



**Glasgow City Health and Social Care Partnership**

**Carer (Scotland) Act 2016**

# **Short Breaks Statement**

**December 2018 V1**



## Background

The Carers (Scotland) Act 2016 came into force on the 1st April 2018 placing many new legislative requirements on the Glasgow City Integration Joint Board and the Health and Social Care Partnership. (HSCP) This includes the requirement to publish a statement setting out information about Short Breaks in Section 35 of the Act, including what services are available for carers to support caring relationships and promote health and well-being of carer and the supported person.

Section 25 of the Carer (Scotland) Act 2016 requires responsible local authorities to consider whether support to meet a carer's identified needs should take the form of or include a break from caring. Local authorities have a duty to consider breaks from caring to support carers based on eligible needs.

## What is a Short Breaks Statement?

Every Local Authority/Health and Social Care Partnership in Scotland is required to write a 'Short Breaks Statement' to help carers understand what short breaks are available for them, how they can be accessed and any eligibility criteria that apply.

A short break statement is intended to help carers and those they help care for, as well as social workers and carer support staff, to be better informed about the assistance available to help carers and their families to achieve a break from caring.

This draft Short Breaks Services Statement seeks to provide information about Glasgow's approach to short breaks for carers and how they can be accessed.

## Definition of Carer

Glasgow City HSCP has adopted the following as a working definition of a carer as set out in the Act.

In the Act "carer" means an individual who provides or intends to provide care for another individual (the "cared-for person").

Carers will be identified within all community care group settings and as such this policy applies to carers caring for older people, those with physical disabilities, learning disabilities, children with disabilities, people with an addiction, with mental health issues and a range of long term conditions.

Adult Carers	Young Carers
The main principle regarding adult carers who provide substantial care, is that they should be treated as key partners in care.	The fundamental principle is that they should be viewed as children first and foremost. As such, assessment and care planning should focus on alleviating the caring role through a family support approach.

## What is a Short Break?

Glasgow City HSCP has adopted the Shared Care Scotland description of what constitutes a Short Break:

*“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. It is designed to 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.”*

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

## Glasgow’s Carers

There are an estimated 67,000 unpaid carers in Glasgow and as such a significant proportion of the population are providing unpaid care and support the health and the care needs of the people of Glasgow, making a positive difference to the lives and health of those they care for.

- 9.7% of the population of NHS Greater Glasgow & Clyde are carers
- 59% of these are female
- 51.4% are employed
- 17.5% are over 65 years of age
- 2% are young carers

Since its launch in 2012, Glasgow Carers Partnership has developed pathways for carers information, training and support for each care group and data shows year on year increasing numbers of carers benefiting from these supports, for example at December 2017 there had been an increase in Parent Carers of 407% (3,263 Carers) and Dementia Carers of 524% (3,154 Carers).

## Types of Short Breaks

There are lots of ways a carer can have a Short Break from a caring role. The type and length of a break will be proportionate to every situation and will require the completion of either a carers support plan or a young carers statement and the application of previously agreed Integrated Joint Board [IJB] eligibility criteria.

<https://glasgowcity.hscp.scot/sites/default/files/publications/ITEM%20No%2008%20-%20Carer%20Act%20Implementation%20Update%20and%20Eligibility%20Criteria.pdf>

## Principles of the Short Breaks Policy

The fund should make a difference to the lives of adult carers and the cared for, improving quality of life and well-being of both and supporting the caring relationship to allow carers to continue to care.

The fund should ensure that carers and those they care for are at the centre of planning for the short break and for the break to be personalised to their needs.

The fund should aim to make a difference to those who need most support and include those carers with a substantial caring role and whose needs are not met by traditional forms of short break and respite.

### Personalised Short Breaks

This is in recognition in the Carers (Scotland) Act 2016 that personalised short breaks are a key component of the support provided to a carer and that we have a duty to provide these for critical and substantial needs identified for carers and a power to provide these to moderate/low level need amongst carers where there is available funding to do so.

