

Short Breaks Services Statement

for young carers and adult carers



unpaid carers
supports
services



*Working together to improve health and wellbeing
in the community – with the community*

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Background to this document

Each locality in Scotland has a Health and Social Care Partnership (HSCP), a Partnership that combines the Health Board and the local authority, formed as part of the integration of services. The Partnership's role is to help reduce health inequalities and recognises that carers provide a range of informal support to people in our communities. This support being provided by carers improves the health and wellbeing of individuals with support needs (cared-for-people) and enables those people to live at home and remain part of their community.

Caring can be both rewarding and demanding and we understand a break from a caring role is vital to maintain the health and wellbeing of a carer. Carers may need a break for many day to day reasons such as to attend a doctor, hospital or dentist appointment or to deal with another type of family responsibility. Carers may need a break from caring in other situations, and a short break such as a holiday may prove both necessary and beneficial.

The content of this statement has been informed by what carers have told us both in our own consultations around the Carers (Scotland) Act 2016 implementation, the feedback and data gathered from carers engaged with our third sector partners and the surveys undertaken by our national and local partners. The Short Breaks Services Statement has been co-produced in partnership with carers and carer organisations. The statement will show the intentions and provisions of short breaks for our carers. The statement will continue to be reviewed as feedback is gathered and evaluated from carers and carer organisations.

What is a carer?

Section 1(1) of the Carers (Scotland) Act 2016 defines a carer as an individual who provides or intends to provide care for another individual (the "cared-for-person"). Caring does not have to be regular or substantial. Carers do not have to be related to, or live with, the person they care for. Carers come from all walks of life, all cultures and can be any age, the HSCP pays great attention to ensuring all the carers in all our communities are recognised and valued for the contribution they make to society at large.

Young carers

Are under the age of 18 or, over 18 but still attending school.

Adult carers

Are aged over 18 and not attending school.

Here are some examples of carers who live in South Lanarkshire:

- an elderly lady of 81 who has mobility problems of her own, caring for her terminally ill husband
- a 25 year old woman with a family providing personal care for her elderly aunt who lives with them
- a 57 year old man who cares for his mother who has dementia
- a 12 year old boy looking after a parent with addiction problems
- a middle aged couple supporting their neighbour to shop and collect his prescriptions

Each carer lives a different caring experience although many will have similar needs that can be met through the universal supports and services in South Lanarkshire. The HSCP looks to realise and meet the needs of carers as outlined in the South Lanarkshire HSCP Carers Strategy and through this Short Breaks Services Statement will show the options, opportunities and types of available short breaks for carers.

It is estimated in South Lanarkshire that there are 38,023 carers out of the 318,000 population. It is estimated of our population of carers around 15% of those currently engage with services in South Lanarkshire. Local carer's organisations currently have a total of 6,260 carers registered with their organisations; these numbers are growing every day. Data gathered suggests that 51% of these carers are seeking information about a variety of supports and services with 1159 over a complete year (01/07/17 to 30/06/18) having received a form of short break from community and voluntary organisations. These included 404 pampering sessions, 63 Respite breaks and 141 funded breaks. Carers tell us that a break from caring is crucial to their emotional and physical health. Short breaks can take many forms and are traditionally known as 'respite'.

The HSCP provides day and respite care services across South Lanarkshire to a wide range of service users who have carers. These services support carers through both the carer and the cared-for-person being able to use their Self-directed support (SDS) funding options including the option to make provision for a short break.

The recent Carers UK "state of caring survey 2018" reports 63% of carers in Scotland said they had suffered physical ill health as a result of caring. One of the top priorities chosen by carers was "ensuring that carers get proper breaks". The report sees only 16% of carers who participated in the survey have a break for themselves from caring. Carers who take a break report the positive impact this has on them, helping them feel more supported, removing some of the physical and emotional strain from caring to catching up on sleep, have some time to themselves or to see family and friends.

A carers' short breaks survey was completed in December 2018. A series of 10 questions were asked with a total of 1790 answers being given by 179 carers. The full survey can be seen at [Appendix 4](#).

The survey told us that the greatest number of respondents were in the age range 45-54 years old with just one under 16 year old responding, carers from all localities took part. 82% of the carers who responded were female. We asked five questions about how long carers have been caring for, the response showed 38% had cared for more than one year but less than five, with 20% caring for more than 20 years. When we asked if carers needed a break from caring the majority said sometimes and only 18 respondents saying: rarely/never/no response. We asked carers to tell us when they last had a break from caring: 24% said never and a further 24% told us they had had a break within the last month. 40 carers said their break was for a few hours with carers saying “I go out when he’s sleeping in the day time” and “when I went to get my medication from the doctors”.

One hundred and eleven carers from the survey told us they cared for more than 50 hours a week. The greatest barrier recorded to getting a break from the carers survey was cost, with care needed not available only showing at 7%. Carers were asked to respond across all the areas barriers impacted on them. Carers commented on the benefit of joint breaks and enjoying recreation together. When we asked how you would spend your break the answer “rest and recuperation” was carers priority with you telling us you would catch up with things like housework, health checks, finances, shopping and spending time with family and friends. Carers responded to the survey with a range of comments with several saying they had never been asked about breaks, information has not been well communicated.

Credits and acknowledgement for statistical information provided by;

- Carers UK; “State of Caring Survey”.
- South Lanarkshire Carers Network; “BOD reports”, “Carer data statistical analysis”.
- Lanarkshire Carers Centre; “ICF Case Study”, “ICF Progress and Monitoring Documents”.

Introduction

Why we have developed the Short Breaks Services Statement and its purpose?

The purpose of this Short Breaks Services Statement (SBSS) is to explain how South Lanarkshire HSCP will help carers get a break from caring. The statement is required by the Carers (Scotland) Act 2016. It will tell you:

- what we mean by 'Carers', 'Short Breaks' and 'Respite';
- how and why we have developed the statement;
- how carers can access short breaks in South Lanarkshire and how we can support you as a carer to do this;
- what short breaks may be available to you as a carer;
- other available support and guidance for carers in South Lanarkshire

The SBSS should help carers and their cared-for-people to understand their rights, options and opportunities for short breaks, although it cannot remove all the barriers to carers getting a break. The statement should help to support short break planning for carers both "eligible" and "non-eligible" under the "duty to support" carers.

The SBSS will provide information to carers and cared-for-people so they can:

- know they can have a break in a range of ways
- get the information about available short breaks
- choose the supports they access
- identify what a short break means for them

Carers have certain legal rights:

- The **Carers (Scotland) Act 2016 Section 35** requires the HSCP to provide a range of supports and services to carers, including short breaks. The Act also requires the HSCP to publish a statement setting out information about short breaks, including what services are available for local carers and cared-for-people.
- The **Social Care (Self Directed Support) (Scotland) Act 2013** directs the HSCP to provide information and advice about SDS and the four potential support options. **If you are eligible** the HSCP must explain the range of choices to you and the person you care for, telling you how the support you have been offered can be provided, so allowing you to make an informed decision.
- The **Children and 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 these young carers are provided with the required support.

South Lanarkshire HSCP wants to provide useful information that is accessible and straight forward for both carers and cared-for-people. The SBSS is intended to provide carers with the information and signposting they need allow them to make informed decisions that will help them to both understand and access breaks from caring.

