

Eileanan Siar

Short Breaks Services

Statement



CÙRAM IS SLÀINTE NAN EILEAN SIAR



Comhairle nan Eilean Siar

Western Isles Health and Social Care Department

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1. Background

Western Isles Health and Social Care Partnership is responsible for the delivery of Social Work Services to adults.

Comhairle nan Eilean Siar is responsible for the delivery of Social Work to children and young people.

Under the Carer (Scotland) Act 2016 a **'carer'** is an individual who provides or intends to provide care for another individual. A carer can be caring for more than one or more cared-for persons. A cared-for person can have one or more carers.

The Carers (Scotland) Act 2016 has been developed to ensure better, fairer and more consistent support for unpaid carers across the country. To do this effectively, the Act puts more emphasis on the rights of unpaid carers in order for them to continue in their caring role – if they are willing and able to do so, and for them to have a life alongside caring.

Carers are people who provide unpaid care to family members, other relatives, friends and neighbours. Those that they care for may be affected by physical disability, long term mental health issues, substance misuse, frailty or another condition. Some carers provide full time, lifelong care while others provide short term care. It is not necessary for a carer to be living with the cared-for person in order for them to be recognised as a carer. Anyone can become a carer at any time in their life.

2. Short Breaks Services Statement

The Carers (Scotland) Act 2016 requires all local authorities across Scotland to prepare, publish and review a statement setting out information about short breaks services available for local carers and those that they care for.

It gives information about the short breaks services available locally and across Scotland for carers and those who are cared-for.

The aim of the statement is to help carers and people with support needs to understand:

- What short breaks are
- Who can access them
- What short breaks opportunities are available in the local area and also across Scotland
- How carers can access short breaks and find further information on them

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

The short breaks services statement will also assist professionals and organisations involved in delivering short break options for carers, or supporting carers to access short breaks.

The content of this statement has been informed by what carers have told us in our consultation around various aspects of the Carers (Scotland) Act 2016 and other development work. This statement will continue to be reviewed in light of feedback and other developments.

This Short Break Services Statement will also signpost carers to information we expect to be available locally. This provides information on what services carers and the cared for person can expect from a range of local agencies, including education, health and social care. Knowing what is out there gives carers more choice and therefore more control over what support is right for them.

3. Purpose

The main purpose of a short break is to provide a break for the carer and the cared-for person. A short break can also help alleviate feelings of social isolation which some older people may experience.

Short breaks can last anything from a couple of hours at home, to several days in a residential care setting. All short breaks will require an assessment of need to be undertaken to ensure that the right level of support and short break activities/services are used.

Traditionally most cared-for people have taken short breaks in residential care homes or within a respite unit. However; residential care does not suit everyone and is not the only available option.

This statement acknowledges that short breaks improve the physical and emotional well-being of Scotland's carers and also deliver positive outcomes by ensuring more personalised and effective delivery of carer support.

Western Isles Health and Social Care Partnership and Comhairle nan Eilean Siar will continue to explore opportunities for short breaks with carers and encourage the development of and access to the different options based on the preferences of carers and their needs.

4. Definition of a short break

A short break is any form of service or assistance which enables the carer to have periods away from their caring routines or responsibilities.

The purpose 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.

A break from caring may:

- 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 to themselves
- Allow the carer a break away with replacement care in place, if required
- Take the form of the carer and the person they care for having a break together, with assistance if necessary, to provide a break from the demands of their daily caring routines
- Improved educational attainment

5. Outcomes

Carers will be supported to have outcome focussed conversations with professionals to enable them to make informed choices about the need and benefits of short breaks.

They (carers) will also be supported to identify the need and potential benefit of a Short Break.

The outcome 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
- Feeling better supported
- Improved confidence as a carer
- Increased ability to cope
- Reduced social isolation and loneliness e.g. increasing social circles, connections and activities
- Increased ability to maintain the caring relationship – and sustain the caring role
- Improved health and wellbeing
- Improved quality of life
- Reduced likelihood of breakdown and crisis

6. Support available

There is a range of short break opportunities that can meet carers' outcomes. The purpose is for the carer to have a life outside, or alongside, their caring role, supporting their health and wellbeing. This can also be of benefit to the cared-for person and can help to sustain the caring relationship.

