

Edinburgh Health & Social Care Partnership

Carer (Scotland) Act 2016

Short Break Services Statement

Working together for a caring
healthier, safer Edinburgh



Edinburgh Health and Social Care Partnership



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Short Break Services Statement

1. One Minute Guide

This Statement is required by the Carers (Scotland) Act 2016. It gives information about the short breaks services available locally and across Scotland for unpaid carers and the person or people they care for.

Carer

A Carer is 'A person of any age who provides, or intends to provide, unpaid help and support to a relative, friend or neighbour who cannot manage to live independently without the Carer's help due to frailty, illness, disability or addiction'. (Scottish Government 2016)

A Young Carer is a Carer who is under 18 years old or is 18 years old and is still at school.
A young adult carer is aged between 16 and 29 years.

What is meant by a Short Break?

The purpose of a 'short break' is to support all carers to have a life outside of and/or alongside of their caring role and short breaks should also help to support their health and wellbeing. For young carers, accessing a short break reflects their right to be a child first (rather than being a carer first with a life alongside caring).

A short break is planned around what is important in your life. This can be innovative and creative.

We recognize that everyone is an individual and therefore the type of short break needed will vary from person to person.

Carers will be supported to identify the need for a short break and what the potential benefits of their short break maybe. The outcomes of a break will be personal to each carer and cared-for person, but may include activities that improve your health and wellbeing and give you opportunities to have a life outside caring.

A carer can choose to have an adult support plan or a young carers statement. Carers will be involved in completing their plan which will identify ways that can help support them through short breaks. There are a range of options which carers can access for short or longer breaks.

Short breaks for carers in Edinburgh can be accessed through a range of organisations as well as the Edinburgh Health and Social Care Partnership.

You can view what support is available to Carers in Edinburgh by visiting this link www.edinburgh.gov.uk/info/20077/carers or by requesting a copy of the Short Breaks Services Statement from a range of carer organisations or the Integrated Carers Team on 0131-536-3371.

There may be a cost for a short break service. Some carers may need help and support to fund this. This will be discussed as part of the support plan. This may include Self Directed Support

options and in some cases, charges for carers to access short breaks can be removed. (Please refer to the full document for further details.)

For more information on unpaid carers in Edinburgh, the Joint Edinburgh Carers Strategy is available here www.edinburgh.gov.uk/info/20077/carers

"A few hours apart from the person you care for helps both parties to get space from one another. I feel I have had my batteries recharged, it helps a lot."

"Being away, even for 4 days, brings an element of perspective to my caring relationship. The knowledge that I can take a break makes a difference."

"A tool to survive"

"Time out for me, having fun, being with other carers, means everything to me."

"To give me strength"

Young Carer, aged 7

2. Background

This Statement is required by the Carers (Scotland) Act 2016. It gives information about the short breaks services available locally and across Scotland for unpaid carers and the person or people they care for.

A variety of short break options for carers have been available through the Health and Social Care Partnership (H&SCP) and Third Sector Organisations prior to the implementation of the Carers (Scotland) Act 2016 and these opportunities will continue to be available. Many of these options are funded by the H&SCP and one example of this is the short residential break for carers called [‘Stepping Out’](#) .

The financial resource to provide short breaks for carers has been increased by the Scottish Government through the Carers (Scotland) Act 2016. This means that additional funds of £198,000 per year, for the next five years until 2022/2023, will provide new short break opportunities for carers to support their health and well being. Details of how these funds will be used will be available in the Implementation Plan for the Edinburgh Carer Strategy.

Unpaid carers are people of any age, who look after a relative, friend or neighbour to help that person continue to live in their community. Caring situations vary greatly, and if you are unsure whether you are a carer, please do not hesitate to contact one of the organisations listed on pages 10-18. Caring roles can continue when the cared for person leaves their own home and moves into a care home or a residential setting and this situation should not prevent a carer from seeking support. Kinship carers can also access carer support organisations and short break services.

People can look after more than one person in their life-time and sometimes care for more than one person at the same time. Caring can be for a short or a long period of time.

Definition of ‘Carer’

Edinburgh City Health & Social Care Partnership has adopted the following as a working definition of a carer as set out in the Carers Act.

Carer

A Carer is ‘A person of any age who provides, or intends to provide, unpaid help and support to a relative, friend or neighbour who cannot manage to live independently without the Carer’s help due to frailty, illness, disability or addiction’. (Scottish Government 2016)

Young Carers

A Young Carer is a Carer who is under 18 years old or is 18 years old and is still at school. A Young Carer is more than just a Young person who provides unpaid care. They are Children and Young People first, with rights to live a full life and not miss out on childhood. Short Breaks have a role to play in ensuring Young Carers can benefit from the same experiences and opportunities as their friends and peers, and this Short Break Service Statement (SBSS) should reflect this.

Young Adult Carers

A Carer aged 16 to 29 who cares, unpaid, for a family member or friend with an illness, or disability, mental health condition or an addiction. Young Adult Carers are usually aged from 18 to 25. There are also important transition issues for this group of Carers, especially with regard to support for Young Adult Carers aged over 18.

Carers will be identified within all community care group settings and as such this policy applies to carers of older people, those with physical disabilities, learning disabilities, children with disabilities, people with addiction, with mental health issues and a range of long term health conditions.

What is a Short Breaks Statement?