In addition the HSCP working in partnership with third sector organisations, want to achieve these legal responsibilities and support the health and wellbeing of carers. The HSCP is committed to achieving the Strategic Commissioning Plan of 2019/2022 to deliver against the nine national health and wellbeing outcomes with a priority theme to carers.

Definitions

What are short breaks?

The Short Breaks Service has been established in South Lanarkshire for many years, it is not a new service. A short break should allow a carer to have a suitable break away from their routine caring role that supports their overall health and wellbeing. The break can either be for a short or an extended period and could take place during the day or night. This statement recognises and acknowledges the importance of short breaks for carers.

South Lanarkshire HSCP describes short breaks as:

“A short break is any form of service or assistance which enables carers to have sufficient and regular periods away from their caring routines or responsibilities. It is designed to support the caring relationship and promote the health and wellbeing of the carer, the supported person, and other family members affected by the caring situation.”

Shared Care Scotland

Lanarkshire Carers Centre describes Respitality as:

“Respitality (respite breaks and hospitality) aims to make connections between local organisations that help support unpaid carers and local hospitality providers such as hotels, guest houses, leisure clubs etc.”

Lanarkshire Carers Centre

Currently a range of local providers “gift” vouchers for leisure passes, dinner, theatre or cinema tickets as well as overnight accommodation for the use and benefit of carers and often a companion. Carers can access the Respitality register through their local carers centre. Respitality breaks help carers to have time out of their caring role and can be anything from a few hours to a week-long break.

Carers very often know what type of break would meet their needs best. This could be the opportunity to have a few hours break each week; it could be a planned break for several days each year or the break could take the form of a few weeks. Breaks should be planned where possible allowing the best support for the cared-for-person to be accessed.

Many carers already benefit from short breaks, Respitality and respite care in our area. We have day services and care homes for the cared-for-person which allows some carers to have time to themselves. Whilst these services realise many benefits for many carers who are supported in this way, the Carers Act gives greater flexibility and options which empowers carers through choice as well as applying the principles of the Social Care (Self Directed Support) (Scotland) Act 2013 to meet the needs and outcomes of both the carer and the cared-for-person.

Types of breaks

We want carers to have access to choose from the range of supports and services available both locally and nationally. This statement will help carers to understand what a short break means to them. Short breaks should be planned around what matters to the carer and their cared-for-person so ensuring it is a personal break that meets the needs of each individual carer. Each carers' idea of a short break may be different and will mean different things to different people, and we at the HSCP want to support the caring role by showing carers the variety of options so they can decide what is best for them.

A break away from home for the carer

This could be a weekend away or a holiday, time to relax and recuperate away from your caring role.

24 hour residential care for your cared-for-person

A break for a carer may take the form of their cared-for-person going away for a short period to a residential setting (with or without nursing care) where they can be cared for while the carer takes time out to recharge their batteries, rest, go out and about, holiday or simply spend some time with friends and family. This could also be day care typically based in a community building being provided by the HSCP or a voluntary organisation.

A joint break to go away together

Carers and their cared-for-person may decide to take a joint holiday or overnight break away together, perhaps somewhere with assistance/adaptations/dedicated respite accommodation if required, where each person can pursue activities to suit and meet their own needs.

Time out from your daily routine

Carers could do things like but not restricted to; go to the cinema, go out for a meal, join a club or take evening classes or have a pampering session. Regular short breaks give carers time out to be themselves and should be planned around what matters to them.

The short break can take many flexible forms, the carer and the cared-for-person should have both choice and control as to the way a short break is taken. Having choice and control is important for carers to ensure their health and wellbeing is optimised so they can continue to care if they want to. Additionally the HSCP seeks to reduce any concerns a carer might feel around the impact of their short break choices on the person they care for.

Many carers in South Lanarkshire could arrange their own short break from caring. Carers could ask for support from friends and family or approach voluntary organisations or private sector businesses that they already know. Voluntary Action South Lanarkshire (VASLAN) maintains a locator toolkit where you may find an organisation relevant to you. [Appendix 1](#)

Example of SDS breaks – time away together

The carer's husband has a debilitating condition that has been ongoing for several years. The carer and the cared-for-person have an SDS package, each, with budget elements in their own right. The budget has enabled the cared-for-person to maintain their independence through personal and home adaptations and equipment. This in turn helps the carer to continue working part time in the knowledge her partner can move safely around their home and maintain a quality of life that is suitable for him.

The carer manages all the areas of her life day to day but feels she needs a break from the heavy routine, but wants her husband to enjoy a break as well.

With the support of the HSCP she chooses a retreat. The specialist hotel has holistic therapies including a hydrotherapy pool. It offers art classes and libraries alongside great restaurants in a lovely setting. The carer is able to go and play golf knowing her husband's budget covers the cost of the replacement care being provided on site, whilst using her own to cover the cost of the accommodation for her short break. By combining their budgets they have had a holiday away together that caters for their own needs and provides the much needed and well deserved break.

Example of SDS breaks – emergency respite

A carer presents to the HSCP with an immediate need as a result of a family crisis. Her normal ability to provide care to her adult child had temporarily changed. The carer needed a break to allow her to manage a responsibility to a family member who has had an accident, she needed to get away quickly but had no friends or family on this occasion to take on the care of her adult child. The carer needed alternative or replacement care.

Using the SDS budget of her cared-for-person and in discussion with the HSCP a short term placement in a residential setting was found that was suitable to the needs of her adult child and that the carer was happy to choose. The residential centre has trained staff, is not too far from home and can offer all the care that the carer wants for her loved one.

This support and the replacement care that was sourced allowed the carer to deal with the crisis without having to worry about the complex care requirements of her cared-for-person. She returned happy to have got through her family situation and her child returned home after a few days respite care.

Example of creative breaks – personal trainer

The carer's parent had been discharged from hospital, the increased care responsibilities were causing the carer extreme stress. The carer support worker identified a break would help the carer's health and wellbeing. The carer had recently joined a kickboxing class and she felt that she would benefit more from one to one support.

An application to the creative breaks “Time to Live” fund was made towards the cost of the personal trainer resulting in the carer having a break from her caring role. The carer said that her social life is limited due to both her caring role and her work schedule. The personal trainer has started working with the carer and she feels that her health but most especially her mental wellbeing has improved.

Case Study Lanarkshire Carers Centre 2018

Example of creative breaks – gardening equipment

A carer received a creative breaks “Time to Live” award for gardening equipment/trees/plants as he struggles to get out but enjoys pottering about in the garden. His caring responsibilities previously shared with a sibling have recently increased significantly.

The carer attends to the personal, emotional and physical care of his cared-for-person as they have declined residential respite. The carer is limited when he can go out; he can only do this if his sibling is at day care or staying with their other sibling. He cannot plan ahead due to the uncertainty of day care and his other sibling’s personal circumstances.

The garden allows the carer to reduce the impact of caring by having some relaxation time on his own.