Increasingly, carers are finding creative ways to take a break which do not involve external or commissioned services. For example, they may use leisure or fitness equipment; do some gardening or something else which provides a break from their normal routine.

Carers who do wish to take a break, may be able to meet their own personal outcomes by accessing universal services. These are also known as community services. These are services which are usually provided within the community such as libraries, leisure centres or clubs. In such cases, a formal funded break will not be necessary; however, support to allow the carer time to meet their own outcomes may be required to allow this to happen. Some examples of local support options which are available to carers are:

Carer Support

Local carer groups provide an opportunity for carers to meet up, share information and have a break from caring.

Eolas is a carer group which meets socially over afternoon tea or lunch. It was set up in response to carers; is informal and meets regularly across the islands. It is organised by the Western Isles Community Carer Forum and funding can be made available for replacement care and transport. Carers of all ages are welcome to attend and there is no charge.

Young Carers Support Group

Local carers groups providing opportunities for young carers to meet up, share information and have a break from their caring duties. There is a group based in Stornoway, in Harris and a group in Uist covering Uist and Barra. The groups sometimes come together for a particular activity e.g. a trip to the Scaladale Centre.

Fois (meaning relaxation, peace, tranquillity, ease, repose, respite, rest) is an opportunity for carers in the Western Isles to receive a short break. Fois works in partnership with local holiday home owners across the Western Isles to provide a week's free accommodation. A list of available properties can be found at the following link:

[Fois – Properties List](#)

Universal (Community) Supports / Directory of care services can be found at the following link <http://www.wiccf.co.uk/wp-content/uploads/2016/04/WICCF-Directory.pdf>

The local [Time Out – Short Breaks Fund](#) from Western Isles Community Care Forum have received funding from Shared Care Scotland for the provision of respite breaks for carers. All successful applicants can receive awards of £150.00.

Replacement Care Providers should be registered services with the Care Inspectorate

Respite Resource /Organisation	What they provide
Bethesda Care Home / Respite Unit	Residential care for older people
Ardseileach Care Home Western Isles Health and Social Care Partnership	Residential care home for people with learning disabilities including respite / short break and emergency placement
Harris House Care Home Western Isles Health and Social Care Partnership	Residential care for older people
Trianaid Care Home Western Isles Health and Social Care Partnership	Residential care for older people
Taigh a'Chridhe Care Home Western Isles Health and Social Care Partnership	Residential care for older people
St Brendan's Care Home Western Isles Health and Social Care Partnership	Residential care for older people
Crossroads Lewis Care Attendant Scheme	Provide carer respite through short breaks
Crossroads Harris Care Attendant Scheme	Provide carer respite through short breaks
Alzheimer Scotland	Provide carer respite through short breaks
Tagsa Uibhist Home Support	Provide carer respite through short breaks
Cobhair Bharraigh SCIO	Provide carer respite through short breaks

National Short Breaks websites:

[Shared Care Scotland](#) contains a searchable directory of short breaks. The website also contains information on [Time to Live](#) programme which provides 12 month grants to carers organisations (usually carers centres) to develop and deliver micro grants schemes for carers of adults (aged 21 years and over), carers of older people (aged 65 years and older) and young carers (caring for children or adults). These Time to Live projects enable carers to access funds and support to help them take short breaks that meet their needs.

[Take a Break](#) is Scotland's short breaks fund for 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.

[ALISS - A Local Information System for Scotland](#) 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.

Replacement Care

When a carer takes a short break, there may be a need for replacement care to be provided to the cared-for person. This can be arranged in a number of ways, including other family members or friends stepping in to provide support to enable the carer to have some time off from their caring role.

Where this kind of family or friend support is not available to the carer, the local authority may have a duty to provide replacement care. This could be a couple of hours of support to 24 hour residential care home support, at agreed times throughout the year. An Adult Carer Support Plan will be agreed with the practitioner to agree on the level of support needed for the carer and the cared-for person will require an assessment of need to ascertain what kind and level of replacement care is needed and eligibility criteria will apply. Further information on replacement care is detailed in section 8 of this statement.

