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<b>Report To:</b>	<b>Health &amp; Social Care Committee</b>	<b>Date:</b>	<b>10 January 2019</b>
<b>Report By:</b>	<b>Louise Long Corporate Director (Chief Officer) Inverclyde HSCP</b>	<b>Report No:</b>	<b>SW/01/2019/AS</b>
<b>Contact Officer</b>	<b>Allen Stevenson Head of Health and Community Care Inverclyde HSCP</b>	<b>Contact No:</b>	<b>01475 715283</b>
<b>Subject:</b>	<b>CARERS (SCOTLAND) ACT 2016 – OCTOBER 2018 UPDATE</b>		

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## **1.0 PURPOSE**

- 1.1 This report provides an update to Health and Social Care Committee members regarding local implementation of the Carers (Scotland) Act 2016 and the financial commitments relating to carer and young carer services across Inverclyde.

## **2.0 SUMMARY**

- 2.1 A progress report was submitted to the Integration Joint Board on 20 March 2018 and 6 November 2018.
- 2.2 This report provides a range of case studies to demonstrate application of the Inverclyde Carers and Young Carers Eligibility Criteria and a Communication Plan which are detailed below.
- 2.3 This update also provides Health and Social Care Committee members with an illustration of the HSCP financial commitment in relation to carers and; an update on how the HSCP and partners are progressing the Short Breaks Services Statement as we move towards full implementation of the Act.

## **3.0 RECOMMENDATIONS**

- 3.1 That the Committee
- Notes the Inverclyde HSCP Local Eligibility Criteria based on illustrative examples;
  - Notes the Draft Communication Strategy;
  - Notes the financial commitment to support carers across Inverclyde;
  - Notes ongoing work in relation to the Short Breaks Services Statement.

**Louise Long  
Corporate Director (Chief Officer)  
Inverclyde HSCP**

## 4.0 BACKGROUND

### 4.1 Introduction

The Carers (Scotland) Act 2016 was enacted on 1 April 2018. Local implementation is progressing at a pace commensurate with other responsible authorities as we develop arrangements to meet the statutory duties. Dialogue continues between Carer Leads, COSLA and the Scottish Government to establish clarity on some aspects of the statutory guidance.

### 4.2 Local Eligibility Criteria for Carers and Young Carers

The local policy which reflects national guidance has been extensively consulted upon with carers and carer groups. There are three key aspects to determine the eligible needs for carers:

- Assess the impact caring has on each specific area of a carer's life and the level of risk this presents to the carer in continuing in their caring role;
- The locally agreed threshold at which a carer is deemed eligible for support for each outcome;
- The type of support or services that follows application of the criteria to meet identified carer needs.

The examples outlined in **Appendix 1** give members insight into the application of the criteria and the type of supports that follow.

### 4.3 Communication and Engagement

Inverclyde HSCP is working in partnership with Inverclyde Carers Centre and Barnardo's to ensure full implementation of the Act for Carers and Young Carers.

Work is ongoing to develop the suite of tools and processes to assist staff within the HSCP and partner agencies as the Act is fully embedded. A range of communication and engagement methods are in place to support this.

Your Voice is funded to undertake communication and engagement work with carers and young carers throughout the implementation. As we move through the local implementation plan, ongoing engagement will continue with all stakeholders to seek feedback on our progress, and make revisions if required. The Communication and Engagement Plan is outlined in **Appendix 2**.

### 4.4 Short Breaks Services Statement

The purpose of the statement, due for publication in December 2018, is to provide information to carers about short breaks available locally and across Scotland for carers and the cared-for person. Short Breaks are defined in the Act and can cover a few hours or weeks as a break from the caring role.

The statement will cover both short breaks services available as a form of support via the HSCP where a carer's identified needs are in an Adult Carers Support Plan or Young Carers Statement. Inverclyde currently has a Short Break Bureau which works directly with Carers to arrange a variety of flexible support through respite. We also contract with Inverclyde Carers Centre to manage a budget on our behalf to allow carers to access one off breaks without the need for referral to the HSCP.

Initial engagement has informed carers of the type and range of supports which constitute a break from caring. Before finalising the statement we are keen to ensure further consultation with carers so that their views on short breaks are reflected.