Case Study Lanarkshire Carers Centre 2018

Some examples of the various ways carers have used their “creative breaks” funding

- Singing lessons
- Horse riding lessons
- Gym memberships
- Overnight stays of various lengths and times

Example of respite breaks

- Carers received tickets to the Museum of Rural Life in East Kilbride
- Carers were able to have a day/evening at the bingo
- Pampering services enabled carers to relax, have time out and enjoy being pampered
- Carer went on an overnight break to St Andrews
- Carer went 10 pin bowling with their family, including their cared-for-person

Accessing local services and carer discounts

Carers have the opportunity to apply for a Lanarkshire Carers Centre carer registration card. This provides access to a range of services and discounts aimed at improving health and wellbeing.

Some examples are:

- beauty salon discounts
- hypnotherapy and life coaching course discounts
- training and support groups
- discounted leisure memberships
- bingo and bowling discounts locally

A short break can take any number of forms to meet the needs of carers and achieve their outcomes. A short break can help a carer have a life outside caring or alongside their caring role. When a carer's health and wellbeing is supported it benefits them, their cared-for-person and other members of their family and their friends. A short break is one element that can help carers sustain their caring relationship.

The relationship between planned short breaks and emergency breaks

It is important for people to have access to emergency support if they need replacement care at short notice. To minimise the stress that can be generated by emergencies, plans should be prepared in advance that include any options for emergency respite cover. This will be particularly important for carers that are at increased risk due to their own health or caring circumstances.

Looking at outcomes

What is an outcome?

An outcome is often specific to an individual but broadly speaking an outcome for a short break is the difference it makes.

We want carers to have a life alongside and outside their caring role. We want carers to feel valued and supported. We want carers to have good health and wellbeing and be able to maintain their caring role if they so choose. The outcomes of a break will be person centred to both the carer and the cared-for-person. The break must be meaningful and relevant to the needs of the carers, when considering a short break we will focus on your outcomes which could include:

Preparing to take a break

- Carers are more informed about their choices and their rights
- Carers feel able and confident to take a break from their caring role
- Carers have more opportunities to take a short break
- Carers feel they have been listened to and feel better supported
- Carers can choose a break that supports their personal life choices and circumstances
- Carers can take control using and choosing from the resources available to them

During the short break

- The break has reduced the isolation or loneliness a carer may feel
- Carers feel physically and mentally rested
- Carers' moral improves, they feel better able to cope and better able to return to caring
- Carer has more opportunities to enjoy a life outside of caring
- Carers' health and wellbeing increases
- Carers' needs are met

After the break and in the long term

- Carer has increased confidence to care
- Carer can maintain the caring relationship and keep on caring if they so wish
- The carer has less likelihood of hitting a crisis point
- Carers feel more valued for the contribution they make
- Carer feels the break made a difference to them
- Carers will be supported to make informed choices through outcome focussed conversations. Carers will know and understand the choices of short breaks available in relation to their circumstances
- Carers will recognise their needs and the benefits of short breaks to them as individuals

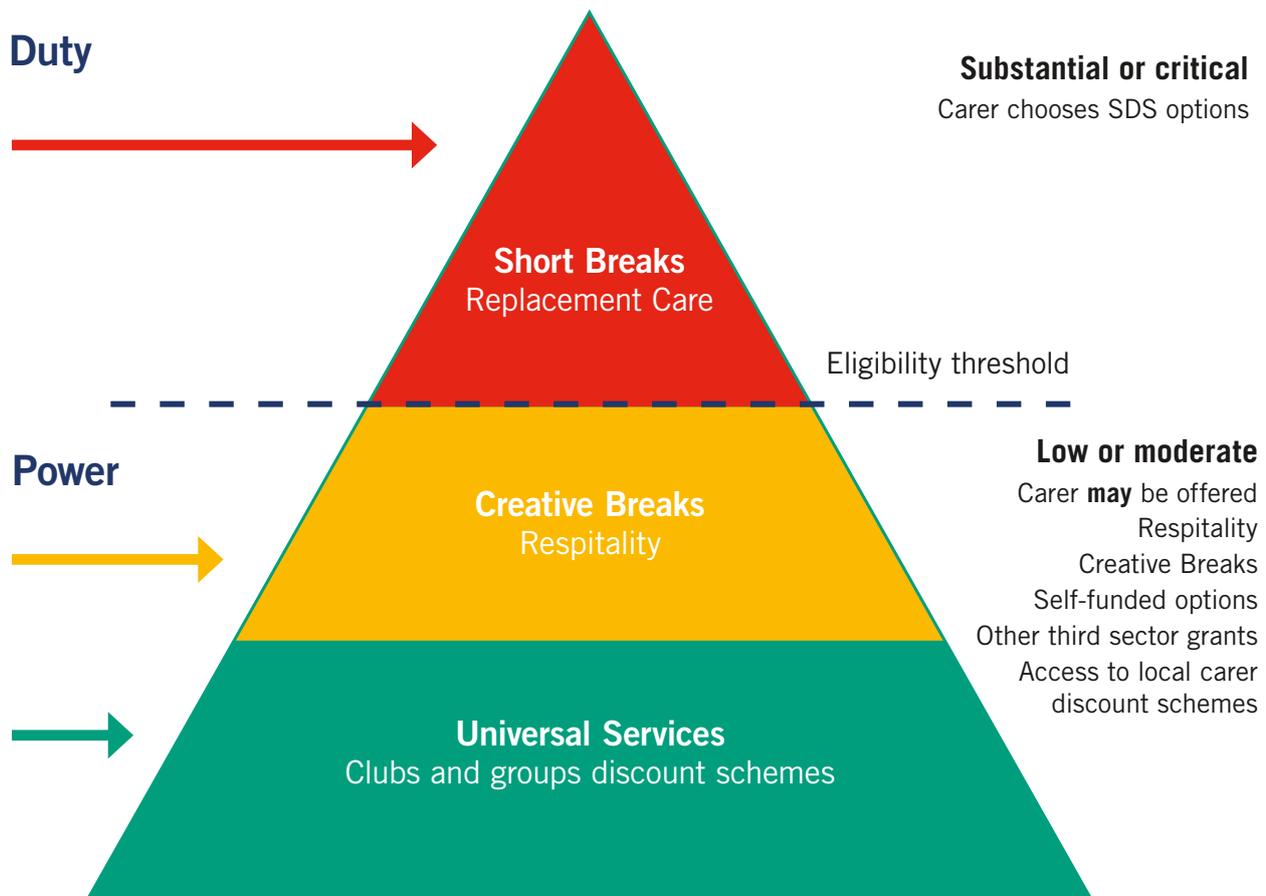
Being assessed for a short break

What are the eligibility criteria?

The Scottish Government has instructed local authorities to set their own eligibility criteria for carers, recognising that there needs to be fairness of provision, whilst offering support to carers on a preventative basis.

This decision-making (local eligibility criteria) tool helps to identify who is eligible for what type of support and will ensure carers are appropriately supported. Put simply it is the set of rules used to see if carers have a support need and what level that need is at. Carers' needs that are assessed as "eligible" or "non-eligible" can be met in a range of ways, through a range of organisations.

The needs will fall into categories of risk and the HSCP will have both a **Duty** and a **Power** to offer supports and services dependent on the level of risk attached to a carer.



Adult carers

Adult carers will be assessed on the indicators as set out in the local eligibility criteria. The quality of life indicators are:

Health and wellbeing, relationships, living environment, employment and training, finance, life balance and future planning.

