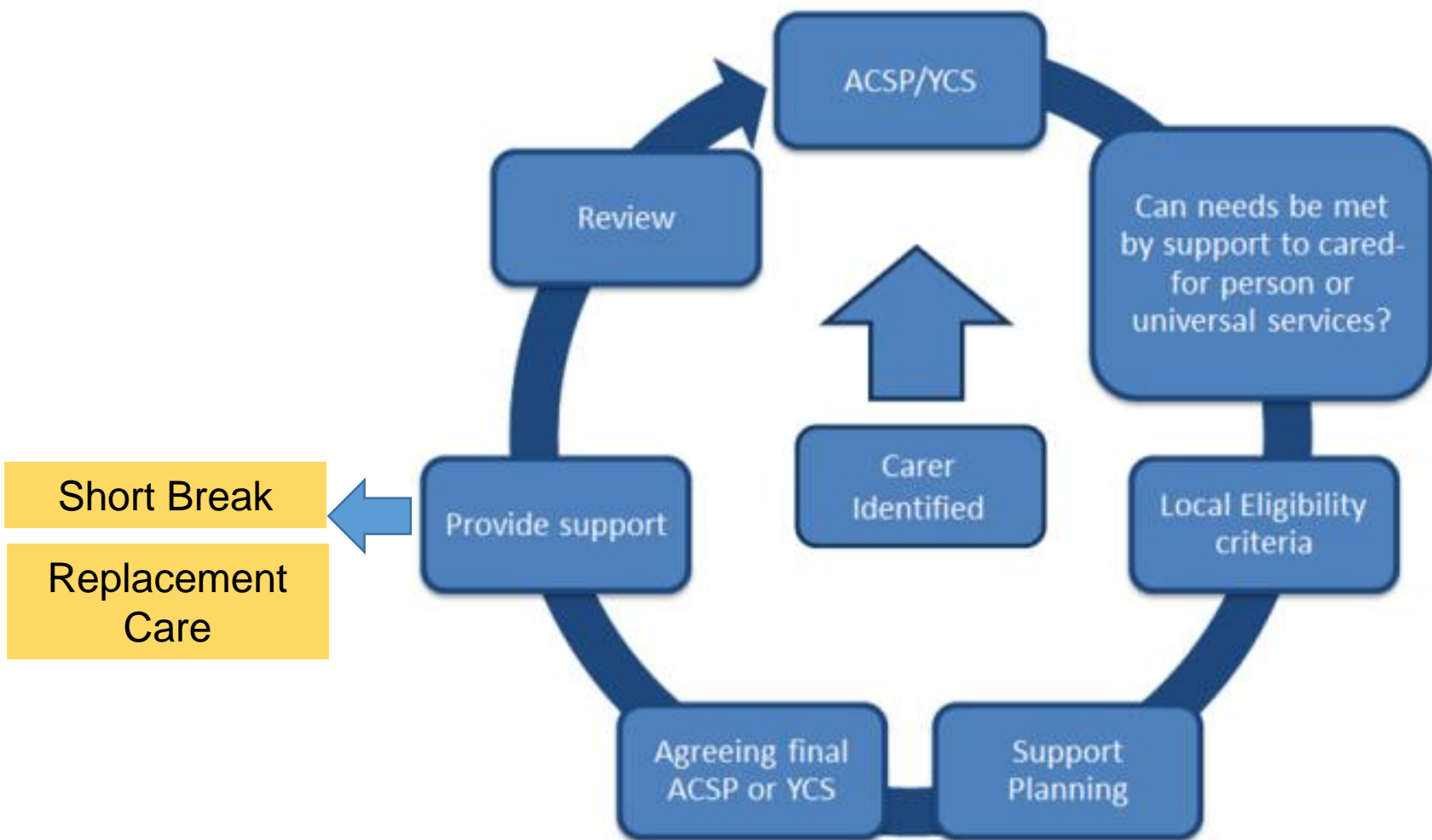
Need for support



Pathway to support

ACSP = Adult Carer Support Plan

YCS = Young Carer Statement



Increasing demand for support



Not enough local resource to respond





Short
breaks fund



What do we mean by short break?