## 5.0 IMPLICATIONS

### FINANCE

#### 5.1 Financial Implications

The Scottish Government identify that it will cost £19million across Scotland to implement the Act in year one 2018-2019, rising to £90 million in year five.

We are able to identify direct funding to support Inverclyde carers amounting to £1,225,741. This does not consider the costs of assessment and support services we currently provide as it is difficult at this point to determine services that benefit the supported person or carer. This is in addition to support delivered to carers secured by partner agencies within Inverclyde. The budget allocation and expenditure are detailed in **Appendix 3**.

Inverclyde HSCP has been allocated £357,000 to support the implementation of the Act for this financial year. This payment covers funding previously released to Health Boards as Carers Information Strategy which amounts to £76,740 plus part employee costs for the Carers Act Implementation Officer of £49,972.

The remaining funds of £230,279 are required to cover any cost linked to waiving of charges.

#### Waiving Charges for Carer Services

The 2016 Act details the intention to waive charges for services that support a carer and young carer in their caring role.

There are ongoing challenges in determining whether services or supports are meeting the identified needs of the carer or the cared for person. Categorising this will determine whether support is charged for or whether charges are waived.

A national short life working group has been formed to consider case studies and review these against the statutory guidance. As this work develops, the Scottish Government will consider whether there are aspects of the guidance and/or COSLA Guidance on Care Charging which need revision. The full financial impact of this along with the demand for support are yet unknown.

The HSCP also endorsed a joint bid between the Carers Centre and Barnardo's who were successful in obtaining over £10,000 directly from the Scottish Government Carers Act Transformation Support (CATS) to improve IT systems and support census data collection requirements.

#### One off Costs

Cost Centre	Budget Heading	Budget Years	Proposed Spend this Report £000	Virement From	Other Comments

#### Annually Recurring Costs/ (Savings)

Cost Centre	Budget Heading	With Effect from	Annual Net Impact £000	Virement From (If Applicable)	Other Comments

## **LEGAL**

5.2 There are no legal implications in respect of this report.

## **HUMAN RESOURCES**

5.3 There are no human resources implications in respect of this report.

## **EQUALITIES**

5.4 Has an Equality Impact Assessment been carried out?

	YES (see attached appendix)
√	NO -

## **REPOPULATION**

5.5 There are no repopulation implications in respect of this report.

## **6.0 CONSULTATIONS**

6.1 This report has been prepared by the Chief Officer, Inverclyde Health and Social Care Partnership (HSCP) after due consultation with relevant senior officers in the HSCP and partners in Inverclyde Carers Centre.

## **7.0 LIST OF BACKGROUND PAPERS**

7.1 None.

## Local Eligibility Criteria – Case Study Examples

<b>Case Study 1 Mrs D</b>			
Mrs D is 58 and has been caring for her neighbour for the past six years. Mrs D has been coping well with her caring responsibilities, which include checking in on her neighbour, doing her shopping and cleaning and helping her with the cooking every other day. Mrs D works 20 hours a week at the local school, and also helps her daughter out with childcare by picking up her grandchild after school. Mrs D's son is concerned that she is taking on too much and notices that she is tired. Her son persuades her to ask for an Adult Carer Support Plan.			
<b>Cares For</b>	<b>Needs</b>	<b>Impact</b>	<b>Result</b>
Her neighbour with COPD.	Mrs D enjoys the variety that her working life and caring role provide. She would like to be able to spend more time with her grandchild in the afternoons, but recognises there is a balance between doing this and caring for her neighbour. Her caring role sometimes impacts on her ability to get along to her yoga class twice a week which she enjoys.	<p>The situation is impacting on Mrs D's personal outcomes:</p> <ul style="list-style-type: none"> <li>• <i>Health and Wellbeing – Low Impact/Risk</i></li> <li>• <i>Life Balance – Low Impact/Risk</i></li> </ul> <p>Whilst she enjoys the responsibility of caring for her grandchild, this along with work and caring for her neighbour she would like more free time. On the other hand, her caring roles are fulfilling so although Mrs D is tired at the end of the day, does not think her wellbeing is significantly affected.</p> <p>Mrs D needs to also consider</p> <ul style="list-style-type: none"> <li>• <i>Future planning – Low Impact/Risk</i></li> </ul> <p>Particularly if her neighbour needs more care or if Mrs D is no longer able to provide the level of support she</p>	<p>On completion of the ACSP, Mrs D agreed that her health and wellbeing, life balance and future planning outcomes were of low impact and risk.</p> <p>There is no impact on any other aspect of carer outcomes.</p> <p>The Carers Centre have suggested that Mrs D talks to her neighbour about the lunch club in her local community centre and ordering food online rather than doing her shopping. Her neighbour's niece has also agreed to visit weekly to coincide with Mrs D's yoga class. .</p> <p>There is a relaxation class at the Carers Centre which Mrs D can also attend if she cannot get to her yoga class.</p> <p>The Carers Centre have given Mrs D advice about how her neighbour is</p>