The right level and type of support if achieved would reduce the impact of caring and the associated risks which will allow the carer to continue in their caring role if they so wish. A short break could make a huge difference to carers. A carer's needs may be met in whole or in part by any combination of services available to them or their cared-for-person.

Young carers

Young carers will be assessed on the indicators as set out in the local eligibility criteria. The wellbeing indicators for young carers are:

Safe, healthy, achieving, nurtured, active, responsible and included.

Young carers' personal outcomes should link with and support the achievements of the child's potential in relation to the eight wellbeing indicators of "Getting it Right for Every Child" (GIRFEC). The HSCP works to improve outcomes for young carers focussing on all the factors that contribute to their wellbeing.

How will I be assessed for the short break?

You will have a conversation and together with an appointed worker you will make a co-produced Adult Carer Support Plan (ACSP) or Young Carers Statement (YCS). The document will record what level of support will be required from the statutory, third and independent sector organisations. Eligibility will be assessed within the ACSP or an YCS using the local eligibility criteria tool.

Essentially, carers who are assessed as having substantial and critical needs **(Duty)** as the result of having had an ACSP completed by the HSCP (Social Work Resources), will, in the main be eligible for funded support from the HSCP to meet those needs. Any funding allocated to a carer as a result of an ACSP being completed will be offered through the four funding options of SDS.

Carers whose needs are assessed as low or moderate **(Power)** and do not qualify for direct support for a short break from the HSCP through one of the four SDS options may still qualify for other supports and may still apply and may qualify for Creative Breaks and Respite from universal services in the local area or nationally. Indirect breaks such as clubs, training and support groups are offered through the third sector. Carers are likely to get support from some of the listed [Appendix 1](#) community based organisations.

What is “significant or critical” in the eligibility criteria?

The ACSP or YCS will formally record the needs and identified outcomes of adult or young carers; the plan or statement will be used to assess the needs of adult or young carers. Some of these needs will ‘trigger’ support; they will be ‘eligible needs’ and the eligibility criteria will show how these needs fall into the ‘eligible category’. The statutory guidance on the Carers (Scotland) Act describes, “a carer’s eligible needs as those identified for support that cannot be met through support to the person they care for or through accessing services that are available generally”.

Carers are assessed for risk – those who are substantial or critical risk are at;
“[Very high risk of not achieving any one or more carer outcomes](#)”.

Carers are assessed for the impact that caring has on them, those who are critical or substantial are impacted when;

“[Issues are significant, things have broken down, outcomes are unsuitable, causing severe hardship](#)”.

Completing the ACSP or YCS will assess how the risks impact on the caring role, this will allow the key worker and the carer to see if the carer meets the threshold for critical or substantial **(Duty)**. This is what triggers funding (SDS).

We will work with you to identify:

- the impact of caring on your health and wellbeing, employment and ability to socialise
- your relationships with your friends, family and your cared-for-person
- the amount of time you spend caring each week

- how long it has been since you last had a break from caring
- your ability to make arrangements for a short break with support
- if you are the only person caring and if you care for more than one person

We know the process may seem long and complicated and the HSCP are dedicated to making all the actions to getting a short break are as easy to follow as possible. To help you consider the actions you may wish to take, we have developed a flow chart. Follow the chart and if you reach a point where your answer leads you to one of the below numbers. Find the document on our website and read the document before you return to the flow chart.

1 SDS – your personal budget
Contact your Social Work Resources team to request this leaflet and for further information [Appendix 1](#)

2 Refer to the local eligibility criteria
Tables at [Appendix 2/3](#) outline the indicators, for full details:
Local Eligibility Criteria

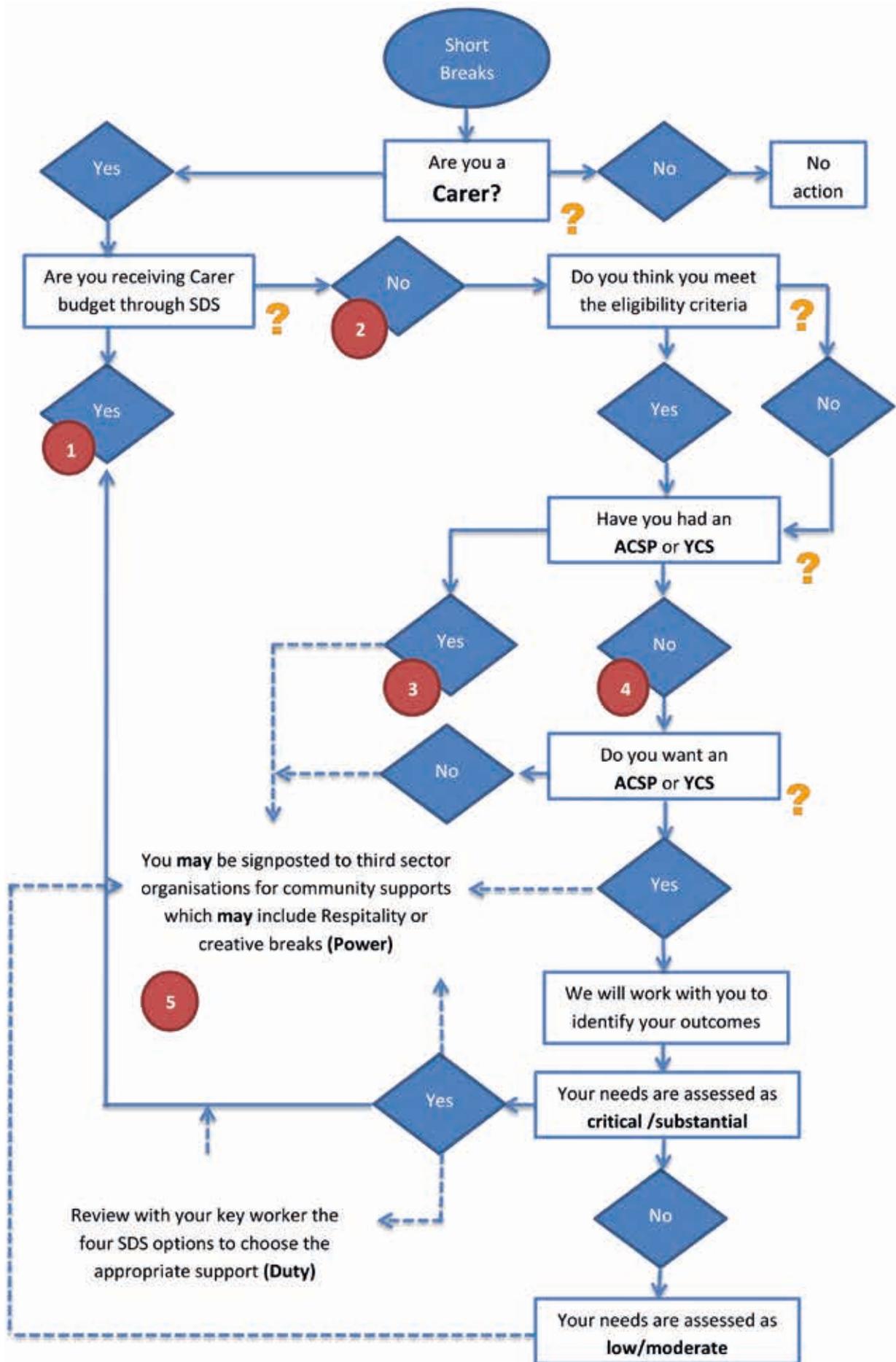
3 Discuss your Respite or creative breaks options with Lanarkshire Carers Centre or consider the variety of options in the enclosed table
[Appendix 1](#)

