

***Do you provide care for someone?***

*You may be a parent, a wife, husband or partner, a son or daughter, a sister or brother or friend to someone who needs support as a result of their illness (physical or mental illness and substance misuse), condition or disability.*

***If you provide them with help and support to manage their life, you are also a carer.***

## What to expect when...

# You are considering a short break.

### What is a short break?

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

### Why are short breaks important?

A short break aims to support your caring relationship and promote your health and well-being. Having a break can also help the person you support and other family members affected by the caring situation. Short breaks can help you to have a life alongside caring.

### What kind of short breaks are there?

There are a great variety of short breaks across Scotland. The type of short break that is right for you will depend on your own needs and circumstances. Examples that may be available include:

- Holiday or leisure breaks, (with or without the person you care for).
- Sports or activity breaks, (with or without the person you care for).



### The Carers Act

From April 2018, the Act gives all adult carers the right to an adult carer support plan. For young carers it's called a young carer statement.

Although there is no duty for the local authority to provide a short break, they must consider whether support to you as a carer should take the form of or include a break from caring.

Local authorities now have duties to support carers which include:

- A power to support carers and a duty to support carers who have needs that meet the local eligibility criteria.
- Duty to publish a Short breaks Services Statement.
- Duty to provide an information and advice service for carers.

“ I came home feeling much better and ready to face the world again. ”

*– Carer who had a theatre break in Edinburgh.*

- Breaks at day care for the person you care for at home through the day or overnight, (with support from a care at home service), or in a care home.
- Specialist play schemes or after school clubs for the child that you care for.
- Befriending.
- Funding to do something that is important to you that helps you have a break, e.g. relaxation therapies, going out for a meal or to the cinema or getting a magazine subscription.

See Shared Care Scotland's Short Breaks Directory for more ideas and examples

[www.sharedcarescotland.org.uk](http://www.sharedcarescotland.org.uk).

## How do I find out about having a short break?

The local authority area has a duty to publish a Short Break Services Statement. The statement will include information setting out what breaks are available in your area. This means you can find out what is available locally.

Each local authority area has eligibility criteria and thresholds to access different supports. You may need to complete an adult carer support plan or young carer statement to help you plan what matters to you and find out what support, including short breaks, you can access.

## Fife's approach to short breaks.

In Fife we will discuss with every carer who expresses a need for a short break in their Adult Carer Support Plan, how best to enable them to get one, even if they do not meet local eligibility criteria.

As well as Fife Carers Centre and the Health & Social Care Partnership, you will be able to find other organisations who may be able to help you with ideas and information about short breaks on the 'One Your Doorstep Fife' community web-site [www.onyourdoorstepfife.org](http://www.onyourdoorstepfife.org).

More support is available for you as a carer. For more information about our other **'What to expect when...'** leaflets or visit our [www.fifehealthandsocialcare.org](http://www.fifehealthandsocialcare.org).

“ The tablet is amazing, my son uses it for nursery rhymes which makes him happy and it allows me to do course work at night once he is settled ”

- Carer who received a tablet via Short Breaks Brokerage



**If you think a short break could help you, contact:**

**Fife Carers Centre**  
157 Commercial Street,  
Kirkcaldy, Fife, KY1 2NS.

**T: 01592 205472.**

**E: [centre@fifecarers.co.uk](mailto:centre@fifecarers.co.uk)**

**W: [www.fifecarerscentre.org](http://www.fifecarerscentre.org) .**

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