

OFFICIAL



Glasgow City HSCP Short Breaks Services Statement 2025 to 2028

OFFICIAL

OFFICIAL

Background: Glasgow City Health and Social Care Partnership (GCHSCP) must prepare and review a Carer Short Break Services Statement.

Glasgow HSCP must consider whether support to meet a carer's identified needs should take the form of or include a break from caring. (This only applies to carers looking after someone resident in Glasgow.) This Carer Short Break Statement should be considered in the wider context of the 2025-2028 Glasgow Carer Strategy and Carer Eligibility Criteria.

The Carer Short Break Services Statement must be reviewed a minimum of every three years. Managers of carer support services, Glasgow Carers representatives of HSCP Services and a Care Inspectorate inquiry have informed the review of the short breaks statement. If you want to provide feedback on the carer short break services statement please visit: <https://www.smartsurvey.co.uk/s/CarerStrategyFeedback/>

Glasgow HSCP would like to acknowledge the role of [Shared Care Scotland](#) in developing the template for short break services statement.

This Short Break Services Statement is a requirement of the Carers (Scotland) Act 2016.

It gives information about the short break's services available locally and across Scotland for carers and the person or people they care for. The aim of the statement is to help carers and people with support needs understand:

- What short breaks are
- Who can access them
- What short breaks are available in your area and Scotland
- How carers can access short breaks and find further information

Definition: 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. The purpose of a short break is to support the caring relationship and promote the health and well-being of the carer, the supported person, and other family members affected by the caring situation.

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

- Adult carers are considered equal partners in care. Short breaks can support the caring relationship and promote the carers health and wellbeing. Having a break can also help the person receiving support and other affected by the caring situation. Short breaks can help carers to have a life alongside caring.
- A young carer is a carer who is under 18 years old or is 18 and still in school. Young Carers should be considered as children and young people first with rights to live a full life and not miss out on childhood. Short breaks can have a role to play in ensuring children with caring responsibilities can benefit from the same experiences and opportunities as their friends and peers,

OFFICIAL

OFFICIAL

(The Scottish Government intends to implement the Care Reform (Scotland) Bill which will include a new right to breaks for unpaid carers. The Glasgow HSCP 2025-2028 Carer Short Break Services Statement may require further review to ensure compliance with any future changes in legislation)

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

- Know they can have a break in a range of ways
- Are informed about short breaks that are available
- Have choice in the support they access
- Have time to themselves to rest and do the things they enjoy.
- Can identify what a short break means for them, and how they can be supported to meet their needs and achieve their outcomes.

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 in line with the flexibility and creativity that carers have advised they require in the development of this statement.

Replacement Care is care provided to the cared for person which replaces care normally given by the carer and which is provided as a form of support to the carer so the carer can have a break from caring."

Emergency Breaks It is important for carers 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. To find out more about planning for an emergency visit: <https://www.nhsggc.scot/your-health/planning-for-care/planning-your-care/>

Short Break Options: There are many ways a 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.
- 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.
- Piece of equipment or technology that supports a carer to have a break from caring.

OFFICIAL

OFFICIAL

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.

While acknowledging the importance of breaks for unpaid carers, it is also important to carefully consider the needs and preferences of the person being looked after ensuring a balanced approach that considers the rights and wellbeing of both individuals.

Carer Outcomes: The outcomes of a short break will be personal to each carer, but may include:

- Improved quality of life
- Increased ability to continue caring
- Having more opportunities to enjoy a life outside/alongside the caring role
- Reduced social isolation and loneliness
- Improved health and wellbeing

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

All unpaid carers providing care to a resident of Glasgow are eligible to have their needs as a carer assessed. 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.

Where a carer looking after someone resident in Glasgow does not meet the carer eligibility criteria for a short break provided through statutory supports, you may be able to access a short break provided by one of our partner [local carer centres](#).

Glasgow HSCP must provide support to any carer who has identified needs. If after Completing and Adult Carer Support Plan you have been identified as having a substantial or critical need for a short break, you will have a right to choose how that support is provided through from four [Self-Directed-Support](#) options. Self-directed Support is also known as SDS or Personalisation.

Short breaks play an essential role in supporting carers to maintaining their health and wellbeing. We would encourage carers to explore the following options to identify the right short break for you and the person you look after.

Links to other short break information and support:

Glasgow Carer support services: For further information visit <https://www.yoursupportglasgow.org/glasgow-homepage/pages/are-you-an-unpaid-carer/content/local-carer-services-in-glasgow/>

OFFICIAL

OFFICIAL

Care Inspectorate: You can find the details of every registered care service in Scotland on the Care Inspectorate website. You can search by service name, location, service type and so on. You can also compare services.

Care Information Scotland: Carer centres offer practical support, advice and information for carers. The Care Information Scotland website contains information about carer centres across Scotland. <https://www.careinfoscotland.scot/topics/support-for-carers/carers-centres/>

Glasgow Centre for Inclusive Living *Glasgow Centre for Inclusive Living is run by disabled people for disabled people. 'We believe that barriers disable people, not impairments.'* <http://www.gcil.org.uk/>

Glasgow Helps: The [Glasgow Helps website](#) has been created to make it easier for the people of Glasgow to find activities or services. The website is part of a bigger partnership that aims to help Glasgow's people thrive.

Technology Enabled Care and Support (TECS) Our Technology Enabled Care and Support (TECS) service helps people live their lives as independently as possible in their own homes with the aid of technology. Technology can help with managing or minimising risk to support vulnerable people to live in their own community, whilst also providing reassurance for family carers.

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

A Local Information System for Scotland (ALISS) <https://www.aliss.org> ALISS is a national digital programme enabling people and professionals to find and share information on health and wellbeing resources, services, groups, and support in their local communities and online.

Family Fund: Family Fund believes that families raising disabled or seriously ill children and young people should have the same choices, quality of life, opportunities and aspirations as wider families. The Family Fund provides a wide range of grants to families living in Scotland raising a disabled, or seriously ill, child or young adult on a low income. <https://www.familyfund.org.uk/>

Shared Care Scotland <https://www.sharedcarescotland.org.uk/map-page/> Planning a Short Break. Shared Care Scotland provide a handy search tool with short breaks information.

Respite is delivered by Glasgow Carers Services, on behalf of Shared Care Scotland. It provides the opportunity for unpaid carers to have a much-needed break and to recharge their batteries. Respite aims to connect with hospitality, tourism and leisure businesses who are willing to donate a break to unpaid carers, free of charge. These breaks can include anything from a night away, a meal out, a pamper session to a family activity. If you would like more information about Respite, contact [your local Carers Centre](#) for further details.

OFFICIAL

OFFICIAL

GAMH Northeast Carers Service 0141 404 3769
Glasgow North West Carers Service 0141 954 1010
Glasgow South Carers Service 0141 423 0728

How to request carer support:

We've tried to make it easier for carers to request support in Glasgow. (If the person you look after doesn't live in Glasgow, please visit [Care Information Scotland](#) for information about carer advice and information services in the area they live.)

Option #1 If you are an unpaid carer, your [local carer service](#) will be able to help you access any support and information you require. You can also request an assessment of your needs by completing an online [request for carer support](#). Need help with this? Your [local carer service](#) can help you.

Option #2 If you, or the person you look after require information about accessing Social Care Services you should contact [Health and Social Care Connect](#). Phone 0141 287 0555.

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

OFFICIAL