Every Local Authority and/or Health & Social Care Partnership in Scotland is required to write a 'Short Breaks Services Statement, (SBSS), to help carers understand what short breaks are available for them, how they can be accessed and any eligibility criteria that may apply.

Carers have a range of legal rights including:

- The **Carers (Scotland) Act 2016** places a legislative requirement to provide support to Carers, including considering if a Short Break would help meet the Carer's outcomes. The Act also requires that a statement is published which sets out information about Short Breaks, including what services are available for Carers and the people they support is published.
- The **Social Care (Self-Directed Support) (Scotland) Act 2013**, Carers should be provided with information and advice about Self-Directed Support (SDS) options. If a Carer is eligible, staff must offer and explain a range of choices to you and the person you care for, about how support can be provided.
- The **Children & Young People (Scotland) Act 2014** places a duty on public services such as Social Work, Education and Health to identify Young Carers. These services must also work together to make sure that the Young Carers are provided with the required support

3. Purpose of Statement

The purpose of this SBSS is to provide information to carers and cared for people and professionals so that they;

- Know they can have a break in a range of ways
- Are informed about the short breaks that are available
- Have choice in the support they choose to access
- Can identify what a short break means for them
- Know they can be supported to find a break that meets their needs
- Can achieve the outcomes or results they would like from having a break
- Can access holistic support to deal with the life challenges they are facing

The content of this statement has been informed by what carers have told us in our consultation around the Edinburgh Joint Carers Strategy for 2018-2023 and other development work. The statement will continue to be reviewed in light of feedback.

The statement will also signpost you to information we expect to be available locally. This provides information on what services you 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 you more choice and therefore more control over what support is right for you.

4. What is meant by a Short Break?

The purpose of a 'short break' is to support carers to have a life outside and/or alongside of their caring role and short breaks should also help to support their health and wellbeing. For young carers, accessing a short break reflects their right to be a child first (rather than being a carer first with a life alongside caring).

Edinburgh Health and Social Care Partnership seeks to provide carers with a range of short break options which can be innovative and creative. A short break is planned around what is important in your life. We recognize that everyone is an individual and therefore the type of short break needed will vary from person to person.

A short break can also benefit the cared-for person and others (e.g. family members) and can help to maintain and sustain relationships.

For young carers, having a break from their caring role can allow them to build their self-esteem and confidence. It may also enable the young carer to try out new hobbies, interests and meet other people.

'Respite'

Sometimes, the term 'Respite' is used to describe a break from caring. Staff, partners and Carers feel the term 'Respite' is often associated with institutional services or emergency situations. 'Short Breaks' is a term more positive, broader and inclusive and captures the flexibility and creativity that you as Carers have told us matters to you.

This Short Break Services Statement focuses on planned breaks.

Quotes from local carers on what a short break meant to them:

"Being away, even for 4 days, brings an element of perspective to my caring relationship. The knowledge that I can take a break makes a difference."

"A few hours apart from the person you care for helps both parties to get space from one another. I feel I have had my batteries recharged, it helps a lot."

"Time out for me, having fun, being with other carers, means everything to me."

"I love going on the residentials because I always learn something new about myself and grow closer with the people I go with. I also receive life coaching which has helped me tremendously. BYC has helped changed my life for the better." Young Carer.

"A tool to survive."

5 Carer Outcomes

Carers will be supported to identify the need for a short break and what the potential benefits of their short break may be. 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 health and wellbeing
- ✓ Reduced social isolation and loneliness, for example increasing social circles, connections and activities
- ✓ Increased ability to cope
- ✓ Increased ability to maintain the caring relationship - and sustain the caring role
- ✓ Improved quality of life
- ✓ Improved confidence (for example, more confident as a carer)
- ✓ Reduced likelihood of breakdown and crisis.

In an Adult Carer Support Plan (ACSP) or a Young Carers Statement, (YCS) we will discuss what the carer's needs and outcomes are, and whether a short break could help meet those needs or outcomes. We believe it is important carers are given choice and flexibility about what form of short break is suitable for them. Breaks should be regular and sufficient to meet the needs of the carer.

Some examples of creative solutions that have been identified through ACSP's to offer a carer a short break through funding are:

- Swimming lessons
- Driving lessons
- An I-Pad
- Specialist massage
- A garden shed

A break may:

- Take place during the day or overnight
- Be for short or extended periods
- Involve the person with support needs having a break away from home allowing the Carer time for themselves
- Enable the Carer to have a break away from caring by temporarily providing replacement care, if required
- Allow the carer and the cared for person/family to have breaks together

It is also important that Carers have the opportunity to access a break at short notice when this is required due to an emergency situation, such as a crisis or a sudden deterioration in health of the person they are looking after. When Carers have an Adult Carer Support Plan or a Young Carer Statement completed, they will be asked whether they have emergency or future plans in place, and whether they need help with the completion of these. Having an emergency plan in place which includes options for emergency cover for the cared-for person can help make this process easier should an emergency break ever be required. If you need help in an emergency you can call Social Care Direct on 0131-200-2324 (Out of hours: Monday to Thursday 5pm to 8.30am weekends from Friday 3.55pm to Monday 8.30 am: 0800 731 6969)

6. Support Available

Some Carers will be happy and able to organise and fund a short break for themselves and/or the person they care for. Others may need some help and support to access services only available through social work services to fund a short break or to discuss options for appropriate short breaks. Please see Appendix 1 for a general list describing different ways that breaks can be provided.