There is already a Personalised Short Break Budget in Glasgow totaling £150,000 per annum funded by the IJB since 2016 and administered on behalf of the Glasgow CHSCP by network of carer centres in the city. This was increased to £250,000 by IJB for 2018/19

Based on the Glasgow Carer Eligibility Criteria, and its intention of targeting resources at those in most need, it is proposed that an agreed level of resource for carers who are assessed as requiring a break from caring in order to sustain the caring role. The eligibility focuses on impact on caring role on carer to determine

For critical and substantial need identified in carers they would receive up to £1000 per annum, substantial needs for carers up to £350 and for those carers with moderate needs and receiving early intervention and preventative supports this would be capped at £200.

### Non-traditional Short Breaks

- Activity and holiday breaks individual and groups
- Befriending and buddy support
- Clubs, day facilities and play schemes
- Carer and family arranged short breaks
- Supported leisure and activities
- Family holiday break
- Equipment to pursue a hobby

*“Carer looking after 92-year-old mother at end of life, during discussions about planning for the future he stated he was looking to keep his IT qualifications up to date and remain skilled and employable when his caring role ended. He sourced a course at Strathclyde University and applied for an Individual Learning Account. Personalised short breaks supplemented the cost of the training.”*

*“Karen cares for her disabled daughter Lily who is 11 years old. Lily is enthusiastic about growing things in the garden which mum was keen to encourage. Short breaks funding was used to purchase a garden shed and some slabs and provide an opportunity for mum and to ‘take a break together’”*

*“Two older carers, brother and sister caring for each other at home in the community, supported by SWS got assistance from the fund for a caravan holiday for both, as neither had had a break for over 30yrs. “*

*“Joan is 12 years old and has been diagnosed with a learning disability. She lives with and supports her mum who has cancer. Joan is very isolated socially and struggling to develop her own independence away from her mum. A befriender has been identified who will work one-to-one with Joan help her to access mainstream opportunities. In addition, a short break has been agreed to allow Joan to attend an additional needs support group, building her confidence and reducing isolation”*

## Categories of Short Breaks

- Traditional holiday type *short breaks trips* often overnight away from caring situation
- Short breaks *receiving services* massage alternative therapies
- Short breaks *requiring equipment* e.g. computers
- Short breaks *receiving space* a shed or a greenhouse
- Short breaks *receiving time* driving lessons to shorten time to the caring role

*“Three parent carers who met at autism training sessions at local carer centre, and became good friends each applied to the short breaks fund for a contribution towards a group caravan holiday with their children during the October week school holiday”*

*“Young carer who had never had a holiday was funded from short breaks fund to attend a residential outward bound course in October school break which reduced their social isolation and increased their confidence.”*

“Parent caring for an adult son who has a learning disability, and manages the role with support from wider family and friends. The personalised short breaks fund was awarded to contribute to a group holiday with all the family and friends involved in the care of the adult son. “

“Dementia carer received short breaks funding for a greenhouse providing her with a break from caring while still be around to support her husband while pottering in the garden.

“Young carer was able to access short breaks fund to pay for a summer holiday football camp and pay for football boots so they could reduce social isolation and have a break from caring during school holidays”