A short break can take any number of forms in order to achieve the carer's desired outcomes.

The purpose is to enable carers to **have a life outside or alongside their caring role**, supporting their health and wellbeing.

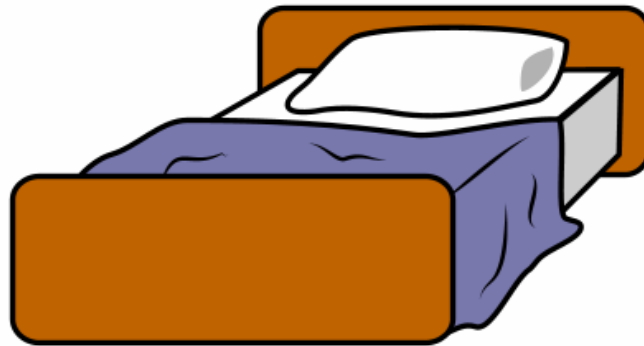
This can also benefit the cared-for person and others (e.g. family members) and can sustain the caring relationship.

Less of this...

Rest

Emergency

Coping



Hospital

Relief

Institution

....more of this?







**“I HAD THE BEST WEEKEND
EVER, NEVER STOPPED LAUGHING
AND MET SOME WONDERFUL PEOPLE.”**



**“MY HUSBAND REALLY ENJOYED THIS
BREAK. HE WAS RELAXED, ENJOYED
MEETING PEOPLE AND I WAS HAPPY TO
SEE HIM LAUGHING, HAPPY AND NORMAL.
WE EVEN DANCED.”**

Respectability in Scotland

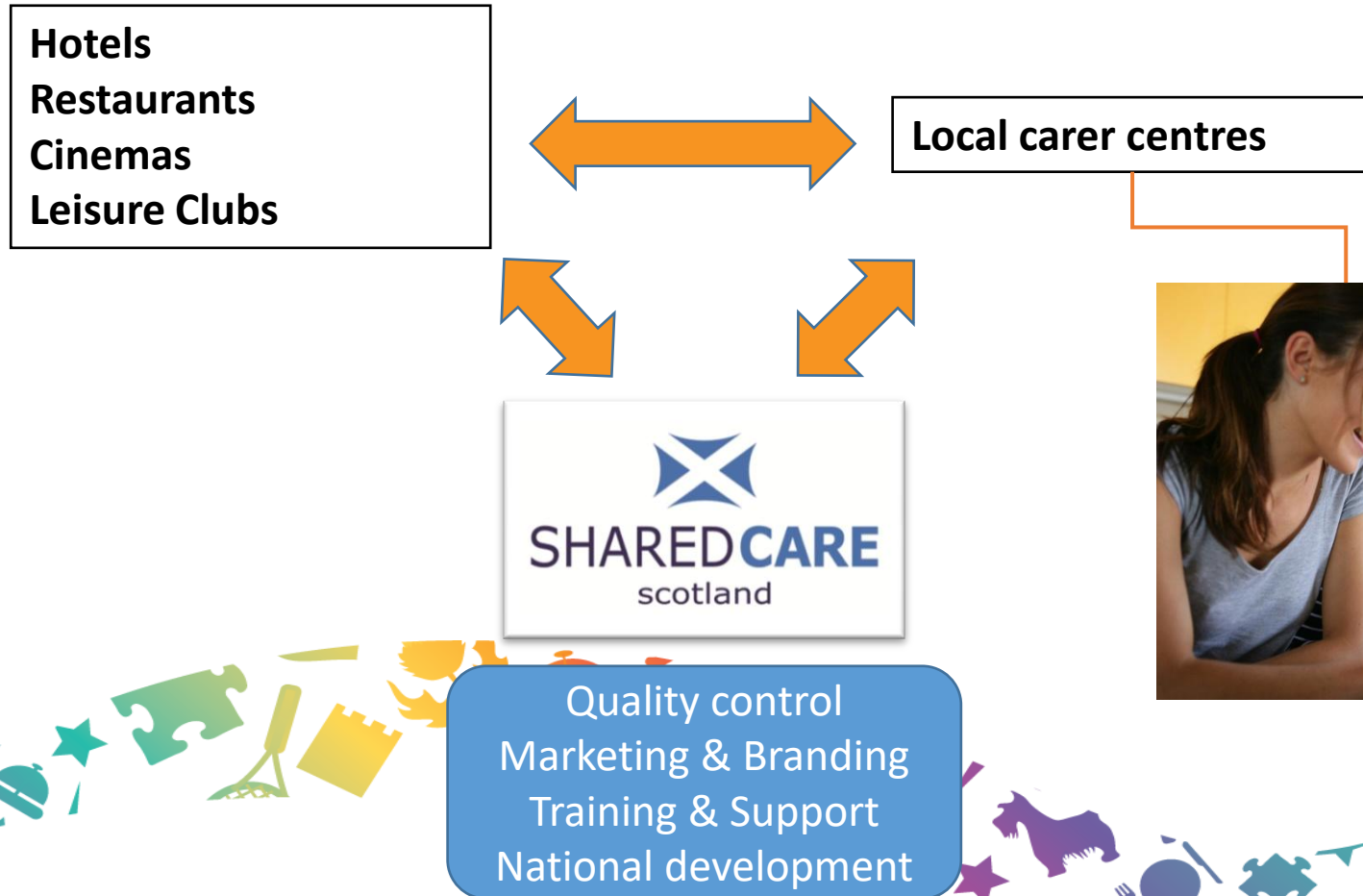
The Story So Far ...