		currently provides.	entitled to an assessment in her own right which will identify her outcomes and needs which may offer other opportunities for support.
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### Case Study 2

Mr S is 38 and cares for his mother who has early-stage dementia. His mother has telecare, but he still checks in on her daily, and does her shopping, cooking and laundry. Mr S is a divorced father of two children, who live with him every other week. He works fulltime in an IT company and has come forward for an Adult Carer Support Plan as he is starting to feel unable to cope with his various responsibilities in the weeks when he looks after his children. Mr S has an arrangement with his employer to work longer hours on the weeks when the children are with their mother and fewer when he has the children.

Cares For	Needs	Impact	Result
His mother with early stage dementia	Mr S wants to spend more time with his children, in particular free up an hour in the afternoon to help them with their homework, so it doesn't have to be done in the evening when the children are tired. He is unable to fully undertake the caring role for his mother and his children. Mr S also finds it difficult to engage in recreational activities such as a badminton class at the local community centre each week.	<p>The situation is impacting on Mr S's personal outcomes:</p> <p><i>Relationship – moderate impact/risk:</i> Mr S's caring role is resulting in him finding it difficult to get the balance between caring for his mother and his children impacting on the previous amicable relationship he had with his ex-wife and their two children</p> <p><i>Employment – moderate impact/risk</i> Mr S is worried</p>	<p>Mr S agrees that his needs are moderate but he would benefit from additional support to maintain or reduce the impact caring has on his own outcomes. Mr S's mother has undergone an assessment and has a support plan in her own right. She will receive a direct payment to have a support worker help her with meal planning/preparation and cooking on the weeks Mr S has his children. Until this is fully implemented the Carers Centre will utilise "Better Breaks" funding to provide domiciliary respite on a fortnightly basis to support his outcome.</p> <p>The local Carers Centre are encouraging local employers to</p>

		<p>that he will put his employment in jeopardy unless he has more support.</p> <p><i>Health and Wellbeing – moderate impact/risk</i> He appears stressed and anxious.</p>	<p>become “Carer Friendly Employers” and will support Mr S to speak again to his employers.</p> <p>The local district nursing service work collaboratively with the Carers Centre and will undertake a health screening with Mr S.</p> <p>Mr S has been offered emotional support and relaxation therapy through, flexible to his availability. .</p>
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### Case Study 3

Mr A is 23 years old. He supports his mother who has a drug and alcohol addiction and has been living with her from time to time. His employer has recently sacked him due to his poor timekeeping and attendance. As a result he is in debt with his housing provider and a number of other companies, who are now threatening him with court action. Mr A attended the local Carers Centre stating he felt like he was not coping and did not know where else to turn. A support worker who has undertaken Mental Health First Aid immediately met with him to discuss his issues.

Mr A's mother is now engaging with services and getting support in her own right to address her outcomes.

During the meeting, Mr A was distressed.