## Intended Outcomes Adult and Parent Carers

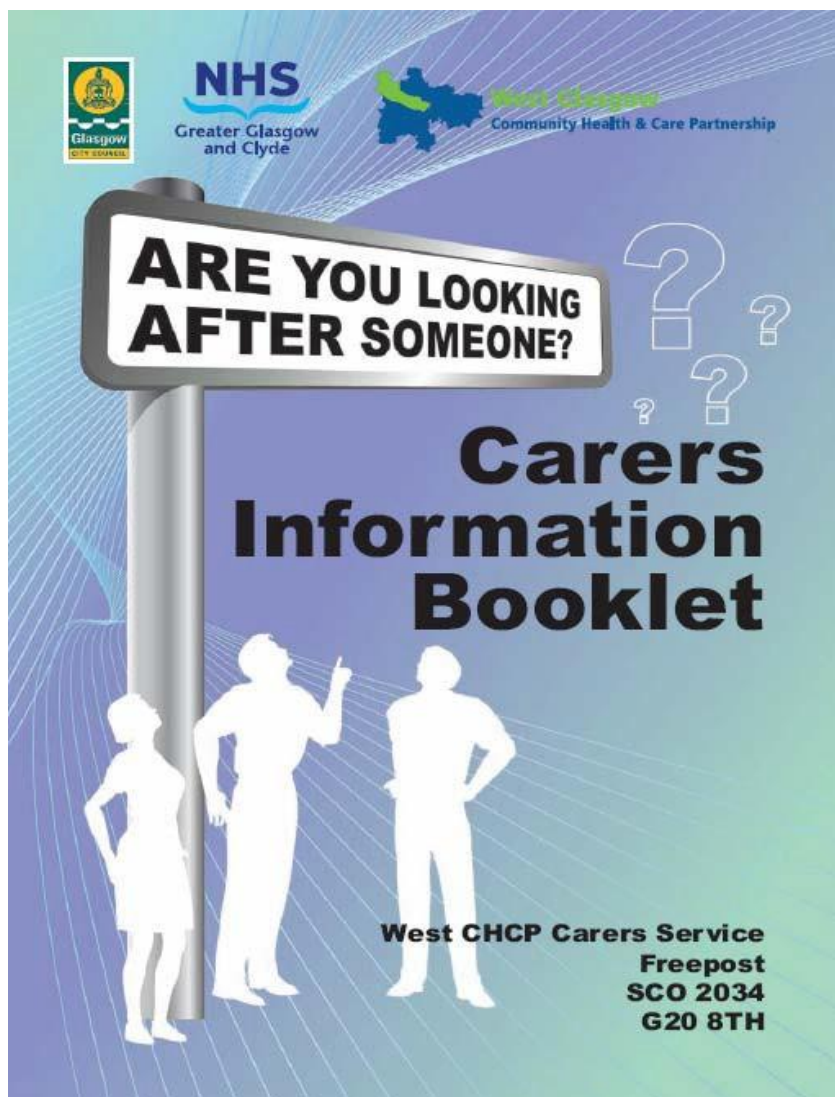
- Carers and the people they care for will have improved wellbeing;
- Carers will have more opportunities to enjoy life outside of their caring role;
- Carers will feel better supported to sustain their caring role;

## Intended outcomes for Young Carers

The young carer aspect of this will include individual and group activities personalised to the needs of young carers. This will include targeted group work interventions to promote confidence, resilience and well-being and school holiday based activities.

## How to access short breaks?

Carers in Glasgow benefit from a single point of access through the **Carer Information Line 0141 353 6504** and Carer Information booklet with self-referral form. There is a stamped addressed envelope to make it easier for carers to ask for support.



The contact for the Carer's Teams in each of the 3 areas of the city.

- **North East Carers Team** [carersnorthsupport@sw.glasgow.gov.uk](mailto:carersnorthsupport@sw.glasgow.gov.uk) Phone 0141 276 4710
- **North West Carers Team** [carersnwproject@sw.glasgow.gov.uk](mailto:carersnwproject@sw.glasgow.gov.uk) Phone 0141 276 1066
- **South Carers Team** [carerssouthsupport@sw.glasgow.gov.uk](mailto:carerssouthsupport@sw.glasgow.gov.uk) Phone 0141 276 2904

## Self-directed support

Carers who are eligible for funded short break support will be offered self-directed support and enabled to explore a range of different short break options tailored to their personal outcomes.

- Option 1 Take a direct payment to organise the short break yourself
- Option 2 Have Carer Services identify and arrange the short break on your behalf



- Option 3 you identify the short break and arrange yourself
- Option 4 You can choose a combination of the first three options

### Costs to Carer

Short breaks and other services accessed by carers via a carer assessment and adult support plan are non-chargeable in line with the intentions of the Carers (Scotland) Act 2016.

Where the cared for person is eligible for support and their needs are assessed, any support provided in their support plan is chargeable.



