

# Short Break Service Statement

ARGYLL AND BUTE HEALTH AND SOCIAL CARE PARTNERSHIP

**CARING TOGETHER**  
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## Introduction

This Short Break Services Statement (SBSS) is designed to provide you as a carer with information about the type of short break services available both locally and across Scotland for both you as a carer and for the person or people you care for.

The SBSS will form a fundamental part of your Adult Carer Support Plan (ACSP) or Young Carer Statement (YCS). Your needs for a short break or replacement care will be explored during the completion of your personal ACSP/YCS. This will include how you may be able to provide this for yourself through family and friends or if there are more formal services required.

There is a legal requirement for Argyll and Bute Health and Social Care Partnership (HSCP) as introduced by the Scottish Government within the Carers (Scotland) Act 2016.

## Purpose

The purpose of this Short Break Services Statement is to provide you with specific information so that you;

- Recognise how you may be able to access a break in a range of ways
- Are informed about short breaks which may be available to you
- Understand the choices in the support you may be able to utilise
- Can identify what a short break means for you, how you can be supported to meet your needs and achieve your outcomes.

## Definition

A short break is any form of service or assistance which enables you as a carer to have periods away from your caring routines or responsibilities.

The purpose of a short break is to support you with your caring relationship and promote your own health and well-being. This in turn may be beneficial to the person you provide care to, as well as other family members affected by your caring situation.

## Ways to Take a Short Break

A short break can take any number of forms in order to achieve your identified outcomes. The short break should support you to have a life outside or alongside your caring role.

Your break from caring may:

- be for a short or extended period,
- take place during the day or overnight,
- involve the person with support needs having a break away from home which will allow you to have time for yourself
- allow you to have a break away with replacement care provided, if required.
- take the form of you and the person you care for having a break together, with assistance if necessary,
- provide a break from the demands of your daily caring routines.

## Outcomes

The process of completing an Adult Carer Support Plan or Young Carer Statement will help you to explore your own needs against a risk matrix and eligibility criteria. This will enable you to understand your own needs. You will be supported to identify outcomes which are personal to you. Your identified outcomes, whether these be eligible for statutory services or preventative supports, should help you to have a life alongside and continue with your caring role.

Your identified outcomes may explore and include the potential need and benefits of having a short break from your caring situation. If

identified the outcome of a short break will be personal to you but may also benefit the person you care for. Where identified as a personal outcome, receiving a short break may provide you with the following possibilities:

- Having more opportunities to enjoy a life outside/alongside your caring role
- Feeling better supported
- Improve your confidence (for example, support or training to be more confident as a carer)
- Increase your ability to cope
- Reduced social isolation and loneliness (for example, increasing social circles, connections and activities)
- Increase your ability to maintain your caring relationship - and continue with your caring role where this is desired.
- Improve your health and wellbeing
- Improve your quality of life
- Reduce the likelihood of you experiencing a breakdown or a situation of crisis.

Self-Directed Support (SDS) may also be referred to as personalisation which means you control how your supports are provided and this can include short breaks if you met the eligibility criteria. SDS includes four options:

- Option 1: A Direct Payment, you are provided with an agreed amount of funds to purchase your own support.
- Option 2: You can identify which services you would like and the HSCP will manage the payments and organisation of the service on your behalf.
- Option 3: The HSCP organises your short break without any direction or input from you.
- Option 4: Is a mixture of the above three options.

Further information regarding SDS can be accessed via your local Carer Centre, Argyll and Bute's Self-Directed Support Officer or your local HSCP Social Work Departments on 01546 605517.

Support Options for the Person being Cared For and Carers;

The following list gives examples of possible different ways that breaks can be provided. However consideration must be given to the possibility that there may be additional eligibility criteria attached to different organisations. There may be additional costs attached to some services which will need to be met personally and will not be financed within your agreed Short Break Service.

### **Breaks in care homes (with or without nursing care)**

Within Argyll and Bute we have a network of 20 approved Care Homes. Support can be provided to identify care homes out with Argyll and Bute if a care home is required in a different area. Some care homes may have a small number of places set aside specifically for short breaks. Rather than simply offering a 'spare bed' the home may provide activities for short-term guests to suit individual needs and interests. To find out about care homes in your local area you can contact your local HSCP social work department on 01546 605517 or contact your local Carer Centre (details below) who may be able to support you in choosing the right care home for the person you are caring for.