Types of short break / replacement care

Examples of Support Available

These examples can be accessed through the various Self Directed Support options, and you can search the Shared Care Scotland Directory for ways of accessing these. The directory can be found here: <https://www.sharedcarescotland.org.uk/directory>

Breaks in specialist/dedicated respite accommodation

These breaks are based in accommodation which is used only for short breaks. Depending on the group catered for, facilities may be able to offer specialist care.

Breaks in other local authority areas

There may be occasions where the eligible needs of the carer cannot be met locally due to a lack of local provision and they may be offered an alternative break in another local authority for the cared-for person. This would only be offered if all parties were in agreement and that the identified outcomes would be met by placement in a neighbouring local authority. Transport costs would be met by the local authority in these situations.

Breaks in care homes

Some care homes may have a small number of places set aside specifically for short breaks. Rather than simply offering a 'spare bed' the home will provide separate facilities with a carefully planned programme of activities for short-term guests to suit individual needs and interests.

For children, Action for Children provides residential short-breaks at their premises in Stornoway, Hillcrest Residential Unit.

Breaks provided at home through a care attendant or sitting service / respite at home

In some cases, respite care can be provided within the person's house to give the carer the opportunity to carry out an activity in the home or out with their home. Overnight services can also be provided (based on availability) to help a carer get a good night's sleep, or it could be to support the cared-for person while the carer is away. The individual support provided in the home of the cared-for person can range for periods of a few hours to overnight. Having respite provided at home can lessen the disruption of going into a residential facility for a short period and the cared-for person remains in their own familiar surroundings. Many carers are choosing to take this option rather than using residential care.

Supported access to clubs, interest or activity groups

These opportunities might focus on a particular activity (e.g. sports clubs, leisure activities) and may be based in a community building. These generally take place over a few hours perhaps once or twice a week or, in the case of children, they may be planned over the school holidays. The availability of adapted equipment or trained workers can help people with support needs to enjoy these activities.

Holiday breaks

These include opportunities for people to have a short break together, or independently. These breaks can be supported in different ways – through an agency specialising in breaks for people with particular needs; in adapted accommodation; or in ordinary hotels and guest houses, perhaps with additional equipment. More mainstream breaks may also be possible with the support of a paid carer or companion.

Befriending schemes where volunteers provide short breaks

Befriending normally involves a paid worker or volunteer assisting someone with care and support needs to have access to activities, for example going to the cinema, meeting friends, shopping, swimming and other such leisure pursuits. Befriending can be on a one-to-one basis or as part of a group.

Day care

Day care is typically based in a community building and provided by a local authority or voluntary organisation. The degree of flexibility varies; most are characterised by fixed opening hours on particular days; some offer a drop-in service whereby people can attend for part of the day only. Day care is not generally provided for short break or respite purposes but services which offer more flexible arrangements, designed around the needs of both the client and carer, can achieve this purpose.

Alternative breaks

Increasingly, with the development of Self-directed Support, more people are finding creative ways to take a break that don't necessarily involve external services. For example, they might use leisure equipment, computers, gardens or anything else that provides a break from routine.

You can read some example 'Short Break Stories' on the Shared Care Scotland website here: <https://www.sharedcarescotland.org.uk/shortbreaksfund/short-break-stories/>

Emergency respite breaks

We recognise that in some circumstances people need to have access to emergency support. Where possible, an emergency plan will be completed to ensure that carers and the cared for person can access emergency support or breaks in a way that minimises stress in an already difficult situation. In some circumstances an emergency break may be needed when there has been no previous contact with social work services and, in those circumstances, the most appropriate break available will be sought.

Anticipatory Care Planning

This provides a record which helps people to plan ahead. It is a tool which can assist individuals to make better use of services and make choices about their future care. Planning ahead can help people to be more in control and to manage their conditions more effectively. Not everyone needs or wants an anticipatory care plan, however; it could be helpful for those who live with long term conditions and also for those who have replacement/respite care.