**Adult Carer or Young Carer meets the carer eligibility criteria.**  
**Adult Carer Support Plan or Young Carer Statement are completed.**  
**Needs and personal outcomes can be met through carer core services and there is no charge for this support**

**Cared for person / Service User meets the Social Work eligibility criteria.**  
**Community Care Assessment is completed and supports provided. As a consequence, the caring role is reduced.**  
**Normal charging policy is applied for service user.**



## **Short Break Information**

<https://www.yoursupportglasgow.org/glasgow-homepage/pages/are-you-an-unpaid-carer/content/are-you-looking-after-someone/>

[\*Shared Care Scotland Short Breaks Directory\*](#)

## **Feedback Monitoring and Reviewing**

The Short Breaks Statement will be reviewed annually as per guidance from Scottish Government. The Carer Strategy lead will be responsible for engaging carers in the annual review.

The Carer Service annual performance report will include details of the level of short support being provided in Glasgow HSCP and will be accessible on Your Support Your Way Glasgow website



## Appendix 1 - Jargon Buster

<b>Adult Carer</b>	Adult over 18 years of age who cares, unpaid for a friend or family member who due to illness, disability, a mental health issue or an addiction cannot cope with their support
<b>Adult Carer Support Plan (ACSP)</b>	Carers (adults) have the right to be offered/request their own support plan related to their caring role and responsibilities. The plan will be based on an outcome focused/assessment discussion with the carer and information from people identified by the carer as knowing their circumstances well
<b>Break from caring</b>	Any form of support that enables a carer to have time away from their caring responsibilities, this can include a short break or care for the cared-for person that enables the carer to have a break
<b>Carer</b>	Individual who provides or intend to provide care for another individual. (A person who provides unpaid care to a family member, partner, friend or neighbour, who needs support because of their age, physical or mental illness or disability.
<b>Cared-for</b>	Someone to whom a carer provides support. This is the term used throughout the Carers Act
<b>Carers' Information Pack</b>	Aberdeenshire Unpaid Carers' information pack for both adult and young carers who have caring responsibilities
<b>Commissioning</b>	Commissioning Is a process that local authorities and health boards use to plan and deliver services for carers in their area
<b>Consultation</b>	The action or process of formally seeking opinions and feedback on something, for example seeking carers views on a proposed service
<b>Duties under the Act</b>	Responsibilities required by law
<b>Eligibility Criteria</b>	The eligibility criteria sets out the level of need that a carer must have in order to access certain forms of support, including Self-directed Support. The criteria may include things such as whether a carer is likely to be able to meet their desired outcomes through general services, or the impact of their caring role on their wellbeing
<b>Eligible Need</b>	A need which is considered to be appropriate to be met by the allocation of some Social Care Services resource or funding, by the application of eligibility criteria

<b>Health and Social Care Partnerships</b>	Health and Social Care Partnerships, (HSCPs) are the organisations formed as part of the integration of some services provided by Health Boards and local authorities in Scotland
<b>Identified Need</b>	An area of an individual's life which they currently need support with. Not all identified needs will require, or be eligible for, input from Social Care Services
<b>Individual Budget</b>	The amount of combined financial resource the individual and Social Care Services agree to commit to meet the eligible needs of the individual
<b>Information and Advice</b>	Providing knowledge and facts and recommendations regarding care and support. This can help a person identify their options or a possible course of action as well as other places to access care, support or further information
<b>Options</b>	With Self-directed Support families can choose how much or little involvement they want. The choices are known as Options
<b>Personal Outcome</b>	The specific goal or aim of a carer which is unique to the carer and their situation
<b>Short Break</b>	A short break is any form of service or assistance which enables the carer(s) to have periods away from their caring routines or responsibilities
<b>Social Care (Self-directed Support) (Scotland) Act 2013</b>	A process to allow individuals who require support greater choice and control about how they are supported
<b>Strategy</b>	A plan of action designed to achieve a long-term or overall aim
<b>Transition</b>	The process or a period of changing from one state or condition to another
<b>Young Carer</b>	A child or young person under the age of 18, or 18 but still at school who provides unpaid care for a friend or family member who due to illness, disability, a mental health issue or an addiction cannot cope without their support
<b>Young Carer Statement (YCS)</b>	Young carers have the right to be offered/request their own support plan related to their caring role and responsibilities. The plan will be based on an outcome focused/assessment discussion with the young carer and information from their parent/Guardian