



Dundee Health and Social Care Partnership

Short Breaks Services Statement

December 2018

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1. Introduction and Background

In Dundee, we are committed to ensuring that Carers, Young Carers and Supported People have access to quality Short Breaks. We have been working with people to continue to develop the availability and range of Short Break provision to ensure that breaks are flexible and meet people's outcomes. Following research and continuing consultation and involvement we have developed a clear understanding of people's needs and wants and are committed to continue to co-produce Short Breaks in the City.

A duty of the Carers (Scotland) Act 2016 requires Local Authorities to prepare and publish Short Breaks Services Statements by 31 December 2018:

<http://www.legislation.gov.uk/asp/2016/9/section/35>

Dundee Carers Partnership have developed this Statement along with Dundee Health and Social Care Partnership who are the Local Authority in Dundee with responsibility for this Statement. The Carers Partnership gained views from local Carers, people with care and support needs, practitioners and representatives from agencies in the development of Short Breaks and this Short Breaks Services Statement. Further information can be found here:

Dundee Carers Strategy, 'A Caring Dundee':

https://www.dundeehscp.com/sites/default/files/publications/caring_dundee_oct31.pdf

What's Best for Dundee Carers:

https://www.dundeehscp.com/sites/default/files/publications/whats_best_for_dundee_carers_report_18_dec.pdf

Further consultation was undertaken on the development of the Short Breaks Services Statement during August and September 2018 with 127 people, which enabled us to have a greater understanding about what people want from a Short Break and a Short Breaks Services Statement. Carers and Stakeholders (including Short Breaks Providers) took opportunities to contribute to the Consultation, including attendance at a local event and completing an electronic survey.

The purpose of this Statement is to provide information on Short Breaks to Carers, Young Carers, Supported People and workers. This includes what a Short Break is and how to access one. We also want people to consider whether a planned Short Break would make a difference to their life and to give a better understanding of what a Short Break might look like and how it could make a difference.

People have also told us that there can be barriers for them in accessing and taking a break, including knowing what is available to them, how to access it and what the cost will be. People also identified that not seeing yourself as a Carer is a barrier to accessing any support that is available to you. We therefore want this Statement to give people that information and are developing a communications plan to make sure that people continue to have access to the support and information that they need.

'Since I came back, I've been making myself more active, there's so much out there and I want to get a wee try at it. I'm overwhelmed. It's made me see a bigger picture...it's like nothing's the same now, when I came back everything was different.'

Carer/Supported Person ('It's All About the Break', Evaluation, 2017)

2. Short Breaks

Through consultation in Dundee we have developed the following Statement to define and describe Short Breaks. This Short Breaks Services Statement will give further information to you under the following headings to ensure that you have access to the information and advice you need to plan and arrange a Short Break that works for you.

What is a Short Break?

A Short Break is anything which allows any individual of any age to have some time and space from their day to day routines and their responsibilities.

In Dundee we are committed to ensuring that Carers, Young Carers and Supported People have access to meaningful, personalised Short Breaks. The Break should make a difference to your life and this is sometimes described as personal outcomes. We have been making a collective effort to understand what is important to people and what it is that truly makes people **feel** that they have had a Short Break. This approach has made us think differently beyond what people may have experienced with traditional Short Breaks.

It is inevitable that Short Breaks for Carers must include consideration of how the care needs of person or persons (child or adult) that the Carer supports will be met. Some Carers may have a caring role that is reciprocal and may need to plan Short Breaks for themselves and their mutual Carer.

Health and Social Care services have for many years provided services and supports that have given valuable relief to Carers by providing short term care to the person they care for. Often this care is provided in a group living setting or at a day care service, sometimes as a specialised unit or as part of a Care Home. Some of these services are known as 'Respite Care' and it is recognised that this is a valuable way of providing essential support for Carers. A reliable care service can relieve the Carer of care responsibilities for short periods to give them some time to themselves from the day to day stresses of caring.

