



# **Aberdeen City**

# **Short Breaks Services**

# **Statement**

*“A Life Alongside Caring”*

**December 2018**

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## 1. Background

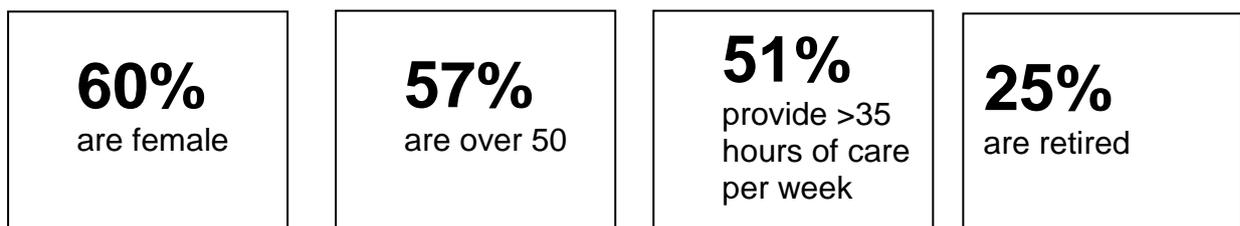
On 1<sup>st</sup> April 2018 the Carers (Scotland) Act 2016 came into effect. The Act aims to give adult and young carers new rights, whilst bringing together all the rights carers currently have, under one piece of legislation.

The Carers (Scotland) 2016 Act defines a carer as an individual who provides or intends to provide care for another individual (the cared-for person). A Young Carer is someone who is under the age of 18 (or over 18 but still at school). An Adult Carer is someone who is 18 years old or over (and not a Young Carer).

For the purposes of this Short Break Services Statement the term carer is used to refer to both adult and young carers. Where relevant, specific reference will be made to either adult or young carers.

Anyone can be an adult or young carer and the care they provide can take a variety of forms and be for one or two hours a week up to a 24/7 role. In Aberdeen City it is estimated that there are up to 38,000 carers, 1,300 of which could be Young Carers, yet currently only a small percentage of those are known to carer services.

Of the total number of carers in Aberdeen it is estimated that: -



In April 2018 Aberdeen City published its first Carers Strategy, A Life Alongside Caring. The strategy sets out how the Aberdeen City Health and Social Care Partnership (ACH&SCP) and the Integrated Children's Services Partnership (ICSP) intend to deliver the requirements of the Act particularly in relation to:

- identifying both adult and young carers
- understanding the care that they provide and their support needs
- providing comprehensive and easily accessible information on the type of support available as well as how and where to get it.

The strategy is available on the partnership's website using the following link: -

<https://www.aberdeencityhscp.scot/globalassets/carers-strategy---march-2018.pdf>

During the development of the strategy we sought the views of carer and other relevant stakeholders across Aberdeen. The two things that adult carers said would have the most impact upon their caring role were: -

The provision of regular and appropriate respite

The cared-for person themselves receiving adequate services in their own right.

Our survey of carers indicated that: -



72% of carers felt that their mental health and wellbeing had suffered as a result of their caring role;



65% said they felt more lonely or isolated because of their caring role;



56% advised they have experienced difficulties in their relationship with the person they care for.

Aberdeen City Carers Strategy recognises these challenges for adult and young carers and values the support they provide. It seeks to respect carers, to listen to them and involve them in the care provided, not only to the cared for person but also to themselves. In addition, the strategy aims to support carers to identify themselves as carers, to manage their caring role and to be able to have a life alongside caring should they choose.

In line with the strategy and with the requirements of the Carers (Scotland) Act 2016, Aberdeen City is now publishing their Short Breaks Services Statement (SBSS). The Statement gives information about the short breaks services available locally and across Scotland for carers and the person or people they care for.

The aim of the Statement is to help carers and people with support needs understand:

- What short breaks are
- Who can access them
- What short breaks are available in their local area and in Scotland
- How they can access short breaks and find further information
- Whether there will be any charge for these

The content of this Short Breaks Service Statement has been informed by what carers have told us in our consultation around the Carers Strategy and other development work. It will continue to be reviewed in light of feedback.

The Short Breaks Service Statement will also signpost carers to information we expect to be available for them locally. This provides information on what services carers and the cared for person can expect from a range of local agencies, including education, health and social care. Knowing what is out there gives carers more informed choice and involvement in planning their own support.