Cares for	Needs	Impact	Result
His mother who has a drug and alcohol addiction	Mr A is not coping with his mother's addiction and feels that he has taken on too much responsibility for her in the past. Although he is relieved that his mother is now engaging with services to support her needs, Mr A is frustrated that he has put his own employment and financial situation into crisis, resulting in him feeling very stressed and vulnerable.	<p>The situation is impacting on Mr A's personal outcomes: <i>Health and Wellbeing: Substantial Impact/Risk.</i></p> <p><i>Relationship: Moderate Impact/Risk.</i> This is improving as his mother is engaging with services in her own right.</p>	<p>The support worker was able to support Mr A to make an appointment with his GP regarding his stress and feeling vulnerable. The worker checked that he had attended the appointment and was able to offer him a place for group emotional support. Mr A has been offered Family Support through addiction services when he is in a</p>

		<p><i>Employment: Critical Impact/Risk Finance: Critical Impact/Risk</i></p>	<p>position to accept this but he does not feel able to attend this at the moment.</p> <p>Mr A has no source of income due to his employer sacking him due to poor attendance and timekeeping.</p> <p>An urgent referral to Financial Fitness was made to provide Mr A with welfare benefit advice and claim relevant benefits he may be entitled to and money advice service to help manage his debt.</p> <p>Mr A is keen to return to employment but knows that he is unable to do so at the moment. The Carers Centre have offered support if he wished to speak to his former employer about helping employees with a caring responsibility.</p>
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## Inverclyde HSCP

**Implementation of Carer (Scotland) Act 2016  
Draft Communications Plan**

The purpose of the project is to effectively implement the Carer (Scotland) Act 2016 across Inverclyde HSCP with partner agencies. As a key driver for change, implementing the Act will require staff training, updates to processes, procedures and staff practice to ensure that the service and support offered to Carers across Inverclyde is fitting of the statutory requirements and spirit of the Act.

Effective internal and external communication is important to ensuring that carers in Inverclyde, staff and other key stakeholders are engaged, informed and understand the implications the Act.

We will apply the following principles:

- To be open and transparent in the process of developing various aspects of the Act;
- To ensure timely, accurate and relevant communication;
- To ensure a consistent message is conveyed;
- To widen access to the review by communicating using appropriate language and formats for the target audience;
- To encourage involvement, dialogue and feedback;
- To listen and provide responses to incoming communications.

	<b>Audience Group</b>	<b>Method/ Mechanism</b>	<b>Lead</b>	<b>Dates/Notes</b>
1.	Carers and the wider public across Inverclyde	Develop Carer Briefings in the run up to and post implementation of the Act. <ul style="list-style-type: none"> <li>• Carer Briefings - Local media Social media</li> </ul> Update HSCP Website – Information for Carers  Adapt Coalition of Carers leaflets for local use <ul style="list-style-type: none"> <li>• Carer Feedback - Develop engagement sessions and paper/online questionnaire to seek views on specific aspects of the Act, particularly where carers have influence.</li> <li>• Consider methodology for review of feedback, analysis of data, reporting using CE Standards.</li> </ul>	Communications Group/ Corporate Communications/ Inverclyde Carers Centre    ICC  HSCP/ICC/ Your Voice	March /April 2018  Watching brief over national communications  Website update May 2018  Oct 2017 March 2018 April 2018 May 2018 November 2018  Update publicity December 2018 and March 2019
2.	HSCP Staff/ Wider staff group – partner agencies	<ul style="list-style-type: none"> <li>• Representation from across HSCP and partner agencies in contributing to various aspects of the Act;</li> <li>• Develop staff briefings;</li> <li>• Awareness raising at staff meetings;</li> <li>• Suite of Training</li> </ul>	Alan Brown/Gail Kilbane /Jane Cantley/ Inverclyde Carers Centre /Barnardo's	Directors brief  Update to HSCP website April 2018 December 2018