Many people benefit from this type of traditional respite/short break arrangement and it is anticipated that this type of support will continue to meet the needs of some Carers and Supported Persons. In some circumstances this will be the only help that some Carers are looking for. Even when Care Services are delivered in the most personalised way some Carers find that the traditional type of Care Service does not always suit them or the person they care for. Some Carers may find that they need something different or something in addition to the provision of alternative Care and Support Services.

Because each Carer and the person they support is unique Carers and Supported People have worked with services and supports to develop increasingly personalised, flexible and responsive ways to meet their outcomes and design a break that works for them.

When we spoke to Carers about what a Short Break meant to them a consistent theme was 'quality time' or 'time away' as well as the aspiration to have a new experience or re-establish a hobby or interest which had become too difficult to continue due to the caring role. In general, people felt that a break is what the individual feels will make a difference and that it should benefit both Carer and the person they are caring for. People saw it as a time to look after themselves and look at their own individual needs. It also enabled them to have peace of mind.

'Decide for yourself what time, where you go, who with, how long'

'Going somewhere else with my friends and having fun'

'Getting a break from each another, it means we will get on better, saves our relationship, short holiday (Family bonding time)'

'It can go from a few days to a week to a few weeks, it can be a small break or be something more regular.'

(Short Breaks Statement Consultation, 2018)

Who can have a Short Break?

Anyone can, but Carers and the people they support sometimes need a bit more help to have a Short Break and to make the arrangements for this.

This Statement is for Carers, Young Carers and Supported People. The definitions below will help you identify if this applies to you or someone that you know.

Carers

The Carers (Scotland) Act 2016 describes a Carer as an individual who provides, or intends to provide, care for another individual (the “cared-for person”). This is not the same as someone who provides care professionally, or through a voluntary organisation.

A Carer is anyone who cares, unpaid, for a friend or family member who is affected by illness, disability, frailty, mental health challenge or alcohol or drug use. Many Carers support people through giving practical help, people tend to associate caring with physical tasks but giving emotional support can also be a big part of caring. Whether you give practical or emotional support or both you are a Carer. The circumstances of each Carer are unique. Carers can be any age and Carers are part of every community and culture. Carers may be parents, spouses, grandparents, daughters, brothers, same sex partners, friends or neighbours. Some Carers may be disabled or have care needs themselves. Sometimes two people with care needs are Carers for each other. Some Carers can provide care and support for more than one person.

Young Carers

A Young Carer is a child or young person under the age of 18, or someone who has reached the age of 18 years and is still a pupil at a school. They may have practical caring responsibilities or be emotionally affected by a family member’s care needs. Young Carers can sometimes put the needs of the person for whom they care before their own. This means that they can sometimes miss out on things that other young people get to do. This can mean that Young Carers experience stress, anxiety, and worry. Because of this, they may sometimes need help or support from other people. For all practitioners working with families where there are Young Carers it is important to recognise the important differences between Young Carers and Adult Carers and the importance of Young Carers being seen as children first and foremost. This will help to consider what further supports are required to enable them to access the same opportunities as their peers and achieve their full potential. Further information on who is a Carer can be found here: https://www.dundehscp.com/sites/default/files/publications/Carers_fact_sheet_1.pdf

Supported People

In this context “Supported Person” is used to describe any adult or child who relies on care and support in their day to day lives. For children and young people this would be the care and support they need which is additional to that which is needed for other children of a similar age.

The term “Supported Person” is used here to describe anyone who receives (or requires) this support. It covers people who get this support from Carers as well as those who get support from Health and Social Care Services, or both services and a Carer. Carers legislation refers to people who get support from Carers as a ‘Cared- for Person’, in local consultation carers told us they preferred the use of the wider term ‘Supported Person’, if possible, with clarification after it when needed to indicate if a Carer was involved in looking after the person.