## 2. Purpose

Section 25 of the Carers Act requires us to ‘consider in particular’ whether our duty to support carers ‘should take the form of or include a break from caring’ and to ‘have regard to the desirability of breaks from caring being provided on a planned basis.’

Based on what carers told us whilst we were developing the strategy, we know that offering breaks from caring will help both young and adult carers. The provision of regular and appropriate respite was one of the two top things carers identified as being something that would have a positive impact upon their caring role. The term “Respite” has now been replaced by “Short Break”. Personalised breaks from caring can help improve the mental wellbeing of the carer, the relationship they can have with their cared for person and, if the right break is planned, help minimise those feelings of loneliness and isolation that were reported to us.

The purpose of this Short Break Services Statement is to provide information to carers and cared for people so that they;

- know they can have a break in a range of ways.
- are informed about short breaks that are available.
- have choice in the support they access.
- can identify what a Short Break means both for them and for the cared for person
- supports them to plan to meet their needs and achieve their outcomes.

In line with the title of our strategy, we want the Aberdeen City Short Breaks Services Statement to give both adult and young carers **a life alongside caring** should they wish this. We are committed to valuing our carers, listening to them and providing them with tools to manage their caring role and to continue with this if that is what they want to do. We recognise that short breaks will be **personal** to each and every carer and their own individual caring experience. We are committed to ensuring that there is a **range of choice** of short breaks for carers and we will work with in-house staff and external service providers to ensure this is the case. We are also keen to work with carers themselves in sourcing their own personalised short break if that is not already available within existing provision.

We recognise that the primary concern of an adult or young carer is normally the person they care for and, with that in mind, when discussing or planning a short break for a carer we will also ensure there is detailed discussion of the **impact** that short break may have on the cared for person and what arrangements for replacement or additional care, if required, will be made.

### 3. Definition

Whilst the Carers Act requires us to publish a Short Breaks Services Statement, short breaks are not new, they are being provided currently albeit this tends to be in the form of traditional residential based “respite”. The Short Break Services Statement is a formal recognition of the importance Aberdeen City places on short breaks and their value to carers.

The Adult Carers Support Plan and Young Carers Statements provided under the Carers (Scotland) Act 2016 allow carers’ personal outcomes to be identified, which in turn allows a decision to be made on whether a short break is appropriate to meet these outcomes and, if so, the most appropriate form that short break should take. In the case of young carers, the short break should allow the right of the young carer to be a child first. Short breaks can take any number of forms and can be for short or extended periods. They should be personalised to meet carer’s needs and be planned around what matters to them. As such, short breaks can be very varied and will mean different things to different people.

Short Breaks are planned breaks that allow carers to have a break from their normal caring routine or role. We also recognise that adult and young carers can need access to support if they need alternative arrangements to be made for their cared for person to be looked after in an emergency at short notice. Emergency plans to deal with such situations are not Short Breaks. These should be considered at the point that the Adult Carer Support Plan or Young Carers Statement is prepared. This should minimise the stress that can be generated by emergencies and will be particularly important for any carers that are at increased risk due to their own health or caring circumstances.

The Carers (Scotland) Act 2016 states that all charges for services provided to carers to meet that their identified personal needs as detailed in their Adult Carer Support Plan or Young Carers Statement should be waived. Aberdeen City have also published Local Guidelines on the Waiving of Charges for Services to Carers which provides more detail on this.

Aberdeen City’s definition of a short break: -

***Short Breaks can take any number of forms in order to meet the carer’s needs. The purpose is for carers to have a life outside of 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 should help to sustain the caring relationship.***

## 4. Types of Short Breaks

The following list gives examples of the different ways that breaks can be provided. There may be eligibility criteria attached to these. The Shared Care Scotland Directory provides some examples of these <https://www.sharedcarescotland.org.uk/>.

### Breaks in specialist/dedicated accommodation

The accommodation, which is only used for short breaks, might be guest houses, community flats, purpose-built or adapted accommodation. Depending on the group catered for, facilities may be able to offer specialist care.

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

Some care homes 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.

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

These involve overnight breaks provided by paid or volunteer carers in their own home. These are sometimes referred to as shared care, family based or adult placement schemes. Families or individuals offering this support are carefully recruited and registered.