Background



Respitality in practice





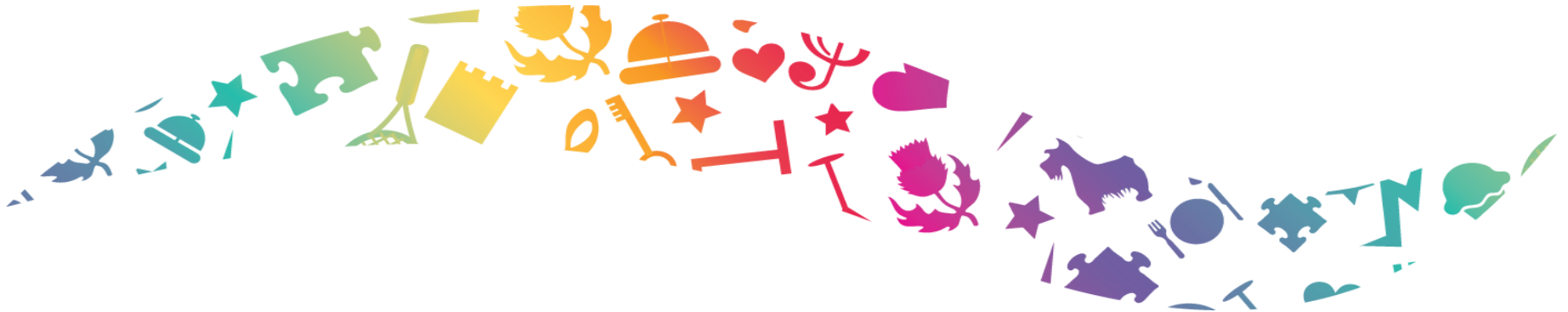
- **Spa and beauty Treatments**
- **Overnight and longer stays at Hotels and**
- **Bed & Breakfasts**
- **Gym memberships.**
- **Tickets to concerts and sporting events.**
- **Meals and afternoon teas.**
- **Complimentary tickets to a variety of tours.**

- PKAVS carers centre has a dedicated Respite Development officer.
- Administers the Short Break fund & Respitality.
- Attends Tourism fairs, Business Breakfasts etc. to develop the bank of donated gifts for Respitality.
- Alongside volunteers contacts local businesses to discuss the benefits to them of donating gifts.



Benefits to carers

- Carers can access an often much needed respite break.
- Introduces carers and their families to the local carers centre.
- Can lead to additional support being put in place.
- Reminds carers that they also need to look after themselves.



Benefits to businesses





The Salutation Hotel in Perth City Centre have been a fabulous support to PKAVS for many years. In a show of support they were one of the first businesses to become a Respitivity Partner of the Carers Hub back in 2016.