Information about some of the short break services available nationally and in Edinburgh are listed in Table 1 below. There may be eligibility criteria attached to these.

1.1 National Organisations and databases

Organisation	What they offer	More information
Shared Care Scotland	This website contains a searchable directory of short breaks. Anyone wishing to list a short break service can log in to do so.	www.sharedcarescotland.org.uk
Euan's guide	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.	https://www.euansguide.com/
ALISS	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.	https://www.aliss.org/
Carefree Breaks	Carefree Breaks provides short breaks for unpaid carers in hotels and holiday cottages provided free of charge by owners in the low season.	https://www.carefreebreaks.com

1.2 Young Carers

Organisation	What they offer	More information
The Broomhouse Centre (Young Carers Project)	Groupwork and peer support for young carers for 2 hours per week throughout the year.	79-89 Broomhouse Crescent, Edinburgh, EH11 3RH

	<p>Residential breaks for young carers are provided six times a year. These range from three to five nights away.</p> <p>Open to young carers in the South West of Edinburgh ages 7-25.</p>	<p>0131 455 7731</p> <p>www.broomhousecentre.org.uk</p> <p>youngcarers@broomhousecentre.org.uk</p>
Edinburgh Young Carers Project	<p>Residential breaks for young carers aged 5-20 years old ranging from 1-4 nights away.</p> <p>Holiday activities during school holidays in the Easter, Summer and October holidays.</p> <p>A range of group activities are available to Young Carers within the project which can allow young carers to access a short break of a few hours on a regular basis.</p> <p>Open to Young Carers across the City.</p>	<p>Norton Park, 57 Albion Road, Edinburgh EH7 5QY</p> <p>0131 475 2322</p> <p>www.youngcarers.org.uk</p> <p>info@youngcarers.org.uk</p>
In Your Corner	<p>Open to Young Adult Carers, aged 18-25 years old across the City.</p>	<p>Norton Park, 57 Albion Road, Edinburgh, EH7 5QY</p> <p>https://www.cornerstone.org.uk/how-we-help/care-and-support?id=in-your-corner</p> <p>http://edspace.org.uk/service/in-your-corner/</p>

<p>North West Carers Centre</p>	<p>The Wi Rascals Project run support groups for young carers, from primary 1 to sixth year, twice per week.</p> <p>They offer one to one support as requested; drop in sessions as requested and also provide two residential breaks per year allowing young carers to access a trip away with other young carers.</p> <p>The project is open to young carers aged 5-18 years in the North West Edinburgh Area.</p>	<p>The Prentice Centre, 1 Granton Mains Avenue, Edinburgh, EH4 4GA</p> <p>0131 315 3130</p> <p>www.nwcarers.org.uk</p> <p>moira@nwcarers.org.uk</p>
<p>Positive Realities</p>	<p>Social Hub: A social group for young carers and young adult carers aged between 12-25 years to help meet new people, try new things and learn about building confidence, relationships and your future.</p> <p>Open to Young Carers across the City.</p>	<p>41 Old Dalkeith Road Edinburgh, EH16 4TE</p> <p>0749 6782436</p> <p>www.positiverealities.org</p> <p>megan@positiverealities.org</p>

1.3 Adult Carers

Organisation	What they offer	More information
<p>The Broomhouse Centre</p>	<p>The Broomhouse Centre provides three main options for short breaks for carers through their monthly support group which meets on a Tuesday; their Day Breaks programme which runs every three months and through their Peer Support service which runs monthly.</p> <p>Open to carers who live in the South West of Edinburgh.</p>	<p>79-89 Broomhouse Crescent, Edinburgh, EH11 3RH</p> <p>0131 455 7731</p> <p>www.broomhousecentre.org.uk</p> <p>adultcarers@broomhousecentre.org.uk</p>

<p>Care For Carers</p>	<p>Care for Carers provide a range of short break services to carers through their Stepping Out and Still Caring services.</p> <p>Stepping Out Breaks: A group based residential Short Break programme for carers offering a range of breaks across Scotland in different venues and settings.</p> <p>These organised and supported breaks vary from 1 to 4 nights away and are funded for carers to take part in. Some breaks are themed, focusing on subjects such as relaxation and meditation to astronomy and sciences.</p> <p>Still Caring is a programme of day and evening events/breaks for carers and take place in a range of venues, offering art, culture, music and other event options and experiences over the year. Some of the programme is planned to enable the carer to bring along the cared for person to specific events.</p> <p>All short breaks seek to support and improve carers health and wellbeing, enable carers to take part, have fun and socialise with others.</p> <p>Care for Carers are members of Shared Care Scotland Respite programme and Carefree breaks. Both these services offer carers on our membership list access to offers from hospitality providers. These offers provide the accommodation for free but the carer has to be able to fund their travel, catering, event and activity costs themselves. We can help carers to try to access funding to support their break where possible.</p> <p>Open to carers across the city.</p>	<p>St Margaret's House, 151 London Road, Edinburgh, EH7 6AE</p> <p>0131 661 2077</p> <p>www.care4carers.org.uk/Web_Pages/Stepping_Out.htm</p> <p>Jacqui@care4carers.org.uk</p> <p>ruth@care4carers.org.uk</p>
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Eric Liddell Centre	<p>Befriending service to adult carers on a weekly, fortnightly or monthly basis to reduce carer isolation and support carers to become more engaged with their community or simply have a break from their caring role.</p> <p>Open to carers across the City.</p>	<p>15 Morningside Road, Edinburgh, EH10 4DP</p> <p>0131 447 4520</p> <p>www.ericliddell.org/services/befriending</p> <p>sorries@ericliddell.org</p>
Edinburgh Headway	<p>Edinburgh Headway Group provides short breaks for unpaid carers caring for someone with an ABI (acquired brain injury).</p> <p>Edinburgh Headway Group offer flexible individual and specialised 1:1 respite opportunities to carers. 1:1 respite matching provides flexible respite for carers by matching trained volunteers to members for social contact and outings.</p> <p>Social event examples include- Pamper Afternoon, Cuppa and Chat, Christmas market & Afternoon Tea. These events are a great opportunity to meet others in a similar situation or just take some time out.</p> <p>Edinburgh Headway Group offers a Supper club to carers and the person they care for. Our Supper Club Project has been specifically created to give the opportunity to both carer and cared for, to go out in the evening to a restaurant (which differs each time) and enjoy each other's company and meet other carers with similar challenges in a relaxed, fun and supported environment.</p> <p>Open to carers across the City (and Lothian's).</p>	<p>Unit 4, 27 Peffer Place, Edinburgh, EH16 4BB</p> <p>0131 370 0393</p> <p>www.edinburghheadway.org.uk</p> <p>carers@edinburghheadway.org.uk</p>