### 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 overnight. The purpose may be to provide support while the carer is away, or to support the carer in other ways, e.g. by enabling the carer to have an undisturbed night's sleep.

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

These opportunities might focus on a particular activity (e.g. sports clubs, leisure activities) and 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 disabled children, they may be planned over the school holidays. The availability of adapted equipment or trained workers can help people with support needs to enjoy these activities.

### Holiday breaks

These include opportunities for people to have a short break together, or independently. These 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 support or equipment. More mainstream breaks may also be possible with the support of a paid carer or companion.

### 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.

### Day care

Day care is typically based in a community building. 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 break or respite purposes but services which offer more flexible arrangements, designed around the needs of both the client and carer, can achieve this purpose.

### Hospital/hospice-based break

This type of break is for people who need medical supervision because of complex or intense health care needs. Some facilities are designed in such a way to create a homelier environment with guest bedrooms, lounges and activity programmes. Some short-term hospital-based care provides a break for the carer.

### Alternative breaks

Increasingly, with the development of Self-directed Support, 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 provides a break from routine.

## 5. Replacement care

Replacement care is a shorthand term to describe the care provided to the cared-for person, which replaces care normally given by the carer and which is provided as a form of support to the carer so that they can have a break from caring. Replacement care could be provided by family, friends or existing community support or, depending on need, it may be day or overnight attendance at a specialist care establishment. It is not necessary for the care provided to the cared-for person to be a like-for-like replacement for the care usually provided by the unpaid carer. There will be circumstances where the unpaid care usually provided by the carer cannot be exactly replicated by paid care.

Aberdeen City Health and Social Care Partnership commissions and provides care known as “Respite” which currently, mainly takes the form of residential stays in care homes or similar establishments typically for a number of weeks sometimes in blocks, and sometimes spread out over the course of the year. The definition of Respite is “a short period of rest or relief”. It is thought that much of the Respite being commissioned or provided is, in fact, replacement care. This, however, cannot be definitively determined without a carer having their needs and personal outcomes identified through the adult carer support planning process and subsequently having those needs assessed as eligible.

Aberdeen City will seek to promote ***different ways*** that statutory services can help carers to access a break from caring. Sometimes replacement care will enable a carer to access a universal service, so no extra Short Break funding will be needed. Sometimes replacement care will be needed to enable access to a funded break from caring, and sometimes a formal, funded break for the carer won't be needed if the right care is given to the cared-for person. We believe that following the spirit and principles of the Carers (Scotland) Act 2016 will provide the best chance of getting it right.

## 6. Example Short Breaks

Below are some example short breaks that current carers told us about. We hope they will prompt other carers to determine the short break that is right for them.

### Tiffany's family

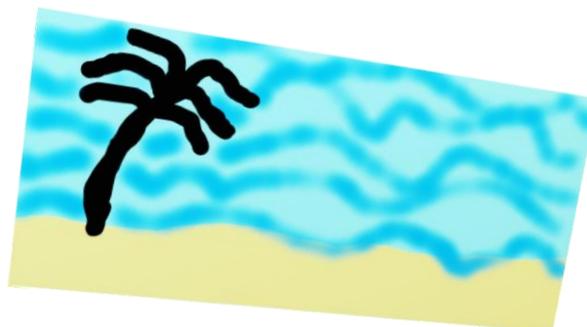
We are Kerri and Lee and we are parents of Tiffany who is 20 with a moderate/severe learning disability and autism. Her behaviour can be challenging when she gets anxious or her routines change. Tiffany lives at home with us and we are her main carers. She is an only child. Archway had supported Tiffany as a child and although they continued to offer respite as she got older they struggled to manage her needs and behaviours. Often stays were cancelled last minute due to staff not being available to provide the one to one support or we were called to collect her in the middle of the night as it was felt it was no longer safe for Tiffany or others. Overall the decision was taken that traditional respite of this form did not work for Tiffany leaving us to take solely responsible for supporting her. Over time this has taken its toll. We are exhausted, are both on medication prescribed by our GP, and our work and our finances have suffered as a result.