### **Breaks in the home of another individual or family**

These may involve overnight breaks provided by paid or volunteer carers in their own home. Argyll and Bute HSCP identifies these services as replacement care. In the past these were known or referred to as shared lives or shared care especially in relation to care provided to children. These services may also be provided in the form of family based or adult placement schemes. Families or individuals offering this support are carefully recruited and registered – normally by the local authority or through voluntary sector organisations. You can request additional information by contacting your local HSCP Social Work Department on 01546 605517.

### **Breaks provided at home through a care attendant or sitting service**

This includes individual support provided in the home of the cared-for person for periods of a few hours or where necessary you may be able to receive overnight support for the person you care for. The purpose of these type of breaks may be to provide support while you

are away, or to support you in other ways, e.g. by enabling you to have an undisturbed night's sleep. Within Argyll and Bute we have a network of providers who can support you with this. Additional information can be gained at your nearest Carer Centre or Social Work Department on 01546 605517.

### **Supported access to clubs, interest or activity groups**

These opportunities may focus on a particular activity (e.g. sports clubs, leisure activities) or may be based in a community building. These generally take place over a few hours perhaps once or twice a week or, in the case of children who have a disability, they may be planned over the school holidays. In addition these groups or clubs may be specific to the diagnosis of your cared for person (e.g. dementia clubs or MS Society meetings etc.) The availability of adapted equipment or trained workers can vary dependent on the type of facility to be accessed therefore enrolment may depend on the requirements of the person you care for. Within Argyll and Bute we have clubs which are dedicated to supporting people of all ages and for those with physical, emotional or mental health needs. Information regarding these services can be gained from the Carers Centres or your local HSCP Social Work Department or by requesting information on 01546 605517.

### **Holiday breaks**

These include opportunities for people to have a short break together, or independently. Breaks can be supported in different ways – through an agency specialising in breaks for people with particular needs; in adapted accommodation; or in ordinary hotels and guest houses, perhaps with additional equipment. More mainstream breaks may also be possible with the support of a paid carer or companion. These breaks can also be supported by the transfer of current care provision to services within the area you are taking a holiday. To organise this or to request additional information contact your allocated Social Worker or your local HSCP Social Work Department on 01546 605517.

### **Befriending schemes where volunteers provide short breaks**

Befriending normally involves a paid worker or volunteer assisting someone with care and support needs to have access to activities, for

example going to the cinema, meeting friends, shopping, swimming and other such leisure pursuits. Befriending can be on a one-to-one basis or as part of a group. Befriending services are available throughout Argyll and Bute. You can make a self-referral to your local befriending service or for additional information or for support to make a referral contact your local Carer Centre or HSCP Social Work Department on 01546 605517.

### **Day care**

We have day care resources within Argyll and Bute which are typically based in a community building and provided by a local authority, HSCP or voluntary organisation. The degree of flexibility varies; most are characterised by fixed opening hours on particular days; some offer a drop-in service whereby people can attend for part of the day only. Day care is not generally provided for short breaks or respite purposes but services which offer more flexible arrangements, designed around the needs of both the client and carer, can achieve this purpose. Day care services are subject to charges in that transport costs will have to be met and the cost of meals where provided will be charged. However if an individual wants to take their own food no charge will be levied in relation to the preparation/heating of personal food items as this will be identified as replacement care.

### **Alternative breaks**

Increasingly, with the development of Self-directed Support (SDS), more people are finding creative ways to take a break that don't necessarily involve external services. For example, they might use leisure equipment, computers, gardens or anything else that may provide a break from normal routines. In addition to this Argyll and Bute have a telecare service which may support you as a carer to leave your home safe in the knowledge that if required the person you care for can contact services for support with the push of a button. Responders can be yourself or anyone you have identified as an additional responder should you not be available. In conjunction with this service an emergency day response service or overnight service may be available in within your local area. There is a charge linked to the telecare equipment but any support provided as a result of utilising the telecare service may not be chargeable. Information



regarding these services can be gained by contacting your local HSCP Social Work Department on 01546 605517.