People who are supported by a Carer have a right to request an assessment of their own needs. Adults can request an assessment of their community care needs from Health and Social Care Services this may result in an Outcome Focussed Care Plan and a package of Care Services, which may include Short Breaks. Children and families can request a Child in Need Assessment when supporting a child with disability or Additional Support Needs.

Some people who get support from a Carer may be the only support they receive. Some Supported People or Carers may be assessed as not needing services or formal support. This does not mean that the Supported Person or the Carer does not need a Short Break, it just means they may not be entitled to help or funding from Statutory Services.

What can a Short Break look like?

A Short Break is whatever you think would give you time and space for yourself. As a Carer you can make choices about how you might have a Short Break. You might choose to have a Short Break by yourself or with family and friends or with the person you support.

In Dundee, people have told us that a Short Break could be anything and we have received a wide variety of responses from people to demonstrate this.

“I think that Short Breaks could be one day to several days. They are for Carers to pursue activities that they would have normally pursued prior to adopting their caring role, which may now restrict their lives in some way, whether it is going out for a coffee with friends, shopping, a Short Break (perhaps a bus trip or a couple days away with friends or other family) a break that allows them to relax knowing their loved one is safe and they can enjoy themselves for a time without the physical and mental stresses of being a Carer.”

‘Anything which gives the Carer a break.’

‘To help Carers get a bit of ‘me’ time; recharge their batteries. Even an hour to yourself is a Short Break - it doesn’t have to be a holiday which may be impossible for some.’

‘I think Short Breaks are for doing the things that you were unable to do when you are caring, i.e. recreation.’

‘Being given the opportunity for both the Carer and the person being cared for to have part payment vouchers available for (e.g.) short city breaks, hotel spa, train journey and anxiety coaching.’

(What’s Best for Dundee Carers? Oct 2017)

'Taking my puppy out is my Short Break. I enjoy walking her and sharing our trips on Facebook. Exploring local sights along the coast'

'My Short Break is spending time on social media catching up with my granddaughter'

'My son's Short Break is going to a gym three times a week'

'I did not realise it was something we could do together as a family. I now know a break can be from caring and to do something fun together'

(Short Breaks Statement Consultation, 2018)

Below are some examples of the types of breaks that people have had in Dundee after speaking to a worker in the Short Breaks Service at Dundee Carers Centre.

A Carer and the person they care for designed a break to go on a hotel stay. This included arranging care services for the Supported Person in the hotel. This enabled them to go away together and have family time and give the Carer the opportunity to relax and recharge batteries. They both had a fantastic time.

A group of Carers who were all caring for someone clubbed together their Short Break funding and went on a break together. They were all tired and stressed and looking for a break from their usual routines and they wanted to take a break with the person they care for. They had a short 2 day stay away. The Carers have since reported that they had a great time and were able to enjoy a relaxing stress-free environment and a good break from their usual routines, they especially enjoyed the peer support that they provided to each other.

A group of Young Carers supported by the Young Carers Project were able to go away to Copenhagen. They all enjoyed the break and exploring a new City.

For more examples of the types of Short Breaks visit

<https://www.sharedcarescotland.org.uk/learning-exchange/short-break-short-stories/>

Emergency Breaks

It's always best to take the opportunity to plan Short Breaks however there are times when people need access to emergency support including alternative care for the Supported Person. Emergency arrangements are not the same as Short Breaks but can sometimes achieve some Short Break outcomes.

Where possible an Emergency Plan should be discussed by you and the Supported Person and plans prepared in advance of any crisis. You might take the opportunity to raise this when the person you are supporting is undergoing an assessment and care planning. Another time that you could discuss this is when offered or undertaking an Adult Carers Support Plan or Young Carers Statement. Supported People who do not have an assessment can make an emergency plan; if you do not have or want external support you can record your own plan (remember it is best to do this with the Supported Person whenever possible). Further advice and a possible template is available at:

<https://www.enable.org.uk/get-support-information/families-carers/future-planning/emergency-planning/>

Why take a Short Break?