Tiffany's grandfather and his partner agreed to take Tiffany away to a hotel for 3 nights. The room cost was met through a direct payment. Not only did we get to have a much-needed break, but her grandad has got to know her better and has learned how best to manage her when she is anxious or displaying challenging behaviour. Without this break there was a high risk of us not being able to continue to care for Tiffany which would have had a devastating effect on the entire family. We are delighted that a regular break has been assessed as essential for us and that the cost of this will be funded.



## Anne

My name is Anne and I care for Andrew who is 21 and has a learning disability in the mild/moderate range. He also has a diagnosis of Autism Spectrum Disorder and ADHD. I fostered Andrew when he was a child and I now support him in my home 24/7 and assist him with most aspects of his life, including finances, personal care, social support, medication and safety. Andrew can be a very intensive and loud individual who can also wake during the night and early hours of the morning. I used to get a break from caring for Andrew whilst he was a school but when he became an adult I lost this. The initial transition did not go well, mainly due to the change of workers. Initially, my son, Mark, was funded to provide support to Andrew each Tuesday and alternate weekends. This enabled me to have regular short breaks to do my own thing and have a rest from the intensity of supporting Andrew. Without these short breaks I would not have been able to carry on caring for Andrew. Subsequently, in addition, Andrew now gets 3 full days at a Day Centre. This gives me a slightly longer break, sometimes for a week or so to enable me to enjoy a holiday once in a while to help recharge my batteries. A friend of mine, who works in the social care sector and has previously supported Andrew, now receives one off funding to support Andrew at home while I go on holiday. I have taken Andrew on holiday; however, this is not a break for me as I still have to provide that intensive support while we are away. The short breaks enable me to continue my caring role which all parties are agreed is in Andrew's best interest. Not only are the short breaks in Andrews best interest and more flexible than traditional respite but they also represent best value in the long term. Without them Andrew would have to go into residential care.



## Jack's family

Our son Jack has a rare genetic brain disorder and as a result he requires total care and support with every aspect of his life. Jack can't speak or move by himself and is wheelchair bound. Jack is fed by a tube and has epilepsy. Despite all of this Jack is a happy young man.

Having Jack in the family means that sometimes plans need to be changed at the last minute. It is also very difficult to plan outings in advance. Even when we do go out, half the house – various medications, equipment and so on - has to come with us.

The respite provided by Archway has been an important part of our support over the last 10 years. It's a lifeline for our family. Jack requires 24-hour care and we get anxious at the thought of putting him into someone else's care, so it's a huge relief to know there are specially trained staff, who we know and trust, on hand to help whenever we need. This gives us confidence to enjoy our break, knowing Jack is happy and well cared for. As time has gone on we have learned to enjoy our respite time more and more.

Life is usually very routine and unspontaneous for us and being able to have respite is amazing. We know that even if things have been very tiring and hard at home there is a break just around the corner. We can plan to go away for a few days on our own or on holiday and spend uninterrupted time with our other children. We can organise activities that would be impossible if we had Jack with us. It allows us to experience "normal" life for short periods of time, catch up on some sleep and gives us the ability to do spontaneous things every now and then. Although Jack can't tell us, I think he enjoys the break from us too!



## Scott

I have cared for my wife for 20 years and had never thought of seeking assistance with that. Through discussions with the VSA Carers Service, I was told about the Short Breaks funding. I applied and was awarded some funding. I didn't really want a break away from caring for my wife, but my caring role has meant that I had not been paying attention to keeping my fitness levels up and I wanted to regain some of my former fitness, to make a positive change and to be able to run to fundraise in support of charities. I researched what support was available. I needed somewhere local where I could train early in the morning so that I could still be home to help my wife get up. I wanted the training to also positively stimulate my mental wellbeing and energy levels and provide the basis for future activity that I could continue on my own at home. I also wanted dietary advice. I joined a local fitness centre and was allocated a Personal Trainer who developed a training and nutrition programme for me. Not only am I following this and already seeing the positive benefits – I am actually enjoying it. My wife and my family have remarked on the difference it has made. I have successfully completed fundraising runs for Marie Curie and Clan Cancer Support. I got a Personal Best time in the Stroke Association Resolution Run!



## Dylan

My name is Dylan. I am fifteen years old. I live with my mum and little sister. My mum has MS which means that some days she can't walk. At home I help look after my mum and my little sister. Sometimes I don't mind but sometimes I get pretty fed up and want my little sister to do more. I kind of know it's not her fault because she is nine years old, but I just feel like everything is on my shoulders.