## **Eligibility**

Within the Carers (Scotland) Act 2016 the Scottish Government has placed a responsibility on each local authority or HSCP to set its own Eligibility Criteria. The Eligibility Criteria adopted by Argyll and Bute HSCP was produced by the National Carers Organisation and has been identified by the Scottish Government within their Statutory Guidance. It is based on specific risk areas of a carer's life rather than the priority of needs which forms the basis of other social work provision.

To ensure you receive the right support, at the right time and in the right manner we will work with you to explore:

- The impact caring has on your health, wellbeing, employment opportunities as well as your chances to socialise
- Your relationship with the person you care for (or your wider family) and explore if these relationships are becoming difficult
- The amount of time you spend caring each week
- How long it has been since you last had a break
- If you are the only person caring and if you care for more than one person
- Your ability to make arrangements to take a short break with support.

Some of your identified personal outcomes may be achieved through accessing universal services. Universal services are those which are provided to the public in general (e.g. Carer Centre support organisations or group meetings, leisure and recreation facilities, dedicated support groups or neighbourhood networks).

Where you do not meet the eligibility criteria for a short break provided through statutory supports, you may be able to access a short break provided by one of our partner Carer Centres or respite organisations.





## Charging Policy

### Indication of charges (and waivers)

The Eligibility Criteria set by Argyll and Bute HSCP will determine if you should receive support from statutory services or be referred to one of Argyll and Bute's partner organisations for preventative support.

Services or supports which are provided directly to you as a carer to support you in continuing with your caring role where you wish to do so, should not be subject to a financial assessment or be charged for. Services which are provided direct to the person you care for will still be subject to Argyll and Bute's current Community Based Charging Policy.

If you no longer wish to continue with your caring role or can no longer provide support to the person you care for, Argyll and Bute HSCP have a duty to provide support to the cared for person utilising the current Community Based Charging Policy.

## **Further Information**

### **What help is available to me as a carer if I don't want to involve social work?**

There are four Carer Centres in Argyll and Bute run by charitable organisations. Using the same risk matrix and eligibility criteria as the Health and Social Care Partnership the Carer Centres may be able to provide you with information regarding local respite facilities or short break opportunities, supports or assistance. Based on your identified risks within your personal life and your personal outcomes they may also assist and support you to have some respite or a short break. They can also help you gain access to possible supports or services by engaging with the Health and Social Care Partnership if statutory supports are indicated, but only if you wish. You can contact the Carers centres at:

#### **Dochas Carers Centre**

50 Campbell Street,  
Lochgilphead,  
PA31 8JU  
Tel: 01546 600 022  
Email: [enquiries@dochasfund.org.uk](mailto:enquiries@dochasfund.org.uk)  
Web: [www.dochasfund.org.uk](http://www.dochasfund.org.uk)

#### **Helensburgh and Lomond Carers SCIO**

Lomond House, 29 Lomond Street  
Helensburgh  
G84 7PW  
Tel: 01436 673 444  
Email: [admin@helensburgh-carer-support.org](mailto:admin@helensburgh-carer-support.org)  
Web: [www.helensburgh-carer-support.org](http://www.helensburgh-carer-support.org)

### **North Argyll Carers Centre**

Albany Street,

Oban

PA34 4AL

Tel: 01631 564 422

Email: [info@northargyllcarers.org.uk](mailto:info@northargyllcarers.org.uk)

Web: [www.northargyllcarers.org.uk](http://www.northargyllcarers.org.uk)

### **Crossroads North Argyll**

Albany Street

Oban.

PA34 4AL

Tel: 01631 562277

Email: [info@crossroadsna.org.uk](mailto:info@crossroadsna.org.uk)

Web: [www.crossroadsnorthargyll.co.uk](http://www.crossroadsnorthargyll.co.uk)

### **Crossroads and Carers Centre**

(Cowal and Bute)

61/63 Argyll Street,

Dunoon,

PA23 7HG

Tel: 01369 707 700

### **Who to contact for more information.**

To request further information you can visit your local Social Work Office or request additional information by ringing 01546 605517 where you will be directed to the social work department in your area. In addition to this, if you are able to utilise the internet you can access information online at one of the above individual Carer Centres or further information from the HSCP can be found at: <https://www.argyll-bute.gov.uk/social-care-and-health/support-carers>

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