	<b>Audience Group</b>	<b>Method/ Mechanism</b>	<b>Lead</b>	<b>Dates/Notes</b>
		<p>Resources delivered post implementation.</p> <ul style="list-style-type: none"> <li>• Roll out EPiC Training across services /teams/ partner agencies</li> <li>• Update Support Planning Training to link to ACSP/YCS</li> <li>• Strengthen links between children and adult services to ensure identification of young and adult carers across services</li> </ul>		<p>Training Roll out EPiC- August – November 2018</p> <p>Support Planning – September &amp; November 2018</p> <p>Team Briefings – Sept – Dec 2018</p> <p>Updates as guidance is clarified</p>
4.	HSCP Managers	<ul style="list-style-type: none"> <li>• Progress Reports – overview of Act, current position, development of procedures, financial and staffing implications, issues arising from Act, reporting arrangements.</li> </ul>	Allen Stevenson /Alan Brown	<p>Extended Managers - Feb 2018</p> <p>Transformation Board - May 2018</p> <p>Updates as required</p>
5.	Elected Members/ Integration Joint Board	<ul style="list-style-type: none"> <li>• Progress Reports when required;</li> <li>• Approval for policies/ procedures/ processes when required;</li> <li>• Approval for financial proposals when required.</li> </ul>	Allen Stevenson	<p>IJB report March 2018</p> <p>IJB report November 2018</p> <p>IJB report January 2019</p> <p>Updates as required</p>

## Carer Services - Budget Allocation 2018 - 2019

Budget Type	Service	Provider	Allocated Amount	Sub-total
<b>HSCP Grant</b>	Carers Council	Carers Council	£4,500	£124, 850
	Respite Sitter	Inverclyde Carers Centre	£14,000	
	Respite Group Holiday	Inverclyde Carers Centre	£5,900	
	Inverclyde Carers Centre Core	Inverclyde Carers Centre	£ 100,450	
<b>Integrated Care Fund</b>	Carer Support Workers Transitions	Inverclyde Carers Centre	£55,000	£95,000
	Carer Support Workers Health centre	Inverclyde Carers Centre	£40,000	
<b>SG Grant (Incorporates Carers Information Strategy)</b>	Emotional Support	Inverclyde Carers Centre	£16,740	£ 145,119
	Carer Passport	Inverclyde Carers Centre	£15,292	
	Young Carer support Service	Youth Support Team - Young Carers Service	£21,000	
	Thrive Project – YC group support	Barnardo's	£4,000	
	Outreach Carers Service	Financial Fitness	£25,000	
	Inverclyde Carers Network	Your Voice	£5,000	
	Carers Act Engagement	Your Voice	£3,115	
	Inverclyde Carers & Young Carers Strategy	HSCP/Inverclyde Carers Centre	£5,000	
	CA Implementation Officer	HSCP	£49,972	
<b>HSCP Recurring Core funding</b>	Short Breaks Bureau	Inverclyde HSCP	£ 41,702	£860,772
	Short Breaks Budget	Inverclyde HSCP	£ £46,460	
	Adults and Older Adults Respite	Inverclyde HSCP	£110,000	
	Hillend Respite Service	Inverclyde HSCP	£249,000	
	Learning Disability Respite	Inverclyde HSCP	£225,000	
	Children's Services Respite	Inverclyde HSCP	£146,560	
	Young Carers Worker	Inverclyde HSCP	£42,050	
<b>Total spend</b>				<b>£1,225,741</b>



**Draft Short Breaks Services Statement**  
**Adult and Young Carers**  
**December 2018**

DRAFT

## 1. Introduction

Inverclyde Health and Social Care Partnership recognise that Carers and Young Carers have better outcomes when they are able to take regular breaks from their caring role. Improving opportunities to take a break from caring, including improving prospects to access work, education and/or leisure activities are vital to ensuring positive outcomes for Carers and Young Carers.

## 2. Legislation

As a Carer legislation is in place to ensure that your rights are protected.

- **Carers (Scotland) Act 2016** places a legal requirement on Inverclyde HSCP to provide amongst other things, support to Carers including short breaks;
- **Children & Young People (Scotland) Act 2014** places a duty on public services such as health, education and social work to identify Young Carers. These services are required to work together to ensure that Young Carers are provided with the support they need.
- **Social Care (Self-Directed Support) Scotland Act 2013** states that Inverclyde HSCP must provide information about the four Self Directed Support to give people choice about how their support is provided. It is intended to encourage people to consider new ways of being supported or cared for rather than accept traditional services

A Carer is defined as an individual who provides or intends to provide unpaid care for another individual. A Young Carer is defined as a Carer under the age of 18, or aged up to 18 if still at school.

In the census of 2011 8,252 people identified themselves as unpaid Carers. However, 4,000 are known to Inverclyde Carers Centre. As more people are supported within the community and the Carers (Scotland) Act 2016 is fully embedded there is likely to be increased requests for support by carers including having a break from caring.