In the house I do cleaning jobs but also personal tasks like helping mum to get up and get dressed. My mum's carer only comes for a little bit each day.

I don't really go out with my mates and I never invite them over to mine. I don't think anyone at school would understand. I find it difficult to find the time and energy to do my homework. I know I can be difficult at school, but I just get really frustrated with everything.

I met with guidance teacher at school and she asked me about how everything was at home because I didn't seem to be happy at school. I was able to explain my situation to her. She said it sounded like I needed a break from things and time to just be me. It was difficult to accept this at first, but I knew she was right. She told me about something called a Young Carers Statement. Together with my mum, my auntie and mum's carer we worked out a plan to help me.

Now my little sister goes to a summer club at Sport Aberdeen in the holidays, so I don't need to look after her all day. It means that I can go out with my mates for a few hours and my guidance teacher signed me up to football coaching once a week when mum's carer is in. I used to just play the Xbox on my own but at football coaching I have made a couple of mates. My guidance teacher planned some time during my school day to unwind and listen to my music and catch up on homework. I feel a lot less tense knowing I can escape to a quiet space in school when it gets too much. My Guidance teacher has also applied for me to go to Adventure Aberdeen to do some climbing as part of my timetable. Once a month my auntie visits my mum and my uncle takes me to the cinema now. It feels good knowing I have time planned to just do 'normal' stuff that my mates do. I have started to feel more like me again.



## Sarah

My name is Sarah and I am 12 years old. Last year my mum lost her eye sight. I have been a carer for a year for my mum and it changed my life overnight. Before, I could go out with my friends most days but now I often can't go out because I have to help mum, make the dinner and tidy up. Most of my friends are going out lots and having sleepovers. I love my mum but caring for her has stopped us doing fun things together like we used to. When I was little we used to go on trips together all the time. It was fun, and I miss that.

When my guidance teacher met with me to discuss my Young Carers Statement I told him how I felt about missing doing fun stuff with my mum and not spending time with my friends. He spent time with me and my mum to plan to make things better. He applied for a small grant from the council, so mum and I could go for a weekend in Edinburgh like we used to. Mum and I laughed and giggled for the whole train journey.

Together we planned for me to go to my best friends sleep over. I really enjoyed it, so we planned to have a pyjama party once a month and my granny will stay with my mum, so I don't need to worry about her. Having these short breaks has helped my relationship with mum.

## 7. Outcomes

As part of the preparation of both Adult Carer Support Plans and Young Carers Statements the carers wellbeing needs, and outcomes will be identified. Any planned Short Break should be relevant and proportionate to the needs identified.

Short Breaks can make a huge difference not only to carers, but also to the people they care for and to others who can be affected by the caring role. They can provide a change of scene, an opportunity to relax and recharge batteries, the chance to socialise or simply time for the carer to attend to their own needs whether that is shopping, exercising, having a massage or a haircut. If the carer is a parent, a short break can offer the time to spend with other children or their partner. For young carers, a short break can allow them to be with their friends and be a child first. Short Breaks could include the cared for person but with additional help so that the carer is not required to undertake their normal caring duties and can enjoy the time they spend with the cared for person as a husband/wife, son/daughter, friend rather than as their carer.

Outcomes from short breaks should be improved health and wellbeing for the carer whilst the cared for person continues to receive the care they need. Short Breaks should ensure that the caring role can continue if that is what the carer wants. Whether Short Breaks are regularly planned events or a one-off occurrence the outcome is to support the carer's resilience in all aspect of their caring role.

Our Short Breaks Services Statement will ensure that, through outcome-focused conversations, carers will be supported to make informed choices about the need for and potential benefits of a Short Break. The outcomes of a break will be personal to each carer and cared-for person, but may include:

- Having more opportunities to enjoy a life outside/alongside the caring role
- Feeling better supported
- Improved confidence (for example, more confident as a carer)
- Increased ability to cope
- Reduced social isolation and loneliness, for example increasing social circles, connections and activities
- Increased ability to maintain the caring relationship - and sustain the caring role
- Improved health and wellbeing
- Improved quality of life
- Reduced likelihood of breakdown and crisis
- Improved educational attainment
- Reaching positive destinations post school leaving age

## 8. Support available

This chapter provides information on what support is already available however this is currently limited. Short Breaks should be personalised to the individual therefore it is impossible to list every permutation of a Short Break. As more and more carers design their own Short Break we will seek to add to the bank of examples and also to the list of support available.

