



# GLASGOW CITY HSCP **Short Breaks Services Statement 2022-2025**

Supporting Glasgow's Caring Community

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The Carers (Scotland) Act 2016 requires Glasgow City Health and Social Care Partnership to prepare a [Carer Short Break Services Statement](#). The Short Break Services Statement should be read in the wider context of Glasgow Carer Strategy 2022-2025 and Glasgow HSCP Carer Eligibility Criteria.

<https://www.yoursupportglasgow.org/glasgow-homepage/pages/are-you-an-unpaid-carer/content/carers/>

The carer short break services statement is relevant for both adult and young carers.

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

- Know they can have a short break in a range of ways
- To help carers understand what short breaks are available for them, how they can be accessed and any eligibility criteria that may apply
- To help carers and those they help care for, as well as social care workforce to be better informed about the assistance available to help carers and their families to achieve a break from caring.
- 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

**What is a short break?** 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. Personalised, flexible short breaks can make a real difference for carers to recharge their batteries, helping sustain caring relationships and enabling carers to have more of a life of their own.

**Respite** The term 'respite' is used to describe a break from caring. In general, 'respite' is more often associated with institutional services or emergency situations. The term 'Short Breaks' is considered a more positive term and more in line with the flexibility and creativity that carers have advised they require in the development of this statement.

**Emergency Breaks** provide cover for carers when they are unwell should be deemed as an 'emergency break.' This cover or services and assistance is a form of replacement care but not to enable the carer to have a short break. Emergency support for carers can be provided available at short notice.

**Short Break Options** There are many ways an adult or young carer can have a Short Break from a caring role.

A short break can be arranged in a variety of ways which are personalised to the carer and will support them in their caring role. It could:

- Be for short or extended periods.
- Take place during the day or overnight.

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- Involve the person with support needs having a break away from home allowing the carer time for themselves.
- Allow the carer a break away from the person they care for with replacement care.
- Take the form of the carer and the person they care for having a break together, with assistance if necessary, providing a break from the demands of their daily caring routines.

Activity and holiday breaks individual and groups	Carer and family arranged short breaks	Sports or activity breaks
Clubs, day facilities and play schemes	<b>Personalised Carer Short Breaks can include</b>	Befriending and buddy support
Equipment to pursue a hobby		Driving lessons to improve the carers' ability to support the person they care for.
Funding to do something that is important to you that helps you to have a break e.g. relaxation therapies	Supported leisure and activities	Family holiday break

Short Breaks can 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. Carers will be supported to identify the need for and potential benefit of their short break.

The outcomes of a short 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	Increased ability to cope	Increased ability to maintain the caring relationship
Feeling better supported	<b>Short Break Outcomes</b>	Improved health and wellbeing
Improved confidence (for example, more confident as a carer)	Reduced social isolation and loneliness.	Improved quality of life

The type and length of a break will be proportionate to every caring situation and eligible needs can be identified by completing either a carers support plan or a young carers statement. [What to expect when you are considering a short break.](#)

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When a carer has identified eligible needs for short break support that cannot be met through support to the cared-for person, support which the local authority provides to the wider public or universal support, the charges for short break support must be waived.

### Personalised Short Breaks Fund

Glasgow City HSCP administer a carer Short Breaks Fund for adult and young carers that aims to deliver improved outcomes for carers looking after someone resident in Glasgow. The fund ensures that carers and those they care for are at the centre of planning for the short break and for the break to be tailored to their personalised needs.

The fund aims to make a difference to those who need most support and include those carers with a substantial caring role and whose needs are not met by traditional forms of short breaks and respite.

Glasgow City HSCP must provide support to any carer who has identified needs (which meet local eligibility criteria) that cannot be met through support to the cared-for person, support which the local authority provides to the wider public or universal support. If after Completing and Adult Carer Support Plan you have been identified as having a substantial or critical need for a short break, and have met the carer eligibility criteria, then you will have a right to choose how that support should be funded and provided. To find out more about the rights of carers please visit: <https://www.yoursupportglasgow.org/glasgow-homepage/pages/are-you-an-unpaid-carer/content/carers/>.

### Self-Directed Support

The Scottish Parliament passed a new law on social care support, the Social Care (Self-directed Support) (Scotland) Act 2013. [Self-directed Support](#) is also known as SDS and Personalisation.

From April 2014 all councils in Scotland must offer Personalisation to people with a wide range of support needs, including learning disabilities; physical disabilities mental health issues; and some other long-term health conditions.

### Support for the cared for person that is generally available to people in the area

**Glasgow Centre for Inclusive Living** Self Directed Support for the disabled people. *Glasgow Centre for Inclusive Living is run by disabled people for disabled people. We believe that barriers disable people, not impairments. Our support, payroll, training, housing, employment and consultancy services enable disabled people to assert more control over their lives as equal citizens.* <http://www.gcil.org.uk/>

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

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**A Local Information System for Scotland (ALISS)** <https://www.aliss.org> 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.

**Shared Care Scotland** <https://www.sharedcarescotland.org.uk/map-page/> Planning a Short Break. One of the most commonly reported barriers to accessing a suitable short break is the lack of good quality information about what support is available in your local area. Shared Care Scotland have put together a handy search tool to help you find out about local sources of information about short breaks in your area.

### Short Break Support Available

To find out more about Short Break supports available for carers looking after someone resident in Glasgow, contact [The Carers Information Line](#). Phone 0141 353 6504 to find your nearest carer centre or visit [www.yoursupportglasgow.org/glasgow-homepage/pages/are-you-an-unpaid-carer/content/how-to-access-a-carer-service/](http://www.yoursupportglasgow.org/glasgow-homepage/pages/are-you-an-unpaid-carer/content/how-to-access-a-carer-service/).



You can also follow Glasgow City Carer Partnership on Twitter  
#Glasgowcarers

If you require a copy of the Carer Short Break Services Statement in an alternative language, please contact us at: [info@glasgowcarersinformation.org.uk](mailto:info@glasgowcarersinformation.org.uk)