

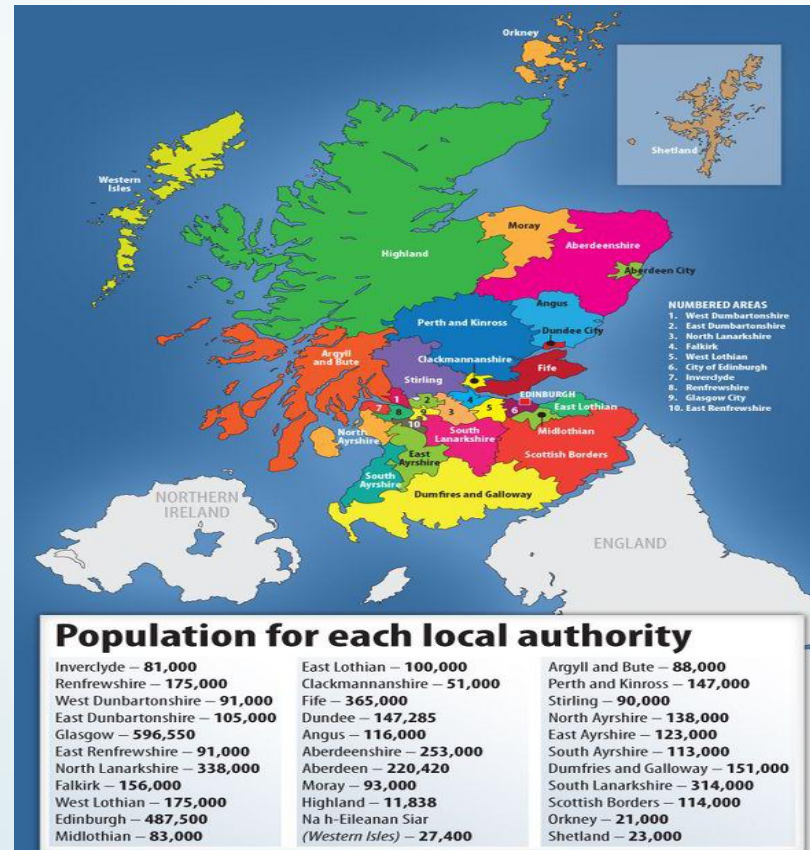
# Role of the Local Authority with Short Breaks /Respite Care

**John James Turner -  
Market Shaping  
Commissioning Officer**

**Sheena McIntosh –  
Strategy and  
Commissioning Manager**

There are 32 Local Authority areas in Scotland – each local authority area became a Health and Social Care Partnership with the introduction of the Public Bodies (Joint Working) Scotland Act in 2014

The Health and Social Care Partnerships have responsibility for delivery of health and social care services for adults



## The Carers (Scotland) Act 2016 brought new rights for carers and duties for local authorities


The Carers Act was implemented in April 2018 to enhance the rights of carers in Scotland. It recognises the valuable role that carers play in people with care needs as a result of their illness, condition or disability and the impact it has on them and their quality of life. **The new rights include:**

- ❖ The right to have an Adult Carer Support Plan (ACSP) and for young carers, a Young Carer Statement (YCS) including the right to be involved in the planning of services
- ❖ The right to support as a carer if they meet the threshold (eligibility criteria ) set by each local authority. This support can be provided in a number of ways.
- ❖ For carers who do not meet the eligibility criteria, the local authority will still provide support by helping carers to access resources and information in their local community .



## The duties are:

- ❖ A duty on the local authority to set local eligibility criteria for carer support
- ❖ A duty on the local authority to provide support to carers that meet local eligibility criteria
- ❖ A duty on the local authority to consider option of breaks from caring when undertaking support planning
- ❖ A duty on the local authority and health boards to prepare a carers strategy for their area
- ❖ A duty on the local authority to establish and maintain advice and information services for carers
- ❖ A duty on the local authority to produce a Short Breaks Services Statement



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

The Short Break Service Statement must include information that sets out what breaks are available in each local area. Examples of short breaks that may be available include :

- ❖ Holiday or leisure breaks (with or without the cared for person)
- ❖ Sports or activity breaks (with or without the cared for person)
- ❖ Breaks at day care or a residential care home for the cared for person
- ❖ Befriending
- ❖ Funding for something important to carers that helps them to have a break e.g. relaxation therapies, going out for a meal or to the cinema



## **Costs to Carer**

Services for carers via an adult carer support plan are non-chargeable in line with the intentions of the Carers (Scotland) Act 2016.

Where the cared for person is eligible for support this support may be chargeable.

## **Outcomes for carers through a personalised approach to short breaks**

The outcomes of a short break are individual but may include :

- ❖ Having the opportunity to enjoy life out with or alongside the caring role
- ❖ Feeling better supported
- ❖ Improved confidence
- ❖ Reduced social isolation and loneliness through increased social circles, connections and activities
- ❖ Increased ability to sustain their caring role preventing breakdown in the caring relationship and crisis situations
- ❖ Improved health, wellbeing and quality of life



## **Challenges for the Local Authority regarding provision of/ commissioning of short breaks**

- ❖ How to ensure there is sufficient provision of specialist respite care / short breaks
- ❖ How to shape the market and encourage new and innovative opportunities
- ❖ Ensuring the best use of limited resources with increased demand
- ❖ Changing perceptions and expectations
- ❖ Delivering personalised short breaks that meet individual outcomes for carers
- ❖ Being flexible enough to respond to changing need

# Case Study

## ➤ **Ann – 69 (Cared-for Person)**

- Has dementia, needs constant supervision and help with personal care, requires support twice a day, has an extra 2 hours per week to go out

## ➤ **George – 71 (Carer)**

- Uses spare time to collect Anne's medications and attend own health appointments, has own health issues, caring role causing high levels of stress affecting health, wants to lose weight, swim, go for walks and do the gardening, wants to continue to care for wife, has no contact other than his wife.

## ➤ **Support Needed**

- Role is unsustainable as is, short breaks needed to provide breaks from caring, maintain/improve his health, George able to go swimming with replacement care provide for Ann, Family Wellbeing worker (FWW) identified for George who provided information on Dementia and helped him plan for emergencies, he attends local carers support group for peer support every month, both attend a dance afternoon together in a dementia friendly environment, lunch time care visits arranged to allow George to walk to shops for shopping, medications delivered to the home, GP doing home visits.

## ➤ **Outcome**

- Looks forward to time to himself, doing activities has helped him lose weight, health improved slightly, more able to cope with his caring role reducing risk of Ann requiring residential placement.

## ➤ **Annual Budget - £2113**





# Questions