4 **Adult Carer** – You can self-refer for an ACSP to your local carer centre or someone may refer you. The ACSP with Lanarkshire Carers Centre will begin a conversation to assess your needs. Tables at [Appendix 2](#) outline the indicators, for full details: Local Eligibility Criteria

Young Carer – You must be referred or self-refer to the HSCP Appendix 1 for an YCS. The YCS will begin a conversation to assess your needs. Tables at Appendix 3 outline the indicators, for full details:
Local Eligibility Criteria

5 You can refer to the guidance at the end of this document for organisations that may be able to support you with various short break opportunities [Appendix 1](#)

All referenced documents can be found at:
www.southlanarkshire.gov.uk/info/200220/carers



Charging policy

Provision of support, waiving of charges and replacement care

Waiving of charges

The Carers (Scotland) Act 2016 says all charges are waived if a short break directly benefits the carer's outcomes as identified in the ACSP or YCS (substantial or critical).

This is important because short breaks will often benefit both the carer and the cared-for-person. The HSCP **must** waive the cost of all the elements of the break to be provided if personalised support in the form of a break from caring is identified to meet the needs of the carer within the completion of an ACSP or an YCS linked to the eligibility criteria.

If the cared-for-person goes with the carer on the break, they will also benefit from that break; charges for their portion of the break will apply.

Funding

If your needs are eligible (critical or substantial) for funding you may be offered a SDS package to purchase short break opportunities. If your needs are non-eligible (low or moderate) you may still receive funding through the creative breaks "Time to Live" fund.

You can find information about SDS options on the South Lanarkshire Council website at: [Self Directed Support Options](#)

You can find information about creative breaks "Time to Live" fund on the Lanarkshire Carers Centre website at: [Short Breaks – Creative Breaks](#)

Replacement care

If your short break does not include your cared-for-person the HSCP may need to consider alternative or replacement care while you take your short break. If your cared-for-person has complex care needs that require specific care provision that cannot be met through other means such as; family, friends or community supports the HSCP may need to provide formal replacement care.

If this replacement care is required to meet the carer's identified eligible needs, charges will be waived.

Carers may prefer to make their own replacement care arrangements through family or friends.

Carers

Where a carer has been assessed as having eligible needs which are not being met by support for the person they care for, any support provided will be free of charge.

Where a carer's eligible needs are already being met by support for their cared-for-person charges will not be waived.

Further information

If you are a carer and believe a short break would help you in your caring role please contact:

The Short Breaks Bureau (SBB) on the Lanarkshire Carers Centre website.

You can additionally find out more by contacting one of the support organisations identified in the table in this document. [Appendix 1](#)

Reviewing the Short Breaks Services Statement

How we will do this

A short break should be a positive experience; it should be effective and meet some or all of the outcomes that a carer is looking to achieve. We want to be sure carers will feel supported by having timely access to a choice of appropriate short breaks services which are responsive to their needs and circumstances. We want to ensure young carers will feel supported by having regular breaks from caring tasks to be able to enjoy activities with their friends, family or to have time for themselves.

To ensure the short breaks service in South Lanarkshire is fit for purpose we will monitor, evaluate and review the services by undertaking data analysis of information that carers report to the HSCP and our third sector and community organisations. We will be looking at records of:

- carers who care for long hours
- carers who are in the critical risk groups
- services targeted at those in high risk
- level of requests compared to level engaged
- short breaks are timely and responsive to need
- carer qualitative feedback
- good news stories
- carer satisfaction

We will seek out new opportunities and innovate ideas to ensure the short breaks service develops and evolves to meet the needs of carers in South Lanarkshire.

The SBSS will be reviewed annually to ensure the information remains useful and relevant. The updates will take account of the feedback from carers who receive services and will involve carers, carer organisations and key partners. We want the statement to reflect the views of carers of all ages.

Carers, accessing the right level of support at the right time in South Lanarkshire.

Appendix 1

Information - "Where I can go"

Organisation	Services offered	Contacts
Lanarkshire Carers Centre (LCC)	<p>Lanarkshire Carers Centre offers the chance for local carers to register for Respite. A list of donated short breaks from local organisations is additionally maintained. Carers who are registered for the service and are offered on a first come first served basis a Respite break dependent on availability and their needs. The organisation deliver a creative breaks grant programme which funds flexible breaks for carers. Applications are made through the centre and the fund does not set restrictions on the nature of length of the break.</p> <p>Carers can contact The Short Breaks Bureau at Lanarkshire Carers Centre. The availability and continuation of these services is funding dependant – Dec 2018.</p>	<p>www.lanarkshirecarerscentre.org.uk Phone: 01698 428090</p>
South Lanarkshire Carers Network (SLCN)	<p>SLCN offer information and signposting along with referrals to a variety of organisations both in the public, private and third sector.</p>	<p>www.slcncn.co.uk Phone: 01698 285163</p>
Social Work Services	<p>South Lanarkshire Young Carers Service</p>	<p>www.southlanarkshire.gov.uk/info/200220/carers_and_caring/1048/south_lanarkshire_young_carers_service/3</p>
Challenger Children's Fund (CCF)	<p>The CCF provides grants for short breaks for carers and the people they care for but specifically for those who are under 18 and have a long-term physical impairment. People must live in Scotland to apply.</p>	<p>www.ccfscotland.org Phone: 07531 580414</p>

Organisation	Services offered	Contacts
Clevedon Forbes Fund	Clevedon Forbes is a Christian charity which makes grants available for UK residents of limited means, who are recovering from illness or trauma. Its grants are also made to carers.	www.clevedonforbes.org/ Phone: 01275 341 777
Action for Children	Silverton Short Breaks Service is a short break respite project working with children and young people with disabilities.	www.actionforchildren.org.uk/in-your-area/services/residential-care/residential-short-breaks/silverton-short-breaks/
Shared Care Scotland	There is lots of information available on the Shared Care Scotland website, including details of the short breaks funds that they run, such as the 'Take a Break' grant, available to carers of children and young people and their families in Scotland.	www.sharedcare.scotland.org.uk/directory/?action=search (This website allows you to search by 'area' or other criteria)
Disability Aid Trust	The Disability Aid Trust has a range of grants to fund temporary carers that will allow adults with physical disabilities to have a short break.	www.disabilityaidtrust.org.uk/ Phone: 0800 028 064
Hansel Short Breaks	Hansel is located in Ayrshire, but works with people with additional support needs across Scotland. They offer a range of short breaks for families of people with learning disabilities. Two of their caravan locations are locally based, at 'The Cabin' and at the Craig Tara Holiday Park. They also arrange activities and events elsewhere across Scotland and the UK.	www.hansel.org.uk/shortbreaks Phone: 01563 830340