<p>Lanfine Carer Support Service</p>	<p>Awards of up to £1000 for short breaks or respite for Carers of people with progressive neurological conditions who have been in-patients at Lanfine between Dec 2011 and Sept 2017.</p> <p>Applicants are required to have an Adult Carer Support Plan or Carer's Assessment. Applications submitted annually.</p> <p>Award can be spent on breaks for carer or cared-for person if they wish to go on holiday together or access respite.</p> <p>Open to carers across the City and the Lothians.</p>	<p>East Pavilion, Astley Ainslie Hospital, 133 Grange Loan, Edinburgh, EH9 2HL</p> <p>0131 537 9087</p> <p>www.nhsllothian.scot.nhs.uk/GoingToHospital/Locations/AstleyAinslieHospital/LanfineService/Pages/default.aspx</p>
<p>MECOPP</p>	<p>MECOPP provides regular short breaks from caring through its domiciliary care at home service. The services assists with personal care and practical support in the home.</p> <p>Minority Ethnic carers who are caring for an adult or older person with eligible support needs can access this service and Minority Ethnic adults or older people (with no informal carer) in specific circumstances may also access the service.</p> <p>The frequency of the service depends on the assessed need. The service is registered to provide a service between 8am – 8pm Monday to Friday and 8am – 4pm over the weekend</p>	<p>Maritime House, 8 The Shore, Edinburgh, EH6 6QN</p> <p>0131 467 2994</p> <p>www.mecopp.org.uk</p> <p>Margaret@mecopp.org.uk</p>

<p>VOCAL</p>	<p>VOCAL offer a variety of short break opportunities through a variety of options for carers.</p> <p>These include; Educational and personal development courses for carers. There are multiple events every week as per our training and events website</p> <p>Time to Live and better breaks – small grants for carers to purchase items and services to facilitate a break are available at certain times of the year. Please contact VOCAL to find out more information.</p> <p>Respite - day trips, overnight stays, and other break related activities are available through VOCAL, please contact the centre to find out more about availability.</p> <p>A Carer Support group open to carers who live in South West Edinburgh runs on a weekly basis and another support group, SMART, is open to carers from across the city who are caring for someone who uses substances.</p> <p>Carer Conversation Cafes also run on a monthly basis for carers from across the city.</p>	<p>60 Leith Walk, Edinburgh, EH6 5HB</p> <p>0131-622-6666</p> <p>www.vocal.org.uk</p> <p>https://www.carerstraining.co.uk</p> <p>www.vocal.org.uk/carer-support/care-for-yourself/taking-a-break/vocal-short-breaks-fund</p> <p>centre@vocal.org.uk</p>
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<p>VolunteerNet</p>	<p>VolunteerNet is a service for unpaid carers who live with the person they care for.</p> <p>It is an easy and safe way for carers to access support from fully checked, trained and supervised volunteers. Carers can make arrangements quickly and directly online with registered volunteers.</p> <p>Volunteers can help with small practical tasks; spend time with the carer and the person they care for; provide carers with short respite by spending time with the cared for person, whilst the carer has some time for themselves</p> <p>Open to carers across the City.</p>	<p>0131-200-2324 (Social Care Direct)</p> <p>http://www.edinburgh.gov.uk/info/20077/carers/478/volunteernet</p> <p>socialcaredirect@edinburgh.gov.uk</p>
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1.4 Adults (Learning Disabilities)

Organisation	What they offer	More information
<p>Enable</p>	<p>ENABLE Scotland can support carers and cared for people in different ways to make sure they get a well earned rest.</p> <p>Carers want peace of mind that the person they care for is safe and well looked after when they are not with their main carer. Lots of people we support make use of flexible respite care options. Some like to go on holiday with friends. It's a chance to meet new people and see different places. Short breaks are a great alternative to traditional respite care in a residential home.</p>	<p>0300 0200 101</p> <p>www.enable.org.uk</p> <p>https://www.evocredbook.org.uk/services/short-breaks/a0Vb000000368dIEAQ</p> <p>enabledirect@enable.org.uk</p>