For Carers, a Short Break from caring can support you in many ways including reducing stress in your caring role and enabling you to continue to care in good health as well as increasing your confidence and giving you more balance in your life.

There are several reasons that people who have care and support needs (Supported People) may want to consider a Short Break. These include giving their Carer a Short Break as well as reducing isolation, relief from the stresses, anxiety of day to day life, and recharging their batteries.

Some Supported Persons may not want a Short Break and when this is the case they may choose to seek (alternative) care arrangements that allow their Carer to have a Short Break with minimal disruption to their daily routines.

Whether you are a Carer or Supported Person your break should be what you think will make a difference and what you think will make you feel that you have had a break. You might find it helpful to discuss this with someone or to hear about what other people have done.

Carers might find out information and inspiration by speaking to other Carers, or to workers or by visiting Carers websites.

People who need care and support might want to find ways of learning about Services that offer Short Breaks. This can sometimes be achieved by visiting the Service or asking a member of the Staff Team to visit them at home as well as some internet research.

In Dundee, Carers, Young Carers and Supported People have told us about the benefits of having a Short Break which have helped us to understand more about the difference breaks can make to people. There was consistent recognition and feedback that accessing a Short Break reduced stress and maintained or improved health. For Carers, it gave them time to be themselves. This often allowed Carers to reconnect with the sometimes buried relationship with the person they supported and others, they could be a partner, a friend, a mum or a son again as well as having a caring relationship. People felt that a Short Break was vital to protect relationships and continuing a balanced caring role. Other benefits included supporting recovery and re-charging batteries.

People in Dundee told us that:

'Getting what is playing on your mind out of your mind for a few days makes all the difference'

'Having time away or doing something different cheers you up and takes you out of yourself. You forget about your worries for a while'

'A Short Break from caring can support you in many ways including reducing stress in your caring role and enabling you to continuing to care in good health as well as increasing your confidence and giving you more balance in your life'

'I was getting depressed. A Short Break combined with counselling and therapies helped me regain balance and get back on my feet again'

'I was very stressed. I did not realise how much until I had my Short Break and got time to think things over'

(Short Breaks Statement Consultation, 2018)

How can I get a Short Break?

Your break should make a difference and where you feel that you have had a break. It might be helpful for you to discuss this with someone or to hear about what other Carers have done. There may also be help to pay for your break or there might be a cost to your break but there are people to support you to plan your break and discuss this with you.

Help to arrange

There are lots of people that you can speak to in the first instance to find out about what Short Breaks might be available to you. This could be a worker in an organisation that you already know including a Teacher, Social Worker, Nurse or a Support Worker in services including Dundee Carers Centre or Penumbra.

'I was awfy apprehensive because I'd never been away, and sometimes you feel that you don't deserve nothing...but I'm so glad I did. She [the worker] helped with the forms and the finances and [accommodation booking] and we just had to turn up and didn't need to worry about it.'

Carer ('It's All About the Break', Evaluation, 2017)

Short Breaks for Carers

Each Carer is different, and their choice of Short Break will depend on their circumstances and what matters to them. Some Carers may be able to consider a Short Break by discussing this with friends or family or the person they care for. Other Carers may need some outside help to do this. Help is available to all Dundee Carers to consider what type of Short Break might meet their outcomes from the Dundee Carers Centre Short Breaks Service. Here is a link to information about the service (Telephone 01382 200422) <http://dundeecarerscentre.org.uk>

Short Breaks for a Supported Adult living in Dundee

Some of the people who are supported by Carers can get help with their own Short Break. Adults who need care and support can request an Outcome Focussed Assessment from Dundee Health and Social Care Partnership. **Social Work (Scotland) Act 1968** places a duty on Local Authorities to assess a person's community care needs and decide whether to arrange any services. Any assistance will be based on an assessment of the person's care needs, eligibility criteria and should take account of their preferences. The services provided to meet the persons outcomes will be set out in their care and support plan based on this assessment which is expected to include a record of the Carer's views.