### **Local short breaks services.**

Currently Aberdeen City Health and Social Care Partnership commissions traditional residential based respite services. For Older People these are provided by existing commissioned Care Homes. Details can be obtained from Care Management. For Adults, Archway is the main provider and their website is [www.archway.org.uk](http://www.archway.org.uk).

Integrated Children and Family Services is currently in the process of commissioning a Young Carers Support Service to support current universal and targeted provision. It is anticipated that this service will be operating in January 2019 to promote the rights of Young Carers through provision, protection and participation. The service will support Young Carers and in addition, help develop interests and activities out with the caring role and co-ordinate and develop a support network. The service will support assessment of needs and planned interventions, inclusive of Short Breaks which may take a variety of forms.

Integrated Children's Services is also in the process of establishing a small grants fund for Young Carers. Applications will be assessed on a needs basis for those Young Carers who have a Young Carers Statement. Small grants will support Young Carers in accessing Short Breaks, whether that be to support regular costs of an activity such as, fees or equipment or a family activity/trip, for example.

### **Links to local sources of information and directories,**

An Adult Care Support Service is commissioned from Voluntary Services Aberdeen (VSA). The link to their website is provided below: -

<https://www.vsa.org.uk/carers-and-support-people/>

The Family Information Service (FIS) provides free, comprehensive and up-to-date information and advice about all services for children, young people and their families in Aberdeen. The directory of services is for parents, carers, young people and professionals. There is a specific area within FIS dedicated to Young carers, populated with relevant services including services which will support the planning of Short Breaks. These range from activities to childcare services. Details of what is available is on a dedicated page on the FIS website. The link to this is: -

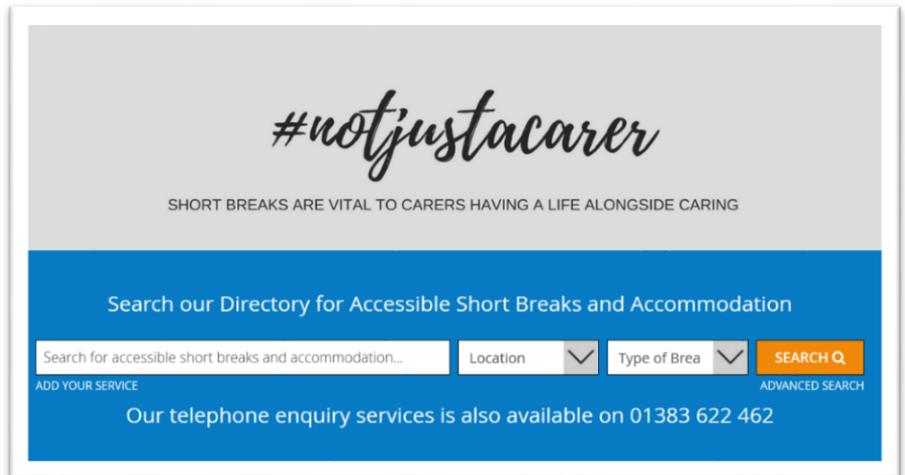
[https://live.cloud.servelec-synergy.com/Aberdeen/PublicEnquiry\\_FS/SynergyEnglishHome.aspx](https://live.cloud.servelec-synergy.com/Aberdeen/PublicEnquiry_FS/SynergyEnglishHome.aspx)