"It was nice to not stress about going away and be pampered. Nobody at the Salutation Hotel made us feel different, we were treated like normal guests."

Carer, Respitivity Gift of Dinner, Bed & Breakfast at the Salutation Hotel, Perth.





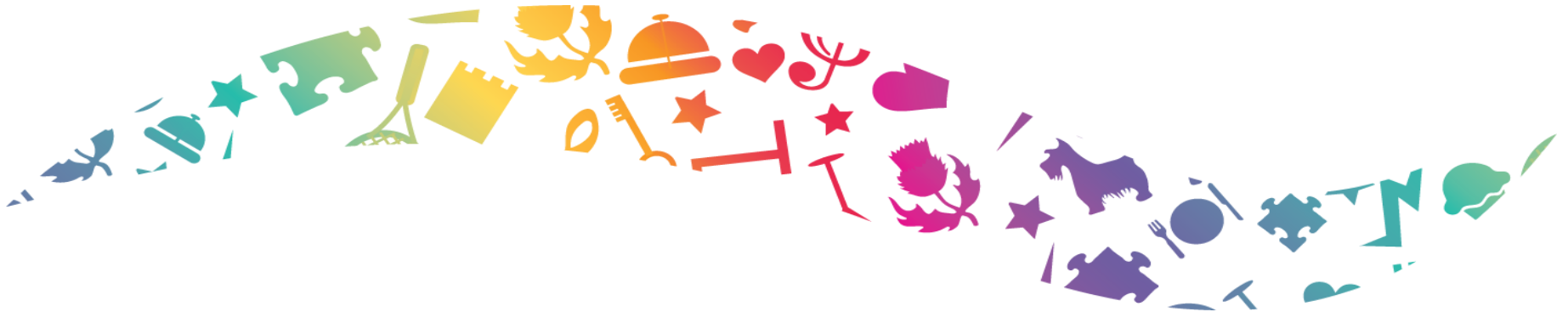
“It was good to have me time. Peace & quiet, no mobile phones, no distractions. It was lovely having couple time not having to rush home or rush out for appointments or picking up prescriptions etc. I feel more supported and better informed we are both coping again. Nothing could've made it better. A perfect way to relax and re-charge.”





Hilary the owner of the Merryburn Hotel in Birnam also joined as a Respitality partner after the tourism meeting in April and very kindly offered an overnight stay and an afternoon tea experience for an unpaid carer and companion. Yvonne and her friend visited the Merryburn in June for an afternoon of delicious tea, cakes, sandwiches.

"It was the best few hours i've spent in months and months and the best scones i have ever tasted! I would rate the whole experience a 15/10. I felt so chilled and relaxed, i came home and felt so much better"

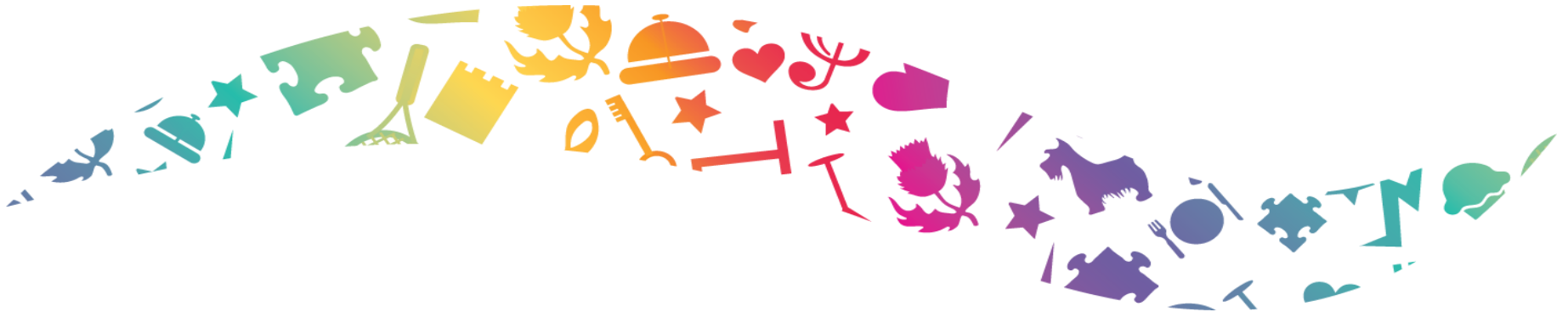








“ I really enjoyed this outing & meeting others in the same boat as myself ”

