



# North Ayrshire Short Break Services Statement



## Document Control

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Contents

Introductions ..... 4

Short Breaks ..... 4

    What is a Short Break? ..... 4

    Who can have a Short Break?..... 6

    What can a short break look like? ..... 6

    Why take a Short Break? ..... 7

    How can I get a Short Break?..... 7

    Short Break Options ..... 9

Carers Voices ..... 9

Appendix 1: Service Access Social Work Team Contacts ..... 10

Appendix 2: How to Access a Short Break in North Ayrshire ..... 11

    Adult Carer ..... 11

    Young Carer ..... 11

    Or you can..... 12

## Introductions

The Carers (Scotland) Act 2016 requires Local Authorities to prepare, publish and review a [Short Break Services Statement under Section 35](#).

It is NAHSCP's (North Ayrshire Health & Social Care Partnership's) responsibility to prepare this Statement along with local carers and the people they care for, the Carers Advisory Group, North Ayrshire Carers Centre, as well as staff and other third sector partners.

The purpose of the Short Break Statement is to inform and advise young and adult carers, staff and the wider community of planned, short break (often referred to as respite) opportunities for carers who care for someone living in North Ayrshire. The Statement provides useful links and ideas, what is available regardless of eligibility and level of support needed, and how to access a break from caring.

The Statement does not focus on carer situations that occur due to emergencies or crisis with the carer or cared for person. It is about supporting planned short breaks from your caring responsibilities.

## Short Breaks

### What is a Short Break?

The Carers (Scotland) Act 2016 does not provide a legal definition of a short break.

Shared Care Scotland; one of the seven National Carer Organisations, considers a short break to be;

'a service which is provided to give the unpaid carer a rest from their caring responsibilities.'

In North Ayrshire we believe a short break should be personalised, it can be creative and will have different meanings for each individual carer and it is;

**'Anything that allows a person, of any age, to have some time away from their caring routines and responsibilities'**

A short break is a type of planned support that allows carers to have a rest. It should help your emotional and physical health and wellbeing. It can also support the relationship with the person you care for to help you feel able and willing to continue caring. The short break should make a difference to your life and make you feel you have had time for yourself.

The short break approach provides you with choice and flexibility. It involves a conversation with you and the person(s) you care for to determine what a break from caring means, or might look like, for you. NAHSCP have for many years provided services that have given important and much deserved relief to many carers by providing short term care for the cared-for person(s). This care has been mostly

provided in a care home or day care service and is often the only help many carers request.

In 2018/19, NAHSCP supported 210 carers and the cared for person (over 65 years of age) to receive planned traditional breaks across 32 residential care settings in North Ayrshire.

NAHSCP's Anam Cara Service provides dedicated short breaks for older adults with a diagnosis of dementia who reside in North Ayrshire. Carers who use this service shared the following;

'It was so reassuring for us to know that we were leaving him in such safe caring hands. Facilities like Anam Cara are priceless to carers.'

#### Walker family

'Thank you for doing what you do and for showing us a new road in our journey with dad.'

#### Bennett family

Even when services are delivered in the most personalised way possible, you may find traditional types of support are not suitable for you or the cared-for person. You may find you need something different/or in addition to the standard provision of carer support because you, the person(s) you care for and your circumstances are unique to you.

In 2018/19, 33 carers (all age groups) applied through Unity North Ayrshire Carers Centre to Shared Care Scotland [Short Breaks Fund](#) to receive innovative short breaks covering a range of activities and equipment for example; Auchrannie spa, Soar (bowling, climbing & Skiing), Heads of Ayr Farm Park, Odeon Cinema and sports equipment, to name a few. Some of these carers shared the following;

'It felt good having me time without worries and stress.'

'I got new football boots and it made me feel better as I now play for a team'

'It made a difference to myself just being out as this doesn't happen very often. To my partner it was a chance of company as he is with me 24/7. It was a good day for us both'

NAHSCP have asked young and adult carers how a break from caring makes them feel.

You told us you are more able and willing to care when you feel well and have meaningful time away from your caring responsibilities. You also stated knowing what is out there gives you more choice and control to consider what you need.

## Who can have a Short Break?

This Statement is for young and adult carers, and the cared-for person. It also provides guidance for NAHSCP staff and other organisations who support carers in North Ayrshire.