## Links to national Short Break websites and databases

### Shared Care Scotland <https://www.sharedcarescotland.org.uk/>

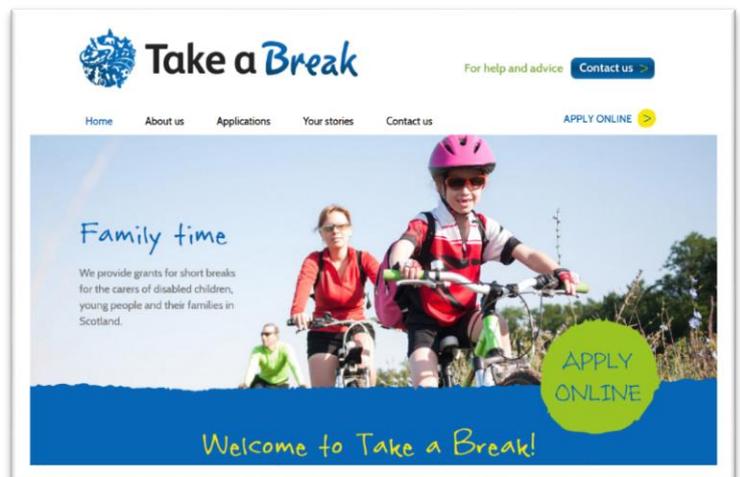
This website contains a searchable directory of short breaks. Anyone wishing to list a short break service can log in to do so.

This website also provides information on '[Time to Live](#)'<sup>1</sup>, a set of small funds available in every Local Authority area, along with a [database of funding sources](#)<sup>2</sup> for short breaks.



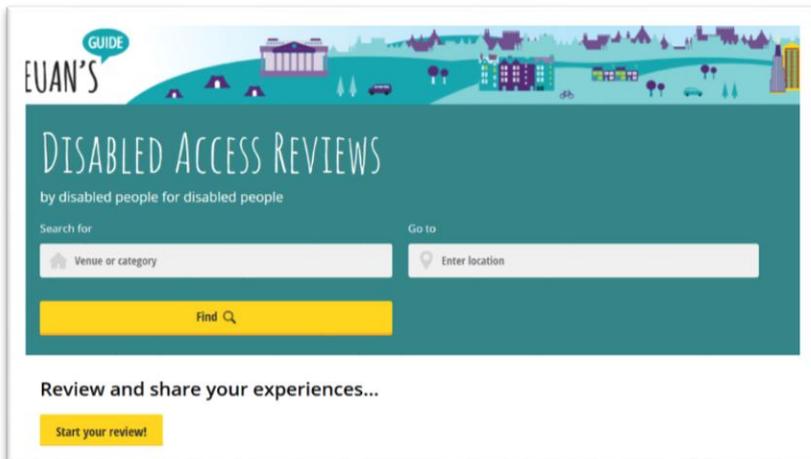
### The Take A Break website <http://takeabreakscotland.org.uk/>

Take a Break is Scotland's short breaks fund for carers of disabled children, young people and their families. Take a Break grants can be used for a break away, towards leisure activities or outings; sports equipment and more.



<sup>1</sup> <https://www.sharedcarescotland.org.uk/shortbreaksfund/timetolive/>

<sup>2</sup> <https://www.sharedcarescotland.org.uk/funding-your-break/>



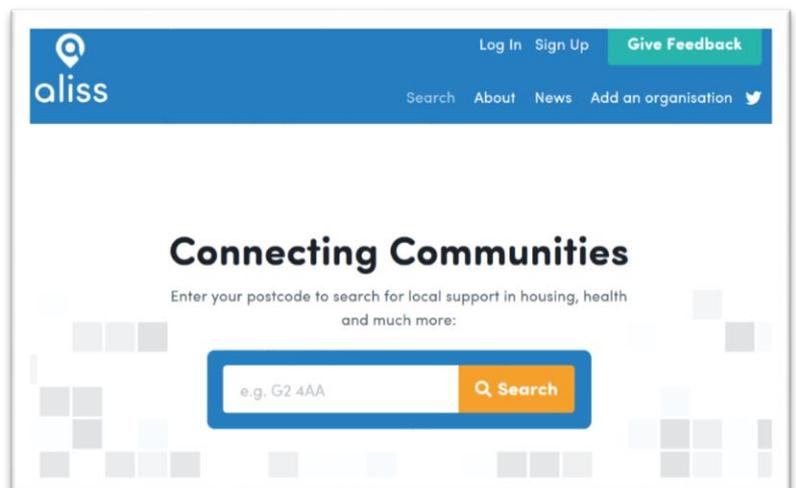
## Euan's Guide

<https://www.euansguide.com/>

Euan's Guide is the disabled access review website that aims to 'remove the fear of the unknown' and inspire people to try new places. The cornerstone of Euan's Guide is its community of independent reviewers, who share their photos and experiences of restaurants, hotels, train stations, attractions and anywhere else they may have visited.