Firrhill Residential Short Breaks Service	This purpose built centre offers state of the art facilities for people with disabilities. With 8 fully adapted rooms and bathrooms the unit is able to accommodate service users with a wide range of needs. The service is for clients who meet the criteria and live in Edinburgh. The service can be accessed through social care direct	257 Colinton Road, Edinburgh, EH14 1DW 0131-200-2324 www.evocredbook.org.uk/services/firrhill-residential-short-breaks-service/a0Vb00000019FAGEA2
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1.5 Adults (Physical Disabilities and Long Term Conditions)

Organisation	What they offer	More information
Leuchie House (Registered Charity)	A dedicated respite centre, specialising in 4, 7 or 11 night breaks with expert nursing care for people who have a Long Term Condition and/or their carer. Open to carers across the City and Scotland wide.	North Berwick, East Lothian, EH39 5NT 01620-892864 www.leuchiehouse.org.uk enquiries@leuchiehouse.org.uk
Edinburgh Headway	Provide a range of therapeutic and rehabilitative activities for people who have an acquired brain injury. Daily fees apply to the day service. To enquire further about fees please call us on 0131 370 0393	Unit 4, 27 Peffer Place, Edinburgh, EH16 4BB 0131 370 0393 www.edinburghheadway.org.uk www.edinburghheadway.org.uk/page.php?page=136

Firrhill Residential Short Breaks Service	This purpose built centre offers state of the art facilities for people with disabilities. With 8 fully adapted rooms and bathrooms the unit is able to accommodate service users with a wide range of needs. The service is for clients who meet the criteria and live in Edinburgh. The service can be accessed through social care direct	257 Colinton Road Edinburgh, EH14 1DW 0131-200-2324 www.evocredbook.org.uk/services/firrhill-residential-short-breaks-service/a0Vb00000019FAGEA2
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1.6 Adults (Mental Health)

Organisation	What they offer	More information
Edinburgh Carers Council	<p>A variety of services offered to carers around individual and collective advocacy, periods of transition and forensic mental health services.</p> <p>ECC also host a regular carers forum and an annual event in June during Carers Week.</p>	<p>GF5, 14 Links Place (Great Michael House), Edinburgh, EH6 7EZ</p> <p>0131 322 8480</p> <p>www.edinburghcarerscouncil.co.uk</p> <p>info@edinburghcarerscouncil.co.uk</p>
Stafford Centre Carers Service	<p>A variety of services offered to carers who care for someone with a mental health illness which offer support, information and a short break from their caring role. These include: one to one support as and when required by the carer; a Carers Support group which runs on a monthly basis; and groups and activities available to carers Monday to Friday such as tai-chi or walking or music.</p> <p>The cared for person can also become a member of the Stafford centre and attend the groups and activities while the carer is there and offer the carer and cared for person a short break together.</p> <p>Open to carers across the City.</p>	<p>103 Broughton Street, Edinburgh, EH1 3RZ</p> <p>0131 629 1844</p> <p>www.staffordcentre.org.uk</p> <p>sccs@supportinmindscotland.org.uk</p>

1.7 Adults (Over 65's)

Organisation	What they offer	More information
Edinburgh City Council	Day services for older people Day services can help older people keep active, meet with other people and can give carers a break. People may only need these services for a short while, for example to regain confidence after a fall or a spell in hospital.	Social Care Direct: 0131-200-2324 www.edinburgh.gov.uk/info/20076/adults-and-older-people/86/day-care-and-support
North West Carers Centre	Alternative to Day Care Service: provides 30 hour per week short break provision to adult carers and those they care for over the age of 65 in the North West Area of Edinburgh (Almond , Forth, Inverleith and Western localities) Average visit provided is 2 – 4 hours per week	Prentice Centre, 1 Granton Mains Avenue, Edinburgh, EH4 4GA 0131 315 3130 www.nwcarers.org.uk moira@nwcarers.org.uk
Lifecare (Edinburgh Based Charity)	Lifecare provide a variety of support services including, day care clubs, outreach, care at home services for older people	2 Cheyne Street, Edinburgh, EH4 1JB 0131 343 0940 www.lifecare-edinburgh.org.uk

1.8 Parent Carers

Organisation	What they offer	More information
Aberlour Options	We help children and young people with disabilities to enjoy adventure holidays through a specialist short breaks service.	0800 0856150 www.aberlour.org.uk/services/options-adventures/