Organisation	Services offered	Contacts
MS Society – Carers Grant	<p>The MS Society’s ‘Carers Grant’ can be used for leisure or recreational activities that give people with MS a chance to relax, socialise, or try something new. This could include a school trip for young carers, sports equipment, music lessons, gardening equipment, etc. It can also be used for personal development such as courses (or costs, for example, course materials, transport) to enable you to get back into work, embark on a new career to fit in with your caring role, or to develop other ‘life skills’ such as learning to drive.</p> <p>The MS Society also provides grants to people in Scotland who have Multiple Sclerosis or their carers. These grants can fund everything from home adaptations and scooters to holidays and computers.</p>	<p>www.mssociety.org.uk/ Phone: 0131 335 4050</p>
Take a Break	<p>Take a Break is Scotland’s short breaks scheme to support the 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.</p>	<p>Email: info@takeabreakscotland.org.uk Phone: 01904 571093</p>
The Adamson Trust	<p>The Adamson Trust provides assistance with the cost of holidays and/or short breaks for young people aged 17 and under, with either a physical or mental disability.</p>	<p>www.theadamsontrust.co.uk</p>
VASLAN	<p>This organisation work across the third sector and maintain a locator tool on their website that can point you towards a variety of volunteering organisations who could offer some support to you as a carer.</p>	<p>www.vaslan.org.uk Phone: 01698 300390</p>

Organisation	Services offered	Contacts
3H Fund UK Holiday Grant Programme	This fund awards grants to disabled people and their carers on low incomes. The funds help them to organise a break for themselves in the UK.	www.3hfund.org.uk Phone: 01892 862207
Young Minds	The UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people, provides information and advice for young carers and their families.	www.youngminds.org.uk
Directory of Social Change	A useful guide for organisations of grants/funds/trusts that can be used to support Carers to make applications for funding.	www.dsc.org.uk/publication/the-directory-of-grant-making-trusts-201819/
Take Control South Lanarkshire	This organisation offer independent support to SDS.	infosl@takectrl.org.uk Phone: 01698 892372
Euan's Guide	This is the disabled access review website that aims to "remove the fear of the unknown" and inspire people to try new places. A community of independent reviewers who share their experiences of places they have visited.	www.euansguide.com
Turn2Us	A national charity that helps people in financial hardship gain access to benefits, charitable grants and support services.	www.turn2us.org.uk

Appendix 2

Adult carer eligibility indicators table

Caring has no impact	Caring has low impact	Caring has moderate impact	Caring has substantial impact	Caring has critical impact
Eligibility power to offer support			Eligibility duty to offer support	
Adult carers – health and wellbeing				
Carer in good health	Carer's health beginning to be affected	Carer's health at risk without intervention	Carer has health need that requires attention	Carer's health is breaking/has broken down
Carer has good emotional wellbeing	Caring role beginning to have an impact on emotional wellbeing	Some impact on carer's emotional wellbeing	Significant impact on carer's emotional wellbeing	Carer's emotional wellbeing is breaking/has broken down
Adult carers – relationships				
Carer has a good relationship with the person they care for and is able to maintain relationships with other key people in their life	Carer has some concerns about their relationship with the person they care for and/or their ability to maintain relationships with other key people in their life	Carer has identified issues with their relationship with the person they care for that need to be addressed and/or they find it difficult to maintain relationships with other key people in their life	The carer's relationship with the person they care for is in danger of breaking down and/or they no longer are able to maintain relationships with other key people in their life	The carer's relationship with the person they care for has broken down and their caring role is no longer sustainable and/or they have lost touch with other key people in their life
Adult carers – living environment				
Carer's living environment is suitable posing no risk to the physical health and safety of the carer and cared-for-person	Carer's living environment is mostly suitable but could pose a risk to the health and safety of the carer and cared-for-person in the longer term	Carer's living environment is unsuitable but poses no immediate risk	Carer's living environment is unsuitable and poses an immediate risk to the health and safety of the carer and/or cared-for-person	Carer's living environment is unsuitable and there are immediate and critical risks to the health and safety of the carer and/or cared-for-person
Adult carers – employment and training				
Carer has no difficulty in managing caring and employment and/or education	Carer has some difficulty managing caring and employment and there is a risk to sustaining employment and/or education in the long term	Carer has difficulty managing caring and employment and there is a risk to sustaining employment and/or education in the medium term	Carer has significant difficulty managing caring and employment and there is a risk to sustaining employment and/or education in the short term	Carer has significant difficulty managing caring and employment and/or education and there is an imminent risk of giving up work or education
Carer does not want to be in paid work or education	Carer is not want to be in paid work or education but would like to be in the long term	Carer is not in paid work or education but would like to be in the medium term	Carer is not in paid work or education but would like to be soon	Carer is not in paid work or education but would like to be now

Caring has no impact	Caring has low impact	Caring has moderate impact	Caring has substantial impact	Caring has critical impact
Eligibility power to offer support			Eligibility duty to offer support	
Adult carers – finance				
Caring is not causing financial hardship, for example carer can afford housing costs and utilities	Caring is causing a risk of financial hardship, for example some difficulty meeting housing costs and utilities	Caring is causing some detrimental impact on finances, for example difficulty meeting either housing costs or utilities	Caring is having a significant impact on finances, for example difficulty meeting housing costs and utilities	Caring is causing severe financial hardship, for example carer cannot afford household essentials and utilities, not meeting housing payments
Adult carers – life balance				
Carer has regular opportunities to achieve the balance they want in their life	Carer has some opportunities to achieve the balance they want in their life	Due to their caring role, the carer has limited opportunities to achieve the balance they want in their life	Due to their caring role, the carer has few and irregular opportunities to achieve the balance they want in their life	Due to their caring role, the carer has no opportunities to achieve the balance they want in their life
They have a broad choice of breaks and activities which promote physical, mental, emotional wellbeing	They have access to a choice of breaks and activities which promote physical, mental, emotional wellbeing	They have little access to breaks and activities which promote physical, mental, emotional wellbeing	They have no access to breaks and activities which promote physical, mental, emotional wellbeing	They have no access to breaks and activities which promote physical, mental, emotional wellbeing
Adult carers – future planning				
Carer is confident about planning for the future and has no concerns about managing caring	Carer is largely confident about planning for the future but has minor concerns about managing caring	Carer is not confident about planning for the future and has some concerns about managing caring	Carer is anxious about planning for the future and has significant concerns about managing caring	Carer is very anxious about planning for the future and has severe concerns about managing caring