7. Eligibility

How do I get a short break and how do I arrange it?

Short breaks should be planned as part of an outcome focussed conversation, and could be the result of an Adult Carer Support Plan or Young Carers Statement being produced.

We will work with you to identify:

- The impact of caring on your health, wellbeing, employment, financial situation and socialising
- Your relationship with the person you care for and your wider family circle and if it is becoming difficult
- The amount of time spent caring each week
- If you are the only person caring and if you care for more than one person
- Your ability to make arrangements for a short break with support

Some outcomes may be achieved through accessing universal services. Universal services are those which are provided to the public generally e.g. leisure and recreation facilities, support groups and community networks. Where this is not possible or appropriate, Self-directed Support may be offered to provide access to short breaks and/or replacement care.

If you are eligible, an individual budget will be allocated to you, based on your individual needs. You will be supported to identify your own skills and resources and to look at different ways to improve your life, using the resources identified and the individual budget. Once this is agreed, you can choose from four options as to how much control and responsibility you want to take.

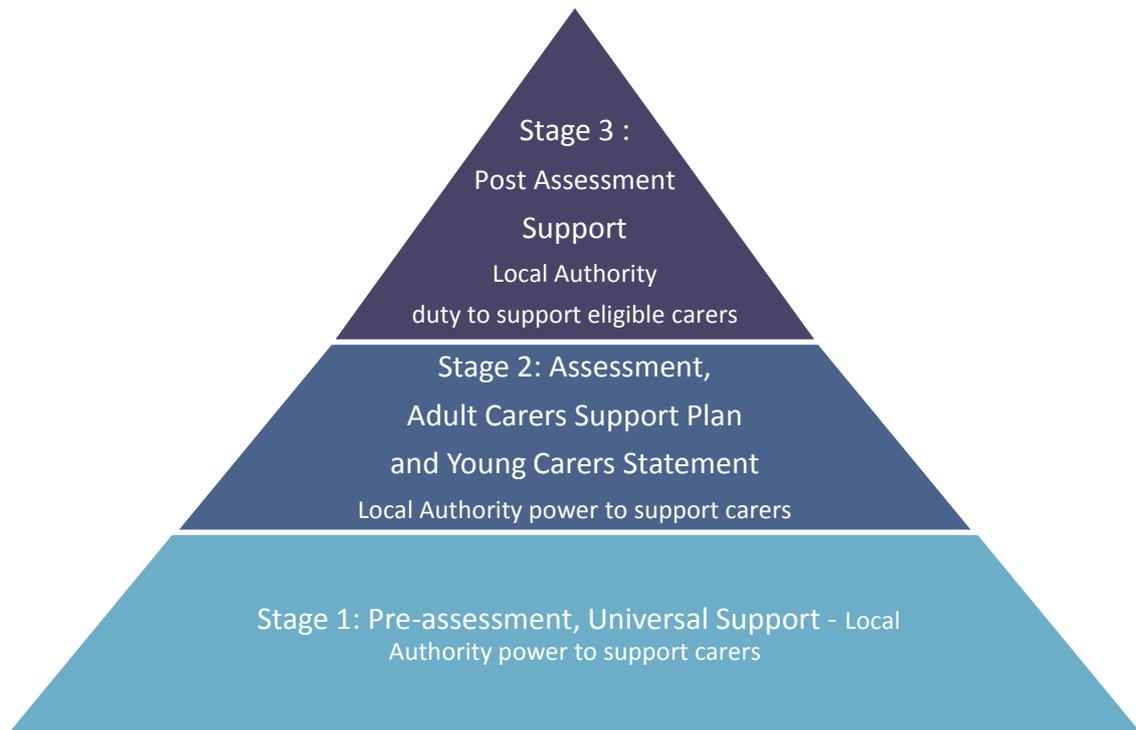
The Integration Joint Board and Comhairle nan Eilean Siar have approved eligibility criteria which was produced in partnership with local carers and outlines the levels of access to support.

The purpose of having local eligibility criteria is to ensure that the limited public resources available are targeted at those who need it the most with the greatest level of need. It also enables public bodies to demonstrate equity, consistency and transparency in both the decision making process and the allocation of resources.