Quarriers	<p>Family-based short breaks for children with significant disabilities aged 0-18 years. This can be accessed by referral from social work services following an assessment.</p> <p>They also offer friendship and activity groups throughout the region for children and young people with significant disabilities of school age.</p>	<p>01387 249888</p> <p>https://quarriers.org.uk/</p> <p>https://quarriers.org.uk/services/countryview</p>
Kinsfolk Carers	<p>Every Thursday morning from 10AM to 12PM, excluding school holidays, we meet at the Leith Community Education Centre. For many of us this is an informal social gathering where we can discuss, in confidence, relevant issues and generally help to support each other in a relaxed environment. We are always delighted to encourage new carers to join our warm and friendly group.</p>	<p>Leith Community Education Centre, 12A Newkirkgate, Edinburgh, EH6 6AD</p> <p>0131 208 4321</p> <p>www.kinsfolkcarers.co.uk</p> <p>info@kinsfolkcarers.co.uk</p>
Parent and carer support resources	<p>Get details of local programmes, activities and groups designed to support parents and carers. Links to locality area booklets available on the website link</p>	<p>www.edinburgh.gov.uk/info/20100/support_for_families/1455/local_resources_for_parents_and_carers</p>
Edinburgh City Council	<p>Edinburgh Council can help the parents of children and young people access services that may support their parents, and other family members, i.e. siblings, to have a short break. We run respite, befriending and social support services for children from birth to school-leaving age.</p>	<p>Social Care Direct: 0131 200 2324</p> <p>www.edinburgh.gov.uk/info/20078/children_and_families/824/children_and_young_people_with_disabilities</p>

1.9 Adults (With Dementia)

Organisation	What they offer	More information
Alzheimer Scotland	<p>Alzheimer Scotland provides information and advice to people with dementia, and their carers, family and friends. There are various social and support groups across Edinburgh.</p> <p>There is a varied range of social groups that include things like singing groups, art groups and dementia cafes. Dementia cafes are informal places for people with dementia and their carers. They provide a place to get information and to meet up with others in the same situation.</p> <p>Open to carers across Edinburgh</p>	<p>National Office, 160 Dundee Street, Edinburgh, EH11 1DQ</p> <p>0131 243 1453 24 hour Dementia Helpline: Freephone 0808 808 3000</p> <p>www.alzscot.org/services_and_support/search/1919_edinburgh_service www.alzscot.org/services_and_support/search?location=Edinburgh info@alzscot.org</p>
Edinburgh City Council	<p>Day services for older people</p> <p>Care and Support at Home: Personal Care in your own home is provided to help you keep your independence.</p> <p>It may involve regular visits from a care home worker to provide personal care, help with meal preparations and assistance with medications.</p> <p>These services can be accessed by referral from Social Work services following an assessment of need.</p> <p>Short Breaks for the cared for person can be arranged in a care home or a nursing home to allow a carer a break from their caring role. These services can be accessed by referral from Social Work services following an assessment of need.</p>	<p>Social Care Direct 0131-200-2324</p> <p>www.edinburgh.gov.uk/info/20076/adults_and_older_people/86/day_care_and_support www.edinburgh.gov.uk/info/20102/live_well_at_home/151/care_and_support_at_home www.edinburgh.gov.uk/info/20199/get_care_and_support/287/how_we_assess_your_needs www.edinburgh.gov.uk/info/20101/supported_housing_and_care_homes/78/care_homes</p>

Lifecare (Edinburgh Based Charity)	Lifecare provide a variety of support services including, day care, outreach, care at home services, companionship, and specialist dementia services for older people	LifeCare Centre, 2 Cheyne Street, Edinburgh, EH4 1JB 0131-343-0940 www.lifecare-edinburgh.org.uk
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Carer Organisations and other Support Services

Organisation	What they offer	More information
Carers Emergency Card	A Carer's Emergency Card lets the emergency services or Social Care services know that you're an unpaid carer. Carrying the card at all times can help us to put other support in place in a crisis. The card is free of charge and any unpaid carer can request a card.	Social Care Direct. You can phone between 8.30am and 5pm to ask for a registration form: 0131 200 2324 www.edinburgh.gov.uk/info/20077/carers/60/carers_emergency_card
Carer Organisations	One to one support; information and advice; carer support groups; carer courses; counselling; financial and power of attorney surgeries; short breaks for carers	www.broomhousecentre.org.uk www.care4carers.org.uk www.edinburghcarerscouncil.co.uk www.edinburghheadway.org.uk www.ericliddell.org http://kinsfolkcarers.co.uk http://mecopp.org.uk www.nwcarers.org.uk www.staffordcentre.org.uk www.vocal.org.uk www.youngcarers.org.uk

