



# Funding for short breaks

## Introduction

There are more than 650,000 unpaid carers in Scotland, providing care and support to a family member, partner, relative, friend or neighbour. Being able to access regular breaks is vital for unpaid carers to look after their own health and wellbeing.

When provided in the right way a short break should benefit both the carer and the person with care needs. Accessing the right short break can come with a cost but there is help available. This leaflet covers the options for how to fund a break.

## What funding options are there for short breaks?

There are three main ways through which people can fund a break:

- Self-funding
- Through support from your local authority
- Through a grant designed to help you access breaks

There are also ways to access a break at no cost.

## How do I access a break if I can fund it myself?

If you are able to fund a break yourself then sometimes the biggest challenge is identifying the break that is right for you.

Our online short breaks directory lists more than 400 different services. You can search by different categories such as care needs, area, age, type of service and the facilities offered. Contact details for the services are also included in the listing for you to get in touch.

We also offer a telephone enquiry service to help you find the right break available. Call **01383 622462**, Monday to Friday from 9am to 4pm. You can also email your enquiry to [office@sharedcarescotland.com](mailto:office@sharedcarescotland.com)

## How do I get funding support from my local authority?

If you feel that you need support in your caring role then you can contact your local carers centre or local authority and request an Adult Carer Support Plan. You can find the contacts for your area on our map page:

[www.sharedcarescotland.org.uk/map-page](http://www.sharedcarescotland.org.uk/map-page)

An Adult Carer Support Plan should consider the support that you need in your caring role, and your local authority has to consider whether the form of support that you need is a break from your caring role. If this is identified as being what you need, and you meet local eligibility criteria, then they may allocate funding to you to pay for replacement care that needs to be in place in order for you to take a break. This funding is delivered through Self-Directed Support.

# What is Self-directed Support?

Self-directed Support is the way that social care and support is organised in Scotland. Self-directed Support aims to give you choice and control at the level you want. There are 4 options:

1. **Direct payment** – you receive the funds to buy support yourself
2. **Individual service fund** – you choose the support you would like and it is arranged for you
3. **Traditional services** – your local health and social care partnership arrange support on your behalf
4. **A mixture of 1, 2 and/or 3** – you can combine the options in the way that suits you best

The person you care for may already be accessing Self-directed Support. As a carer you may also be able to access Self-directed Support for your own support needs.

Your local authority should have published a Short Break Services Statement which gives details on the local approach to short breaks and how they are delivered. It may be useful for you to ask to see a copy of this. All Short Break Services Statements are collated on our map page on our website at [www.sharedcarescotland.org.uk](http://www.sharedcarescotland.org.uk).

## How can I fund a short break through a grant?

There are some grants available – usually through charities – to assist with short break costs. Each will have their own criteria and application form but they all offer grants to carers, or the people they care for, to help with a break from their caring routine.

Time to Live is a micro grant scheme for all carers including young carers. It is part of the Short Breaks Fund and is delivered across Scotland by organisations local to each area. You can find your local

Time to Live scheme on our website at [www.sharedcarescotland.org.uk/shortbreaksfund/timetolive](http://www.sharedcarescotland.org.uk/shortbreaksfund/timetolive)

A similar programme providing grants to facilitate a break for carers of disabled children and young people is also available through the Short Breaks Fund and is delivered by Take a Break ([www.takeabreakscotland.org.uk](http://www.takeabreakscotland.org.uk)). Parents/carers can apply to Take a Break between May and June each year.

Take a Break is administered by Family Fund, a national charity that also provides grants for short breaks and day trips, as well as outdoor play equipment, sensory toys and many other essential items. Find out more at [www.familyfund.org.uk](http://www.familyfund.org.uk)

## Are there any low/no-cost breaks?

There are a number of ways to access a break without costs. The Respite scheme operates in a number of areas in Scotland and brings the hospitality, leisure and tourism industry together with carer organisations to offer free breaks to carers. There is more information available at [www.sharedcarescotland.org.uk/respitality](http://www.sharedcarescotland.org.uk/respitality)

In response to the COVID-19 pandemic we brought together a range of short breaks ideas that are free/low cost and can be accessed from home. This includes everything from online museums, exercise classes and theatre shows. [www.sharedcarescotland.org.uk/resources/short-breaks-for-strange-times](http://www.sharedcarescotland.org.uk/resources/short-breaks-for-strange-times)

## Where can I find more information?

It may also be useful to think not just about funding a break, but in making sure that you are accessing all the support you are entitled to. The Turn2US website ([www.turn2us.org.uk](http://www.turn2us.org.uk)) has a benefits calculator and a grants checker. You may also wish to consider speaking to your local carers centre, or your Citizens Advice Bureau which may be able to offer you a financial health check. [www.cas.org.uk](http://www.cas.org.uk)

## Our other ‘Short Guides’

**Shared Care Scotland and our work**

**Short breaks**

**Support for carers**

**Carer rights in Scotland**

**Short breaks fund**



## What do we mean by...?

### Carers

Carers provide unpaid care to family members, partners, friends or neighbours affected by physical or mental illness, disability, frailty or substance misuse. Some carers care intensively or are lifelong carers. Others care for shorter periods.

### Short breaks

A break from caring helps carers, and the people they care for, recharge their batteries. A short break can be anything from a few hours of downtime to relax and rest, to a holiday together away from the daily routine.

## About Shared Care Scotland

At Shared Care Scotland we aim to be the leading organisation on short breaks and respite care in Scotland.

Our vision is:

**“that everyone who receives support or provides unpaid care can live a full and satisfying life, with the assistance they need to take regular, quality breaks from the everyday demands of their caring routines.”**

[www.sharedcarescotland.org.uk](http://www.sharedcarescotland.org.uk)

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