Short Breaks for a child with a Disability/Additional Support Needs living in Dundee

Scottish Local Authorities have a general duty under the Children (Scotland) Act 1995, to safeguard and promote the interests of children in need. The law recognises disabled children as being in need. This gives a right to have your child's and family's needs assessed by Children and Families Service. The support offered to the child and their family may include Short Breaks.

Other resources that can help you

The Dundee My Life portal

<https://dundee.mylifeportal.co.uk/home>

The Dundee My Life webpages can help you to find information about extra support to help with your care needs. It can help you, or the person you care for to see more clearly what services are available in the local area, and how to access them. It brings together support and services from the Dundee Health and Social Care Partnership, and wider support within the community, from birth up to old age.

Carers of Dundee

<http://Carersofdundee.org/>

Carers of Dundee is a website to provide Carers with information that might be helpful to them in their caring role as well as specific information to people who work with Carers and their families.

Shared Care Scotland

<https://www.sharedcarescotland.org.uk>

Shared Care Scotland aim to improve the quality and provision of Short Breaks in Scotland. To do this they offer services including events, publications and research reports and an online directory of Short Breaks services.

ALISS

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

ALISS is a local information system for Scotland for people living with long term conditions, disabled people and unpaid Carers to access the information they need to help them live well.

Euan's guide

<http://www.euansguide.com>

Euan's guide is the disabled access review website which shares experiences of restaurants, hotels and anywhere else visited.

The Care Inspectorate

www.careinspectorate.com

The Care Inspectorate look at the quality of care in Scotland and ensure it meets standards so that everyone experiences safe, high-quality care that meets their needs, rights and choices. They have a list of Registered Care Services and provide information about what care is available and what to expect from care providers. Their Website contains reports about individual Care Services and advises you what to do if you have a concern or a complaint.

Other Assistance

Trip Advisor

<https://www.tripadvisor.co.uk/>

You can do your own research on identifying the right break for you using websites such as Trip Advisor.

Money Advice

<https://dundee.mylifeportal.co.uk/media/22527/benefit-money-debt-booklet-oct-2017.pdf>

Some Carers and the people they support may experience a low income or financial difficulties. As well as getting assistance with a Short Break people may need help with money advice.

Paying for my Short Break?

There are a number of ways that a Short Break can be resourced and funded. Sometimes there is no cost and sometimes people will pay for their own break and may have the support of friends and family but sometimes you will need help. People have told us that being able to pay for their break can be their most difficult challenge.

When a Supported Person has completed an assessment with the Health and Social Care Partnership they might be eligible to get assistance with the cost of the Short Break. Provision of supports and services is determined under National Eligibility criteria which can be found here:

<https://dundee.mylifeportal.co.uk/media/22674/social-work-eligibility-criteria-and-standard-delivery-timescales.pdf>

The Supported Person may be asked for a financial contribution towards services including Short Breaks. Further information can be found here:

<https://dundee.mylifeportal.co.uk/dundee-home-page/pages/charging-for-care-and-support-services/>

As a Carer there are many ways that you can be supported to fund your break and there are several agencies who can discuss this and talk this through with you including the Dundee Short Breaks Service. In 2017/18, the Dundee Short Breaks Service supported 329 carers to have a break.

A Carers Short Break can also be planned as part of completing an Adult Carers Support Plan or Young Carers Statement. This process will identify more information about your caring role and how you can better meet your outcomes. Further information on Adult Carer Support Plans and Young Carers Statements can be found here:

https://www.dundeehscp.com/sites/default/files/publications/carers_fact_sheet_6.pdf

https://www.dundeehscp.com/sites/default/files/publications/carers_fact_sheet_9_0.pdf

<https://www.dundee.gov.uk/service-area/children-and-families-service/integrated-children's-services-and-community-justice/publications>

Your outcomes may be met through services already available in your community however where this is not possible or appropriate Self-directed Support (SDS) funding may be offered to provide you with a Short Break. When services and supports are identified as primarily meeting the Carers needs charges should be waived under:

<http://www.legislation.gov.uk/ssi/2018/31/contents/made>

If it is agreed that you are eligible to have a funded Adult Carer Support Plan or Young Carers Statement and the break you want is not already available e.g. through existing Short Break Funding sources, you can choose from four options which allow you to decide how much control and responsibility you want to take over your funding. These options are:

- A Direct Payment (a cash payment) where you choose how the budget is used and you manage the money.
- You direct how the budget is used, but the money is managed by someone else (sometimes called an Individual Service Fund).
- You ask the council to choose and arrange services for you.
- You can choose a mix of these options for different types of support.

If the adult you are caring for requires alternative care to enable you to have a break a decision on whether this is chargeable to them will be made by the Health and Social Care Partnership. If it is agreed that the adult is to receive social care and support, they can also be given a choice of the four options of Self-directed Support.

3. Feedback and Review

We welcome all feedback on this Short Breaks Services Statement to continue to provide accessible information to people.

The Dundee Health and Social Care Partnership are responsible for this Statement. You can contact the dundeehscp@dundeecity.gov.uk with specific feedback or comments about the Statement. Please let us know your suggestions for ensuring this Statement is communicated to everyone that needs it.

The Short Breaks Statement will be reviewed annually by the Dundee Health and Social Care Partnership.

4. Useful Contacts

Carers

Dundee Carers Centre provide an information and advice service for Carers of all ages on behalf of Dundee Health and Social Care Partnership. If you are a Carer who lives in Dundee or a Carer who supports a Dundee resident you can get in touch for advice about who can support you at the Carers Centre at centre@dundeecarerscentre.org.uk or by telephoning 01382 200422.

As well as giving information about Short Breaks and delivering a Short Breaks Service the staff at the Centre can advise you about their support services and other supports that may help you.

Supported Persons

If you are looking for more care and support for the adult or child you look after to allow you to have a Short Break you can get in touch with any of the Health and Social Care, Social Work and Education professionals who are currently working with them.

The First Contact Team, Dundee Health and Social Care Partnership on 01382 434019, Monday to Friday between 9am and 5pm provides a first point of contact for anyone living in the community, aged 16 and over, who does not have anyone (e.g. District Nurse, Social Work, Social Care Organiser) involved in their care. You should discuss this with the person needing support and gain their consent (if appropriate).

If you are a Carer under 16 or you are caring for someone under 16, and are unable to contact the relevant Social Care, Social Work and Education professionals you can contact Children and Families Service, Dundee City Council on 01382 434000 if you or the child/ young person need to discuss more care and support.

If you or the Supported Person have an urgent matter the First Contact and Children's Services offices are closed, you can contact the Out of Hours Service on 01382 307964.

Supplementary Information

Help to arrange and pay for a Short Break.

Short Breaks for Carers

The Strategic Plan for Supporting Carers in Dundee - "A Caring Dundee"- sets out an approach to supporting both Carers who live in Dundee and Carers who look after people who live in Dundee.

https://www.dundeehscp.com/sites/default/files/publications/caring_dundee_oct31.pdf

Appendix 4 of "A Caring Dundee" sets out the Triangle of Support 2016/2017. Which provides an example of what these supports can mean in practice.

Carers in Dundee designed local Carers' Outcome headings of Managing The Caring Role; Health; a Good Lifestyle and Finances; these are used as the local Eligibility Criteria. The information about this is set out in a Fact Sheet which can be found at https://www.dundeehscp.com/sites/default/files/publications/carers_fact_sheet_9_0.pdf.