### ***3. Aims of the Short Breaks Statement***

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

- What short breaks are;
- Who can access them;
- What short breaks are available in Inverclyde;
- What short breaks are available across Scotland;
- How to access short breaks and where to access further information.

### ***4. What is a Short Breaks Service Statement?***

Inverclyde Health and Social Care Partnership is required by the Carers (Scotland) Act 2016 to give information to Carers and the person they care for about short breaks. This statement has been informed by local consultation during the development of the Inverclyde Carer and Young Carer Strategy 2017 – 2022 and through ongoing consultation with Carers as the HSCP has implemented the Act in conjunction with Inverclyde Carers Centre and other partners.

The statement provides information about the range of local supports and services to help you as a Carer to get the right break, at the right time, in the right place.

### ***5. Who is the Short Breaks Statement for?***

The Short Breaks Statement is for Adult Carers and Young Carers and people who receive care.

This statement can help practitioners involved in supporting Carers identify flexible solutions to take a break from caring.

The Short Breaks Statement provides information to Carers and the cared for person so that people:

- are aware of the range of different ways you can take a break from caring;
- have information about short breaks available;
- are able to identify how a short break can meet your identified needs and outcomes;
- have choice and control over the support you can access.

## 6. Definition of a Short Break

Inverclyde HSCP has adopted the Shared Care Scotland definition of short breaks:

***“A short break is any form of service or assistance which enables the Carer(s) to have sufficient and regular periods away from their caring routines or responsibilities”.***

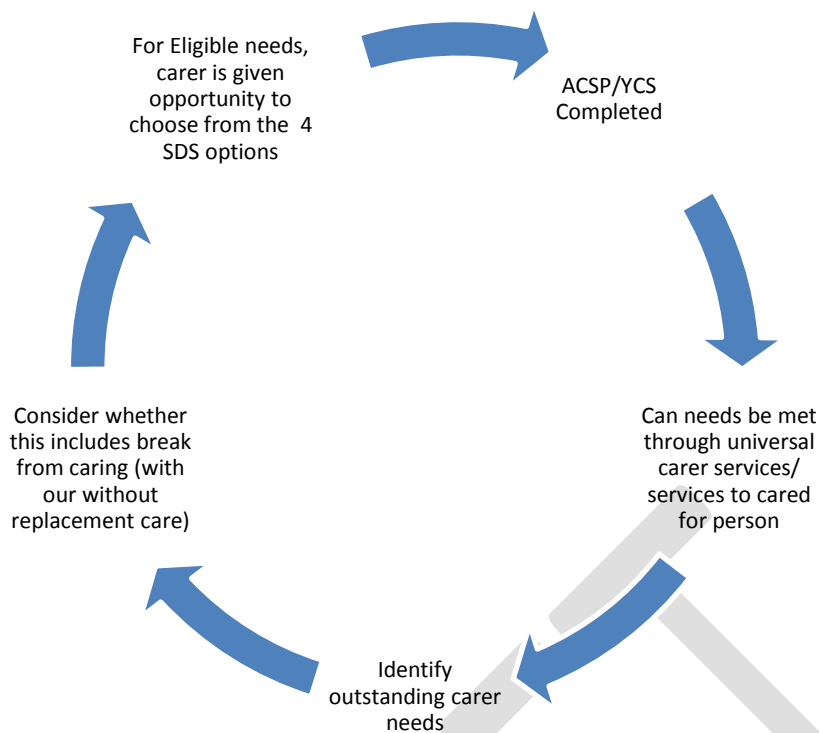
The purpose is to support the caring relationship and promote the health and wellbeing of Carers, the supported person and other family members affected by the caring situation. There are lots of ways to take a Short Break and there are different ways of accessing and funding short breaks.

Breaks from caring can:

- be for a short time during the day, as a one off occasion or regularly;
- be overnight;
- take place for extended periods such as for a weekend or longer;
- enable Carers to have a break away without the need for replacement care;
- enable Carers to have a break away with replacement care to support the cared for person if required;
- enable 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 routines.