Under the Act a '**carer**' is an individual who provides or intends to provide care for another individual.

An '**adult carer**' is at least 18 years old and a '**young carer**' is either under 18 years old or has turned 18 but is still at school.

Carers look after family members or friends who need help to live day to day due to illness, disability, mental health, addiction issues or simply as they grow older.

You can be any age, care for more than one person and do not need to live in the same house as the cared-for person(s). Often caring is associated with physical tasks but giving emotional support is a huge part of caring, and often more stressful. As well as a carer you are a parent, partner, grandparent, brother, sister, daughter, son and/or friend. Some carers care for each other and you may have your own health and/or social care needs.

## What can a short break look like?

Your caring circumstances are personal to you and not every short break requested will be the same. The type or length of short break depends on your identified eligible need and what matters to you most, as identified in your ACSP (Adult Carer Support Plan) or YCS (Young Carer Statement). An ACSP or YCS is an opportunity to discuss with the HSCP what **support** or services you need. This will look at how caring affects your life, including for example, physical, mental and emotional needs, and whether you are able or willing to carry on caring.

A break from caring can;

- Be for a few hours a day to spend time with other family or friends, maintain friendships and take a break from your caring role/routine
- Be during the day or night with replacement support or telehealth/care, if needed
- Allow you to have a life outside and/or alongside your caring role
- Involve the person you care for having a break away from home, allowing you some time for yourself
- Involve you and the person you care for having a break together

For more examples of what a short break can look like visit Shared Care Scotland's [Short Break Stories](#).

## Why take a Short Break?

The benefits from taking a break from caring are different for each carer. A break from caring can help in many ways by reducing the stress and anxiety of day to day life. It can maintain or improve physical and emotional health and wellbeing. It can support the caring relationship as well as those with other family and friends, often reducing isolation. Carers also use the opportunity of a short break to refresh and recharge helping achieve more balance in life.

North Ayrshire carers shared some further comments on their break from caring stating that it;

‘Gave me time to myself as I care every day and always need to rush back, having the day off to do something I enjoy was great.’

‘It was of great benefit to us both, mentally and physically and gave us a good boost.’

‘It enabled me to get a break as I was very lethargic beforehand.’

‘We were a family for the day!’

## How can I get a Short Break?

From 1st April 2018, NAHSCP must provide support to young and adult carers based on their assessed identified needs.

The ACSP or YCS will look at your whole caring situation, the impact of caring on your quality of life and the risk to you and the person you care for if you are not able or willing to continue caring. Through good caring conversations your ACSP or YCS will highlight these areas and help decide your level of support.

In North Ayrshire, levels of eligible support are set between moderate and critical, meaning if your caring role highlights moderate, substantial or critical impact on or risk to your life, there will be a level of support for you. If you do not meet these criteria you will still receive information and advice and will be signposted to relevant universal or community supports.

An ACSP is for adult carers, who request or offered and accept the chance to complete their ACSP. The Plan is a record of agreed outcomes to achieve or maintain. You will receive a copy of your ACSP and can share with anyone you wish.

NAHSCP will help you complete your ACSP, applying North Ayrshire Carer Eligibility to determine your level of support.

If you self-identify and request your ACSP, Service Access Teams are the point of referral, based in your local health and social care office. (See Appendix 1 for who to contact and a flow chart of steps to understand how to apply for a short break).

If you live in North Ayrshire but care for someone in another authority area, it is that other local authority who holds the duty to offer and prepare your ACSP or YCS.

The YCS is for young carers, who request or are offered and accept the chance to complete their YCS. The Statement is a record of agreed outcomes to achieve or maintain. You will receive a copy of your YCS and can share with anyone you wish.

NAHSCP and Education Services have agreed that Head Teachers and Pastoral staff will support young carers to prepare and complete their YCS and apply North Ayrshire Young Carer Eligibility up to the levels of moderate risk/impact. Where your needs are thought to be substantial or critical, Education will request assistance to identify an appropriate Lead Professional to help.