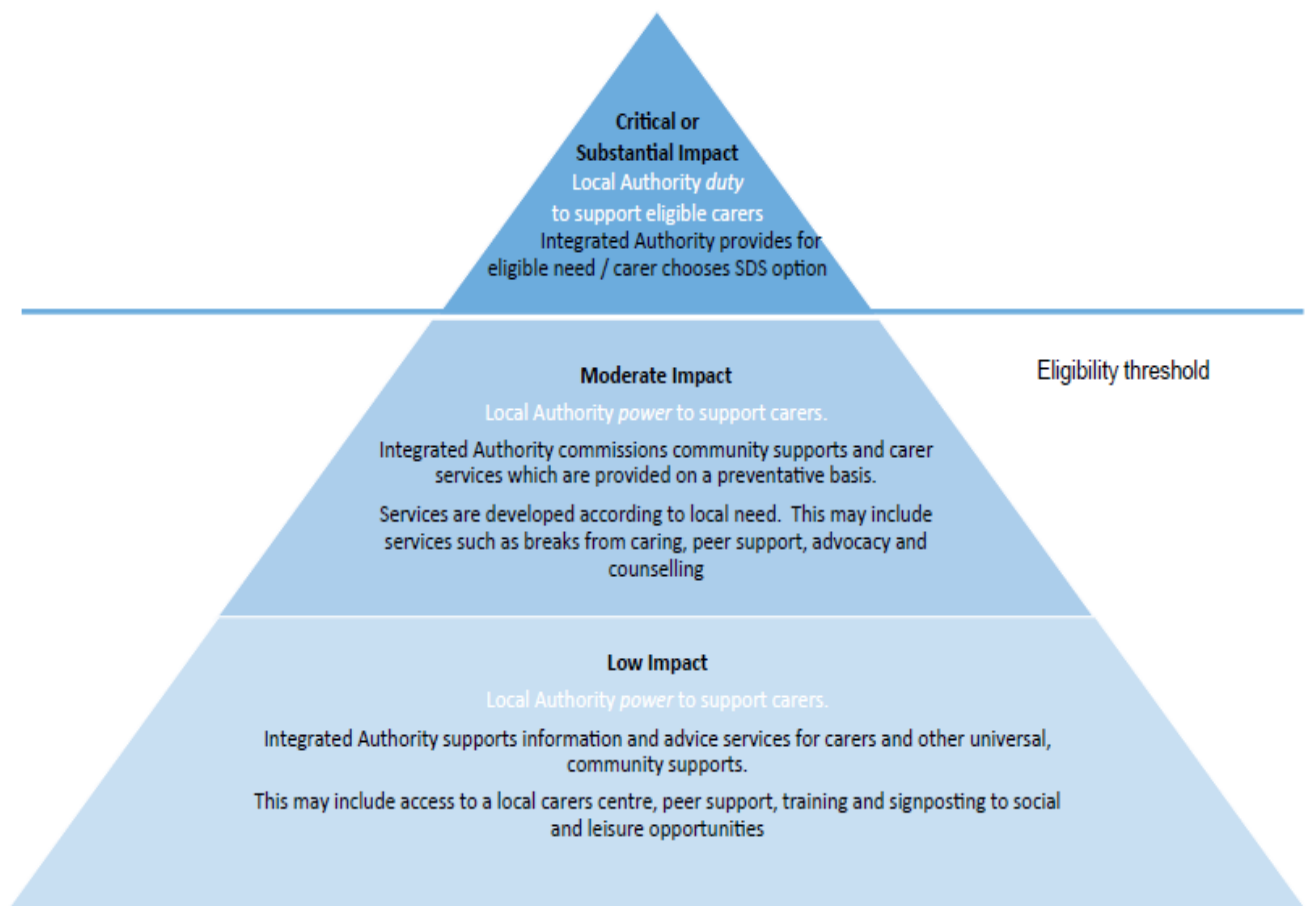
Telecare/ Community Alarms	There are many personal alarms and monitors available to keep you safe. This type of equipment is called telecare.	For further information contact: 0131 529 7714 community.alarms@edinburgh.gov.uk www.edinburgh.gov.uk/info/20102/help_to_live_at_home/964/alarms_and_monitors_in_the_home
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7. How do I get a short break and how is it funded?

Short breaks for carers in Edinburgh can be accessed through a range of organisations as well as the Edinburgh Health and Social Care Partnership.

Some Carers will be able to organise and fund a short break for themselves and/or the person they care for. Other Carers may need some help and support to access services.

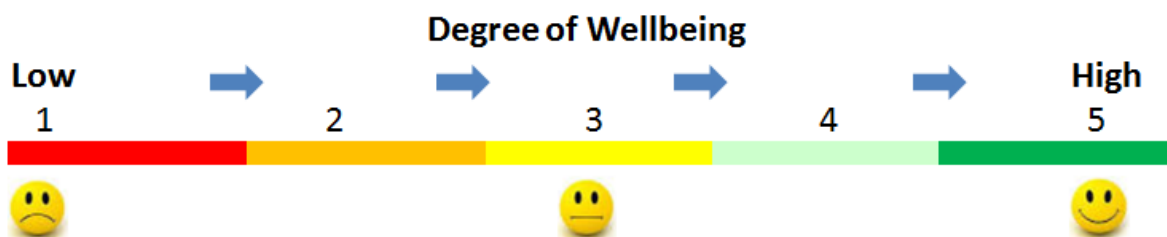
Short breaks can be planned as part of an outcome-focused conversation, which may result in an Adult Carers Support Plan or Young Carers Statement being produced. When a plan or statement is developed, we will use the Partnership's Carer Wellbeing Criteria.



Eligibility for Services is decided in terms of risk to an individual.

There are five indicator categories:

No Impact (5)	Indicates that there are no quality of life issues resulting from the caring situation and at this moment no need for support or advice.
Low Impact (4)	Indicates that there may be some quality of life issues but low risk to a carer's capacity for independence or health and wellbeing.
Moderate Impact (3)	Indicates that there is some risk to a carer's capacity for independent living and health and wellbeing. This may call for provision of some health and social care services.
Substantial Impact (2)	Indicates that there is major risk to a carer's capacity for independent living and health and wellbeing. Likely to require urgent provision of health and social care services.
Critical Impact (1)	Indicates that there are significant risks to a carer's capacity for independent living and health and wellbeing. Likely to require immediate provision of social care services.



The Plan or the Statement will identify:

- The impact of caring on your health, wellbeing, employment and ability to socialise
- Your relationship with the person you care for (or the wider family) and if it is becoming difficult
- The amount of time spent 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 for a short break with support

Where there is a cost for a short break service, some carers may need help and support to fund a short break or discuss options for appropriate short breaks.