Appendix 3

Young carer eligibility indicators table

Caring has no impact	Caring has low impact	Caring has moderate impact	Caring has substantial impact	Caring has critical impact
Eligibility power to offer support			Eligibility duty to offer support	
Young carers – healthy				
There are no identified medical needs	Young carer is able to manage some aspects of caring roles	Young carer is able to manage some aspects of caring/ family roles and responsibilities	Young carer is having difficulty managing aspects of their caring/ family/domestic and social roles	The young carer has significant physical and mental health needs that require attention due to the impact of caring which may cause serious harm to them
Young carer is in good physical health	There is a possibility of the young carer's health being affected	The young carer's role is beginning to have an impact on their physical or emotional wellbeing	Young carer has physical and mental health needs that requires attention	
Young carer has good emotional wellbeing				
Young carers – safe				
Young carer is free from abuse, neglect or harm in their community, at home and at school	Young carer's situation in their community, at home and at school is currently stable and manageable although there may be some minor concerns	Young carer's situation is not ideal and there is potential of risk to either the young carer or the cared-for-person	Young carer's situation at home or in the community is not ideal and there are safety risks which cannot be remedied in the short term	Young carer's situation at home is unsuitable and there are significant safety risk for either the young carer or the cared-for-person
Young carers – nurtured				
Young carer has positive emotional wellbeing. Their environment is nurturing with positive relationships with professionals and the cared-for-person	Young carer beginning to feel the impact of caring on their emotional wellbeing	The young carer's wellbeing and/or relationship with the cared-for-person is becoming strained and impacts on the young carer and or the cared-for-person	The young carer's wellbeing is being majorly impacted on a daily basis, this additionally impacts on the cared-for-person	The relationship between the young carer and their cared-for-person has completely broken down
The young carer is part of an extended family who offer respite and support	The young carer has some extended family who offer respite and support from time to time	The young carer has few extended family who offer respite and support from time to time	The young carer has some extended family who are not able to offer respite and support	The young carer has no extended family who are able to offer respite or support
The young carer does not require additional help	Young carer may occasionally require additional help	Young carer needs where possible additional help in a suitable care setting	Young carer is unable to sustain many aspects of their caring role	Intervention or input is required for the young carer's wellbeing. There are no positives in the relationship with the cared-for-person

Caring has no impact	Caring has low impact	Caring has moderate impact	Caring has substantial impact	Caring has critical impact
Eligibility power to offer support			Eligibility duty to offer support	
Young carers – responsible				
Young carer is regularly heard and involved in decision making	The young carer has some opportunities to be heard	The caring roles means the young carer has limited opportunities to be heard	The young carer has few and irregular opportunities to be heard due to their caring role	The young carer has no opportunities to be heard or involved in decisions that have an impact on them
Young carer takes an active and responsible role to be involved in those decisions that impact on them	Young carer is sometimes able to take an active and responsible role to be involved in those decisions that impact on them	The young carer has limited opportunities to be involved in the decisions that impact on them	The young carer has few and irregular opportunities to be involved due to their caring role	
Young carers – included				
The young carer is free from financial worries	The young carer is at small risk of financial stress	Caring is causing the young carer to feel limited acceptance in their community	The young carer feels isolated and does not feel confident in their community	The young carer does not feel accepted in the community they live in
Young carer is part of their community and able to join in community activities	Young carer unsure how to access community activities although feels accepted in community	Risk of financial pressure on the young carer	The young carer needs financial support	The young carer is in financial hardship and their financial position is severe
Young carers – active				
The young carer has regular opportunities to take part in sport, recreation or activities at home and in their community	The young carer has some opportunities to take part in sport, recreation or activities at home and in their community	The young carer has limited opportunities to take part in sport, recreation or activities at home and in their community	The young carer has few or irregular opportunities to take part in sport, recreation or activities at home and in their community	Due to their caring role, the young carer has no opportunities to take part in sport, recreation or activities at home and in their community
			This may have negative effects on their healthy growth and development	This has a negative effect on their healthy growth and development
Young carers – achieving				
Young carer is able to access education and/or training	There is a small risk to sustain education and/or training in the long term	There is a risk to sustaining education and/or training in the medium term	Young carer is missing education or training	The young carer is at significant risk of their education or training ending
Young carer has no difficulty managing caring and their education	Young carer has some difficulty managing caring and their education	Young carer has difficulty managing caring and their education	Young carer is at risk of their education and/or training ending in the near future	The young carer has had to give up their education or training

Appendix 4

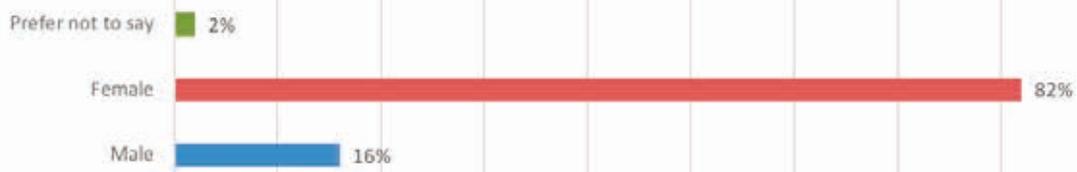
Short breaks survey responses

We began by asking questions about “you” the carer. We asked:

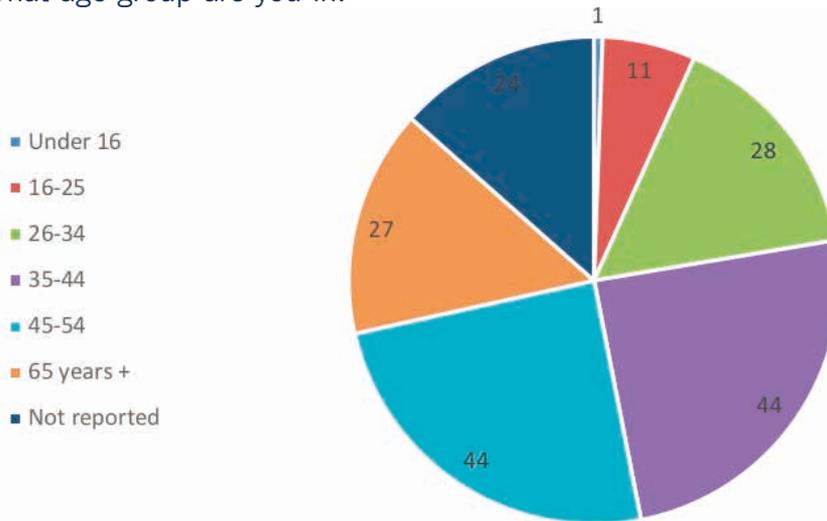
What locality do you live in?



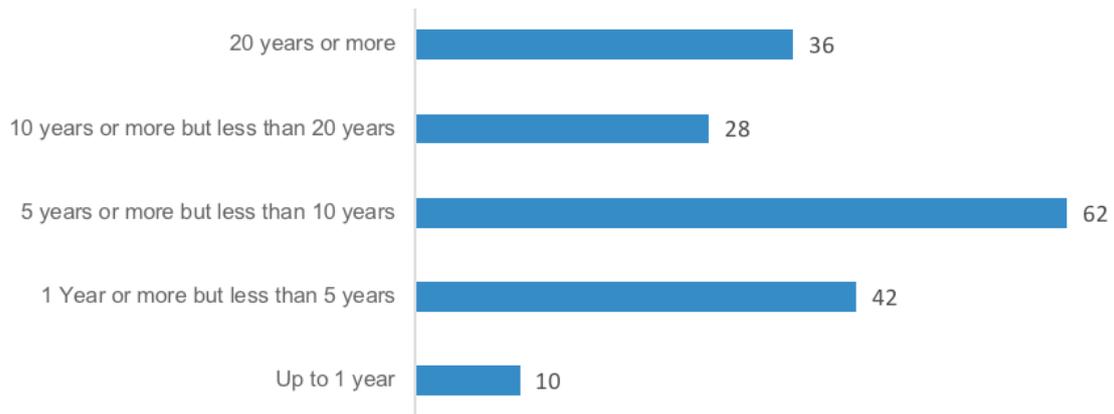
Are you?