## 7. How to Access Short Breaks

The type and length of a break will be proportionate to every situation. To access short breaks, Adult Carers should be supported to complete an Adult Carers Support Plan and Young Carers should be supported to complete a Young Carers Statement. Once the plan is completed, the local Carers eligibility criteria is applied.



If it is identified that you as a Carer have eligible needs which includes taking a break from your caring role (including replacement care where required), you will be given the opportunity to choose one of the options for self-directed support as follows:

**Option 1:** A direct payment. You will receive a budget which enables you to plan and direct support or services which will enable you to take a break from your caring role;

**Option 2:** Individual Service Budget. You direct the available support. You can still plan and identify the support or services to enable you to take a break from your caring role but the budget for this is arranged by the local authority;

**Option 3:** You can still be involved in identifying the support to enable you to take a break from the caring role but the planning and arranging of the support and the budget is managed by the HSCP;

**Option 4:** "mix and match". You might prefer a combination of two or more of the options to provide a flexible approach to meet your circumstances.



## 8. Short Break Bureau

The Inverclyde HSCP Short Break Bureau provides Carers who have completed an Adult Carer Support Plan and have identified eligible needs with practical support and advice to plan a short break. Referrals to the Short Breaks Bureau usually come from HSCP professionals or the Inverclyde Carers Centre who will have undertaken an Adult Carer Support Plan or Young Carer Statement with you.

The Bureau staff will work directly with you to consider a variety of options in order to best meet your needs and circumstances. It is recognised that there will always be a need for some individuals to have a break within care home or other residential environments, there is also a need to develop more flexible short breaks which result in better outcomes for the cared for person and their carers.

## 9. Inverclyde Carers Centre

Inverclyde Carers Centre supports Carers to take a break through regular or one-off individual or group activities. This can be either through a small budget which they manage on behalf of the HSCP where Carers can access one-off breaks without a full referral to the HSCP or through a range of services, projects and other funding streams.

### Type of Break



### Group Break

### Description

**Holiday type breaks can meet the accommodation costs which can be on any board basis, may include entertainment or activities and travel costs.**

**A maximum of £150 per Carer per break will apply.**

### Access/Eligibility Requirements

**All Carers, who are registered with Inverclyde Carers Centre and have not had an overnight break away from their caring role in the last 12 months.**

**Short application completed by centre staff.**



## Family Break

Holiday type breaks for Carers of young people and the Carers immediate family. In the past this has typically been a few nights break in a caravan with the opportunity to participate in leisure activities and travel costs.

A maximum of £500 per Carer per break will apply.

Carers of young people with disabilities or additional support needs who have not had an overnight break away from their caring role in the last 12 months.

Short application completed by centre staff or other professional.



## Time To Live

Alternative breaks for Carers to do something they enjoy. For example to exercise, spend time in the garden, go hill walking, develop skills, try a new hobby, learn to play an instrument or maybe you have something else in mind. It can help include buying or hiring equipment you may need or paying a membership fee. A maximum of £300 per Carer will apply.

All Carers registered with the centre who have not accessed this type of break in the last 12 months.

Short application completed by centre staff.



## Sitter Service

Replacement Care enables carers are able to:

- Attend appointments
  - Go to a family celebration
- Meet up with friends
  - Take time for themselves in the comfort of their own home
- Take part in training, support groups or leisure activities

Sitter service is provided by registered care providers occasionally or for a short period up to 12 weeks.

All Carers with registered with the centre can access sitter service for one off events.

A designated member of staff will work with you to arrange sitter service at a time which suits your needs and supports the person being looked after.



## Events

The centre provide a variety of social activities which are open to Carers and in some circumstances the person being cared for. Examples include Pantomimes, Christmas Cheer and Quiz Nights.

All Carers registered with the centre can access.

## National Resources

<https://www.sharedcarescotland.org.uk/directory/?action=search>

<https://www.sharedcarescotland.org.uk/funding-your-break/funding-directory/>

<https://www.euansguide.com/>

<https://www.aliss.org/>

<http://shortbreakstories.org.uk/>

<http://www.autism.org.uk/directory.aspx>

<http://www.careinspectorate.com/index.php/care-services>

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