Self Directed Support

Some Carer Outcomes maybe achieved through accessing universal services. Universal services are those which are provided to the public generally (e.g. Carer Organisations, 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 you are eligible, an individual budget will be allocated to you, based on your individual needs. You will be supported to identify your own skills and resources and to look at different ways to improve your life, using the resources identified and the individual budget. Once all this is agreed, you can choose from four options as to how much control and responsibility you want to take.

- A Direct Payment (a cash payment) where you choose how the budget is used and you manage the money.
- You direct how the budget is used, but the money is managed by someone else (sometimes called an Individual Service Fund).
- You ask the council to choose and arrange services for you.
- You can choose a mix of these options for different types of support.

8. Charging policy

Short breaks and other services accessed by Carers via an Adult Carer Support plan or a Young Carers Statement are non-chargeable in line with the intentions of the Carers (Scotland) Act 2016.

In most cases, charges for Carers to access some short breaks will be removed. However, there are some instances where this is not the case. Due to the unique circumstances of each carer this will be assessed on an individual basis.

For example, charges for over-night respite costs, for the cared for person, are waived if this break benefits the carer's assessed, eligible needs and outcomes as identified in the Adult Carer Support Plan or Young Carer Statement. This is because the Local Authority is replacing the care a carer would usually provide to the cared for person to allow the Carer a short break to benefit their health and wellbeing. This does not apply in emergency situations where charges do apply for replacement care.

9. Feedback and further information

This Short Break Services Statement will be reviewed annually for accuracy and the whole document will be reviewed and revisited at least once every three years.

Carers, Carer Organisations, relevant professionals from the Integrated Carers Team based within the Edinburgh Health and Social Care Partnership, Providers of short Breaks and those that use them will be involved in the review.

For more information please contact either Social Care Direct on 0131-200-2324 or call the Integrated Carers Team on 0131-536-3371.

For more information on unpaid carers in Edinburgh, the (draft) Joint Edinburgh Carers Strategy 2019-2024 is available on www.edinburgh.gov.uk/info/20077/carers

10. Jargon Buster

Adult Carer	Adult over 18 years of age who cares, unpaid, for a friend or family member who, due to illness, disability, a mental health issue or an addiction, cannot cope with their support.
Adult Carer Support Plan (ACSP)	Adult carers have the right to be offered/request their own support plan related to their caring role and responsibilities. The plan will be based on an outcome focused/assessment discussion with the carer and information from people identified by the carer as knowing their circumstances well.
Break from caring	Any form of support that enables a carer to have time away from their caring responsibilities. This can include a short break or care for the cared-for person that enables the carer to have a break.
Carer	Individual who provides or intends to provide care for another individual. (A person who provides unpaid care to a family member, partner, friend or neighbour, who needs support because of their age, physical or mental illness or disability.
Cared-for	Someone to whom a carer provides support. This is the term used throughout the Carers Act.
Carers' Information Pack	Unpaid Carers' information pack for both adult and young carers who have caring responsibilities available from The Edinburgh
Commissioning	Commissioning Is a process that local authorities and health boards use to plan and deliver services for carers in their area.
Consultation	The action or process of formally seeking opinions and feedback on something, for example seeking carers views on a proposed service.
Duties under the Act	Responsibilities required by law.
Eligibility Criteria	The eligibility criteria set out the level of need that a carer must have in order to access certain forms of support, including Self-directed Support. The criteria may include things such as whether a carer is likely to be able to meet their desired outcomes through general services, or the impact of their caring role on their wellbeing.
Eligible Need	A need which is considered to be appropriate to be met by the allocation of some Social Care Services resource or funding, by the application of eligibility criteria.

Health and Social Care Partnerships	Health and Social Care Partnerships, (HSCPs) are the organisations formed as part of the integration of some services provided by Health Boards and local authorities in Scotland.
Identified Need	An area of an individual's life which they currently need support with. Not all identified needs will require, or be eligible for, input from Social Care Services.
Individual Budget	The amount of combined financial resource the individual and Social Care Services agree to commit to meet the eligible needs of the individual.
Information and Advice	Providing knowledge and facts and recommendations regarding care and support. This can help a person identify their options or a possible course of action as well as other places to access care, support or further information.
Options	With Self-directed Support families can choose how much or little involvement they want. The choices are known as Options.
Personal Outcome	The specific goal or aim of a carer which is unique to the carer and their situation.
Short Break	A short break is any form of service or assistance which enables the carer(s) to have periods away from their caring routines or responsibilities.
Social Care (Self-directed Support) (Scotland) Act 2013	A process to allow individuals who require support greater choice and control about how they are supported.
Strategy	A plan of action designed to achieve a long-term or overall aim.
Transition	The process or a period of changing from one state or condition to another.
Young Carer	A child or young person under the age of 18, or 18 but still at school who provides unpaid care for a friend or family member who due to illness, disability, a mental health issue or an addiction cannot cope without their support.
Young Carer Statement (YCS)	Young carers have the right to be offered/request their own support plan related to their caring role and responsibilities. The plan will be based on an outcome focussed/assessment discussion with the young carer and information from their parent/Guardian.

Appendix 1

The following list gives examples of the different ways that breaks can be provided.

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 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.

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 lives, 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.

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 equipment. More mainstream breaks may also be possible with the support of a paid carer or companion.

Day care

Day care is typically based in a community building and provided by a local authority 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.

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.