The eligibility criteria is used alongside a carers support plan as part of the assessment. The application of eligibility involves an exchange of information between all parties and determines what level of advice, guidance or provision of formal support is necessary to meet the needs of the carer.

The local eligibility criteria can be found at [Comhairle nan Eilean Siar - Support for Carers](#)

The diagram below illustrates the different thresholds for support for carers.



Specialist services and support (top tier of pyramid) are likely to require funded services from the local authority.

Stage 1 – Universal supports are those provided to the public. Universal supports can help carers enjoy the same opportunities within the community as everyone else.

Stage 2 – Targeted supports are provided where people need additional support to enable them to access a short break. They may be commissioned and designed to meet local needs.

Stage 3 – Specialist services and supports would include the range of specialist short break services and support which can cater for people with more complex needs. These people may not be able to access universal supports.

Carers who are eligible for statutory support by the local authority can choose how to access support by selecting one of the four **Self-directed Support** options. These are:

1. **Direct Payment** – this is a cash payment to enable to person to purchase the support they need. The person must be willing and able to manage the payment and provide appropriate information relating to expenditure and support.

2. **Individual Service Fund** – this is where the person directs the use of the budget by choosing the services to be purchased. Payment is then made directly to the provider on behalf of the person.

3. **Arranged services** – this is where the social workers/assessors will arrange service provision to meet agreed outcomes.

4. This is where a mixture of the above options can be chosen to meet different parts of support.

8. Charging Policy and Replacement Care

The Carers (Scotland) Act 2016 has been accompanied by Statutory Guidance. The Carers (Waiving of charges for Support)(Scotland) Regulations 2014 require local authorities to waive the charges in relation to support for carers. If a carer has identified needs which are eligible for statutory support then charges will be waived for support in order to meet their identified needs as set out in their Adult Carer Support Plan or Young Carer Statement. A carer's 'eligible needs' are those identified needs for support that cannot be met through support to the cared-for person or through accessing services that are available generally, and which meet the threshold for support set by the local eligibility criteria.

Replacement care

When deciding whether something is replacement care it is necessary to consider whether the care to the cared-for person is replacing care which the carer would have provided. There will be situations whereby care for the cared-for person will not be exactly replicated by paid supports.

Care for the cared-for person can only be considered to be enabling the carer to have a break if it is replacing care that the carer is otherwise willing and able to provide. Where care to the cared-for person is needed because the carer is unable or unwilling to provide care then the care is not being provided to allow the carer to have a break. It would not be considered replacement care if:

- The carer is unwell; is in hospital or is recovering at home and alternative care needs to be provided
- The carer wishes to work full or part-time and will either stop or reduce the care they provide when they are in employment. Entering employment is not a form of break. Care provided would be to meet the needs of the cared-for person, as opposed to the carers needs
- The carer is no longer willing or able to provide the same level or type of care for health or other reasons, even with support

9. How to access further information

Local Eligibility Criteria - [Comhairle nan Eilean Siar - Support for Carers](#)

Carers Charter <https://www.gov.scot/Resource/0053/00533199.pdf>

Western Isles Community Care Forum

Room 14, Council Offices

West Tarbert

HS3 3BG

01859 502588

<http://www.wiccf.co.uk/>

Health and Social Care Partnership

Comhairle nan Eilean Siar

Sandwick Road

Stornoway

Isle of Lewis

HS1 2BW

01851 822708

Children's Services

St Lennan's Centre

22-24 Point Street,

Stornoway HS1 2XF

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Health and Social Care Partnership

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Children's Services

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01870 604880

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27 Bayhead

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HS1 2EB

01851 701755

Western Isles Health and Social Care Department and Comhairle nan Eilean Siar (Children's Services) are responsible for the Short Breaks Services Statement. If you have any queries regarding the statement please contact:

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The Western Isles Short Break Services Statement will be reviewed as implementation of the Carers (Scotland) Act 2016 progresses. Policy updates will continue and these will be reflected within the statement. This Short Breaks Services Statement should be reviewed annually or more often as required.