However, not all breaks from caring will meet NAHSCP's eligibility and require a separate funding for you. Many of your outcomes can be met through universal services such as Health or Education, community support or from services already received by the cared-for person. Where this is not the case and your own carer funding is agreed, Self-directed Support options will be offered to consider how best to plan, take and pay for your short break. There are four options which allow you to decide how much control and responsibility of your funding you want. These options are:

- A Direct Payment – you receive a cash payment from the HSCP and arrange, pay for and manage the short break you choose to meet your assessed need.
- An Individual Service Fund – HSCP arranges and pays for the support you choose but you manage this with the provider to meet your assessed need.
- HSCP arranged services – HSCP chooses, arranges, delivers and pays for the support they think best meets your assessed needs.
- A mixture of the above three options for different types of short breaks from caring.

NAHSCP will consider all parts of your short break to waive any cost to you but there may be some parts that you will have to pay for. Each individual short break will be considered on its own circumstances. For more information on charging for breaks from caring in North Ayrshire view the following links:

- [North Ayrshire Charging Policy 2019/20.](#)
- [North Ayrshire Guidance on Waiving Charges for Carers.](#)
- [The Carers \(Waiving of Charges for Support\) \(Scotland\) Amendment Regulations 2018](#)

If your needs for support are agreed and a break for you from caring is decided, appropriate care for the person you normally care for will need to be detailed in your ACSP or YCS. In some cases, this can be provided by family, friends or other community supports, but there may be a need for formal replacement care.

Replacement care according to the Act is;



“Care provided to the cared-for person, which replaces care previously 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.”

It can be challenging to determine who will benefit from the replacement care. Refer to the previous link North Ayrshire Guidance on Waiving of Charges for Carers (Point 5) for clarification.

If you and the person you care for want to take a break together, this break would potentially meet both of your needs. The cost for any support would be included in the cared-for person’s support package. Any charge or cost under this choice of break would be applied (50/50 split) between you and the cared-for person.

## Short Break Options

Caring means something different for everyone. It is important to recognise when a break is needed. There are lots of different options that can be explored whether it is an hour each week, a day here and there, a week or two for a holiday or a combination of all of these.

There are many useful organisations that can help you to arrange, enjoy and pay for a break such as NAHSCP, North Ayrshire Carers Centre and other local charities or condition specific organisations. Click the link [Support for Carers](#) for a full list of resources that can help you make informed choices about your short break.

## Carers Voices

NAHSCP would appreciate any feedback on this Short Break Services Statement in order that we may continue to provide clear and up to date information on breaks from caring.

Anyone can email the North Ayrshire Carers Team with specific feedback on the Statement or useful ideas and links for short break options. You can also share your stories and experiences of short breaks that made or continues to make, a difference in your life.

Please also share your suggestions for ensuring the Statement is communicated to everyone that needs it.

The North Ayrshire Short Breaks Service Statement will be reviewed annually by the Carers Team.

As a carer, if you do not think you or the person you care for are getting the service that you are entitled to, you can enquire:

- by telephone, to the relevant department
- in person at your local HSCP Office

- in writing to: HSCP Complaints Department, 5th floor west, Cunninghame House, Irvine, KA12 8EE
- Completing the [online complaints form](#)

## Appendix 1: Service Access Social Work Team Contacts

Arran Health & Social Care Office  
Shore Road  
Lamlash  
KA27 8JY  
Telephone: 01770 600742

Irvine Health & Social Care Office  
Bridgegate House  
Irvine  
KA12 8BD  
Telephone: 01294 310000

Kilbirnie Health & Social Care Office  
Craigton Road  
Kilbirnie  
KA25 6LJ  
Telephone: 01505 684551

Saltcoats Health & Social Care Office  
Saltcoats Town Hall  
Countess Street  
Saltcoats  
KA21 5HW  
Telephone: 01294

## Appendix 2: How to Access a Short Break in North Ayrshire

NAHSCP has a duty and responsibility to support carers identified eligible needs. In order to receive information and support, or help to access a short break you should;

### Adult Carer



### Young Carer



Or you can...

Think about a break from caring with help from your network of supportive friends and family discussing this together with the cared-for person.

You may also need some outside help to consider a break from caring and can contact [North Ayrshire Carers Centre](#) to discuss what type of short break options might meet your needs. To find out more telephone to 01294 311333, visit them at 174, High Street, Irvine.