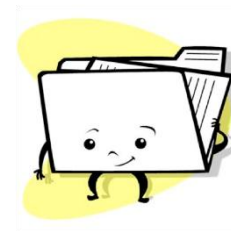


Now Margaret will explain what a local authority can contribute.

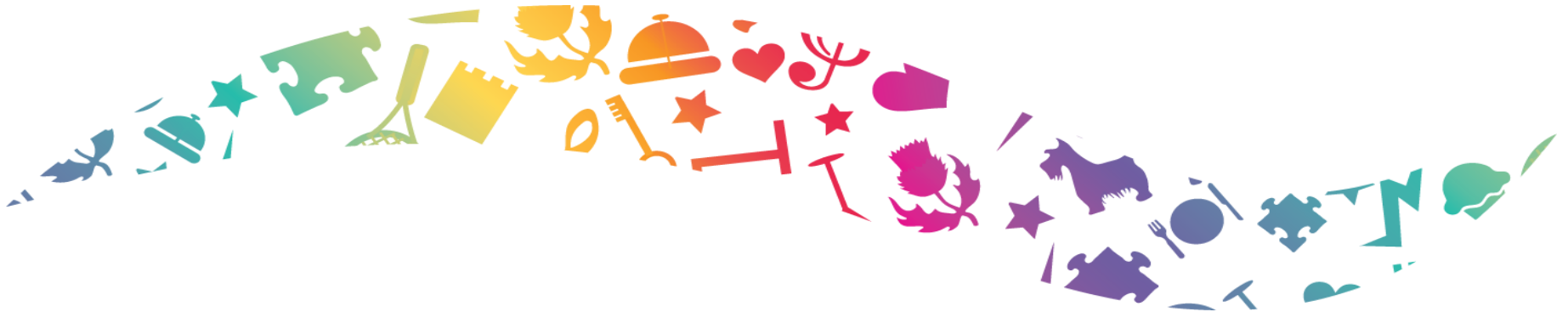


Local Authority Role

- Identify carers and offer Support Plan Statement)
- Offer funded support to eligible carers (those with highest need) 
- Ensure local area has information, advice and support services— local Carer Centre or other 3rd sector support 
- Work in partnership with health and 3rd sector to deliver support to carers 
- Publish and deliver local Carer Strategy 



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Wider benefits- carers and community

- Increase awareness and visibility of carers in local communities 
- Reduce social isolation and increase community safety 
- Build individual and community resilience
- Support networks of support by promoting community-led initiatives



QUESTIONS?





Short breaks fund

2010

“develop existing, new and innovative **models** of short breaks”

“raise the profile of the **need** for short breaks”

“help promote the **importance** of breaks”

“add to, but **not replace**, statutory provision”

Shona Robison MSP, Minister for Public Health & Sport



sh⏸rt breaks fund

CREATIVE
breaks

BETTER
breaks

time t⌚ live

learning ⇄ CHANGE

Outcomes in this toolkit

For Carers

Taking the Break

- 1 Carers have more opportunities to enjoy a life outside of their caring role
- 2 Carers feel better supported
- 3 Improved confidence/morale as a carer
- 4 Increased ability to cope in the caring role

After the Break

- 5 Reduced social isolation and loneliness, increased social circle and connections
- 6 More able to maintain the caring relationship
- 7 More able to sustain their caring role

Longer Term

- 8 Improved health and wellbeing
- 9 Improved quality of life
- 10 Reduced likelihood of breakdown and crisis in the caring role

For people receiving care

Taking the Break

- 11 More opportunities to enjoy a life outside of the care role

After the Break

- 12 More opportunities for independence, choice and personal development
- 13 Stronger relationships between the carer and cared for
- 14 The cared-for person has an improved experience of care