What age group are you in?



How long have you been a carer?



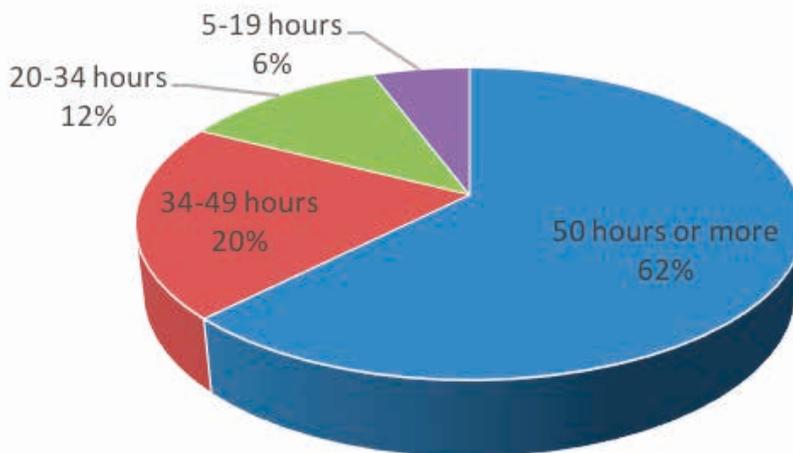
Do you feel you need a break from caring?



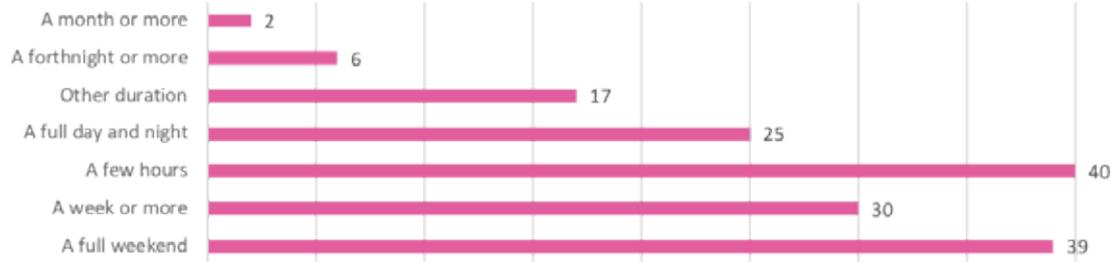
When was the last break you had from caring?



How many hours a week do you provide care?



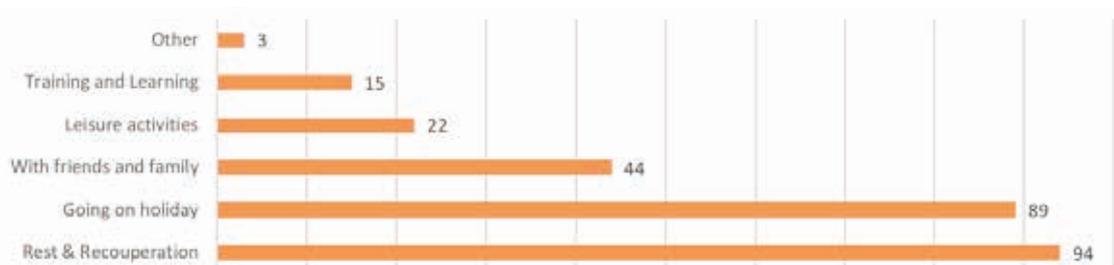
How long did the last break you had from caring last for?



What are the main barriers to getting a break from providing care? (select all that apply)

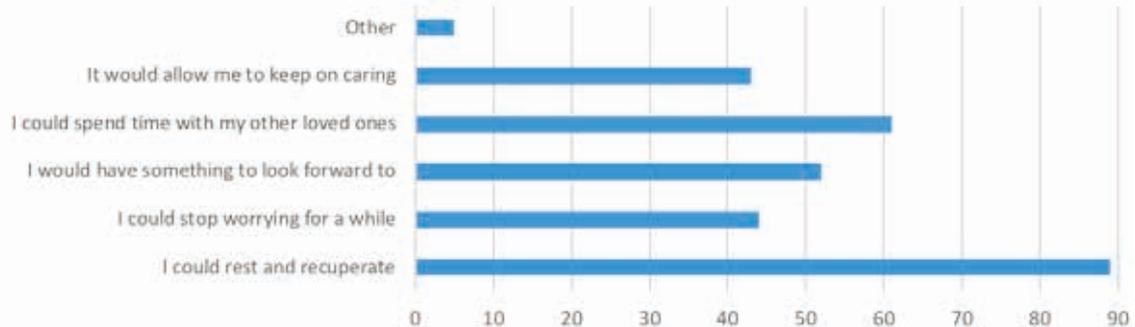


How would you spend your break if you got one? (select all that apply)



What does, or would, getting a break mean to you? (select all that apply)

What does, or would, getting a break mean to you? (select all that apply)



*Carers may have answered multiple times to one question (select all that apply).

Local office contact details

Local social work offices are open Monday to Thursday 8.45am – 4.45pm and Friday 8.45am – 4.15pm

Clydesdale local office

Council Offices
South Vennel
Lanark ML11 7JT
Phone: 0303 123 1008

East Kilbride local office

Civic Centre
Andrew Street
East Kilbride G74 1AB
Phone: 0303 123 1008

Hamilton/Larkhall/Blantyre local office

Brandon Gate
1 Leechlee Road
Hamilton ML3 0XB
Phone: 0303 123 1008

Rutherglen local office

Council Offices
Cambuslang Gate
27 Main Street
Cambuslang G72 7EX
Phone: 0303 123 1008

Social Work Emergency Service

Phone: 0303 123 1008

This number is only available when the local offices are closed.

If you need this information in another language or format,
please contact us to discuss how we can best meet your needs.

Phone: 0303 123 1015

Email: equalities@southlanarkshire.gov.uk

www.southlanarkshire.gov.uk

unpaid carers

If you need this information in large print, on tape or
in Braille, please contact 0303 123 1015.

Please phone 0303 123 1015 if you would like this
information in Chinese, Urdu, Punjabi, Hindi or Polish.

這份資料備有中文譯本，查詢詳情請致電 0303 123 1015

यह सूचना आपके लिए हिन्दी में भी उपलब्ध की जा सकती है

अतिरिक्त जानकारी के लिए इस फोन नं: पर सम्पर्क करें:

0303 123 1015

ਇਹ ਜਾਣਕਾਰੀ ਪੰਜਾਬੀ ਬੋਲੀ ਵਿਚ ਵੀ ਤੁਹਾਨੂੰ ਮਿਲ ਸਕਦੀ ਹੈ

ਹੋਰ ਜਾਣਕਾਰੀ ਲਈ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ:

0303 123 1015

یہ معلومات اردو زبان میں مہیا کی جاسکتی ہیں

مزید معلومات کے لئے اس فون پر رابطہ کریں 0303 123 1015

Proszę dzwonić na numer 0303 123 1015, jeśli chcieliby
Państwo posiadać tę informację po polsku.

supports services