## ALISS <https://www.aliss.org/>

ALISS (A Local Information System for Scotland) aims to increase the availability of health and wellbeing information for people living with long term conditions, disabled people and unpaid carers. It supports people, communities, professionals and organisations that have information to share.



## 9. Eligibility

In April 2018 Aberdeen City published its local Carer's Strategy entitled A Life Alongside Caring and this is available on our website.

<https://www.aberdeencityhscp.scot/globalassets/carers-strategy---march-2018.pdf>

In May 2018 Aberdeen City published its Adult Carer Support Planning and Eligibility Criteria for Carers and this is available on our website:-

<https://www.aberdeencityhscp.scot/globalassets/eligibility-criteria-for-carers-achscp-april-2018.pdf>

These documents provide more detailed information on our general approach to providing support to carers, the process of undertaking adult carer support planning, what criteria is used for determining eligibility for funded services and guidance on what services will be chargeable.

As a result of our strategy we want carers in Aberdeen to be able to say that: -

- They are supported to identify as a carer and to access the information they need
- They are supported as a carer to manage their caring role
- They are respected, listened to, and involved in planning the services and support which both they and the person they care for receive.
- They are supported to have a life alongside caring if they choose to do so.

Short Breaks should be planned after an outcomes focused conversation, the identification of personal needs and outcomes and the development of an Adult Carers Support Plan or Young Carers Statement. The process for undertaking these is described in both flowchart and text form in the Adult Carer Support Planning document which also details the Eligibility Criteria and Thresholds that are used to determine eligibility.

There are 7 indicator areas used to assess impact and risk, these are: -

1. Health and Wellbeing
2. Relationships
3. Living Environment
4. Employment and Training
5. Finance
6. Life Balance
7. Future Planning (including planning for emergencies)

There are 5 thresholds of impact and risk: -

1. No impact – no risk
2. low impact – low risk
3. moderate impact – moderate risk
4. substantial impact – substantial risk
5. critical impact – critical risk

We will work with carers to assess the impact and risk on their caring role in relation to each of the 7 eligibility indicators. In addition we will take into account: -

- The amount of time spent caring each week
- How long it has been since they last had a break
- If they are the only person caring and if they care for more than one person
- Their ability to make arrangements for a Short Break with support.

Funded support will only be provided to carers where the caring role has substantial or critical impact. Some carer's outcomes may be achieved through accessing universal services. Universal services are those which are provided to the public generally (e.g. leisure and recreation facilities, support groups, neighbourhood networks). Where this is not possible or appropriate, Self-Directed Support (SDS) funding may be offered to provide access to short breaks and/or replacement care.

If a carer is eligible, an individual budget will be identified based on their individual needs. Carers will be supported to identify their own skills and resources and to look at different ways to improve their life, using the resources identified and the individual budget. Once all this is agreed, carers can choose from four options as to how much control and responsibility they want to take.

1. Direct Payment (a cash payment) where the carer chooses how the budget is used and they manage the money.
2. The carer directs how the budget is used, but the money is managed by someone else (sometimes called an Individual Service Fund).
3. The carer asks the Council to choose and arrange services for them.
4. The carer can choose a mix of these options for different types of support

Cross referencing with the cared for person's support plan and funding arrangements needs to be made. Providing additional or alternative support to the cared for person may meet, or partially meet the carers outcomes.

## **10. Charging policy**

In September 2018, Aberdeen City published Local Guidelines on the Waiving of Charges for Support to Carers and this is available on our website.

Charges are waived if a Short Break directly benefits the carer's outcomes as identified in the Adult Carer Support Plan or Young Carer Statement. This is important because short breaks will often benefit carers and the cared-for person.

## **11. Feedback and further information**

This Short Breaks Services Statement will be reviewed one year after it is implemented i.e. in January 2020. Not only will this be a refresh of the information and the links contained within the statement, but we will also review local and national case studies to ensure our statement is covering the most up to date practice and that carers are aware of this. We will involve carers and cared for people in the review.

You can feedback on this statement or obtain further information via [ACHSCPEnquiries@aberdeencity.gov.uk](mailto:ACHSCPEnquiries@aberdeencity.gov.uk)