Longer Term

- 15 Improved health and wellbeing
- 16 Improved quality of life
- 17 Reduced likelihood of crisis



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BETTER breaks



CREATIVE!VE breaks



time to live



Approx. £500k annually

Covering all local authority areas of Scotland

Funding allocated according to carer population

Many areas also topped up with local authority funding



Short
breaks fund

time to live

iPad

Cinema pass

Potting shed

Gym membership

Weekend break

Camera

Holiday insurance

Evening classes

Yoga coaching

Creative Writing



What a journey! It's been the best therapy I've ever had and it's changed my relationship with my husband. I would come home from my course thinking my poems were rubbish but I would read what I'd written to him and he would cry and say, "I didn't know you felt like that – that's how I feel." For him to then come to the festival and be there as I read my poems was really empowering for both of us.

I wanted the break that I had to help me find a way of being myself again. Did it do that? Oh God yes, beyond my wildest dreams.

time to live



We're building a picture of short break provision in Scotland.



Featured stories

SociallyAble

A story by Caring Operations Joint Action Council (C.O.J.A.C...)



We provided evening group sessions for 29 adults with disabilities and also providing respite for 38 carers.

We picked up each adult from home by mini bus with escort and returned to centre for activities or went out to pub, snooker or parks. Adults were then transported home.

[Read full report](#)

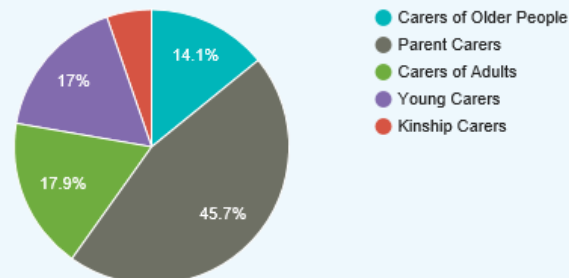
Yolo Sistas Project

A story by Multi-Cultural Family Base

Hand in Hand

A story by Girvan Youth Trust

Carers benefitting from the fund



Submitting your report

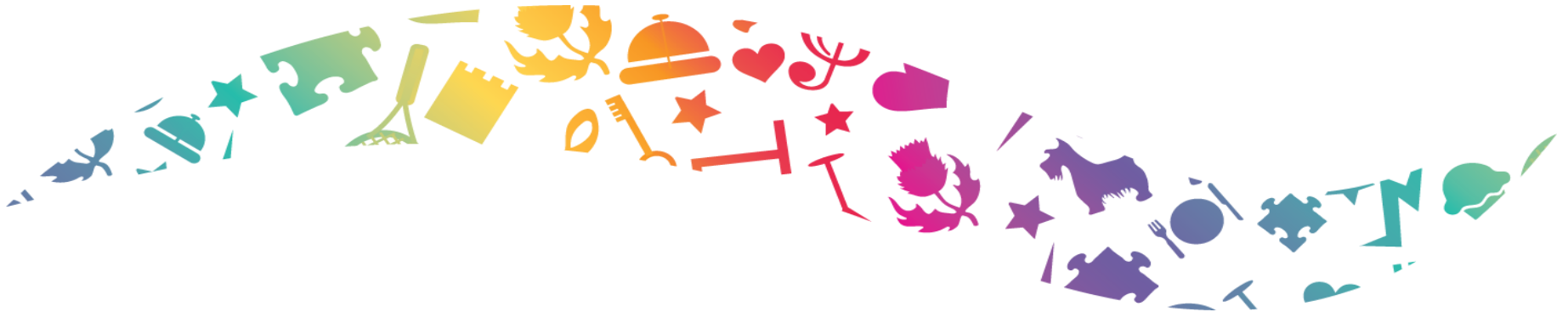
Have an evaluation report to submit? Here's how to get started:

[Start your report](#)

What's the impact?

- * £20m of grant funding distributed
- * +70,000 carer breaks delivered
- * Carers feeling **more confident** (and less guilty) about taking a break for themselves
- * Changing how we define 'respite' – **more choice and control**
- * More carers can **balance** caring with other things that are important to their health and well-being
- * **More to be done!**

- Insert video here



Dziękuję !