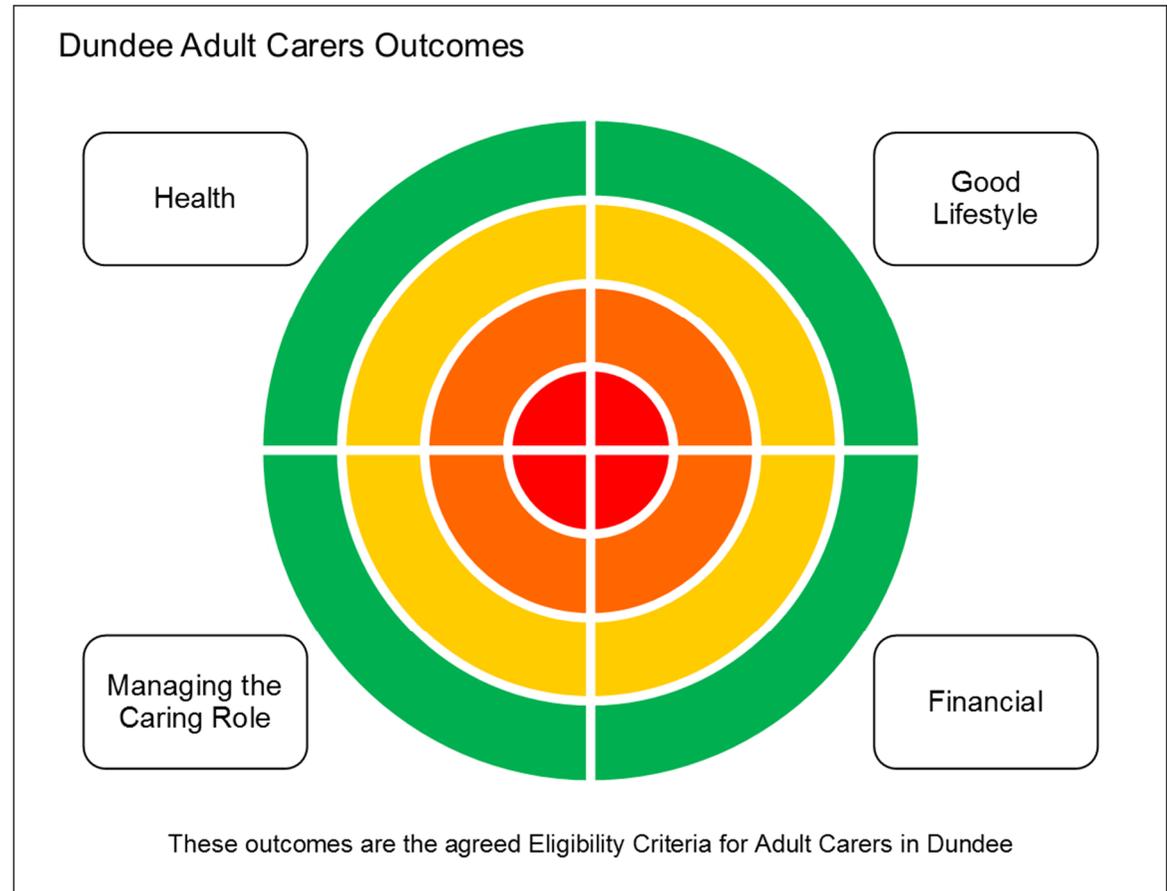


Diagram 1

See Diagram 1 which shows the Adult Carers Outcomes. Carers in Dundee will have a range of supports and services to help them achieve these Outcomes related to their caring role. Some Carers will be able to achieve their Outcomes independently with the support of family and friends. Some Carers will need more support to achieve their Outcomes.

Short Breaks for Carers are one of the ways that Carers Outcomes can be met. Whatever the level of support a Carer needs to achieve their Outcomes there are ways that Carers can access a Short Break for themselves.

Carers who are at greater risk of not achieving positive Outcomes will be able to access more support including, for some Carers, a “Funded” Adult Carer Support Plan.

Diagram 2 shows how the Carer having a Short Break might contribute to their own Carers Outcomes and reduce the risk level that they have of not having a positive outcome.

A short break can contribute positively to one or all of the outcomes of Health, a good Lifestyle, Managing the Caring Role and Financial (although financial is likely to be more limited to receiving financial help for a break

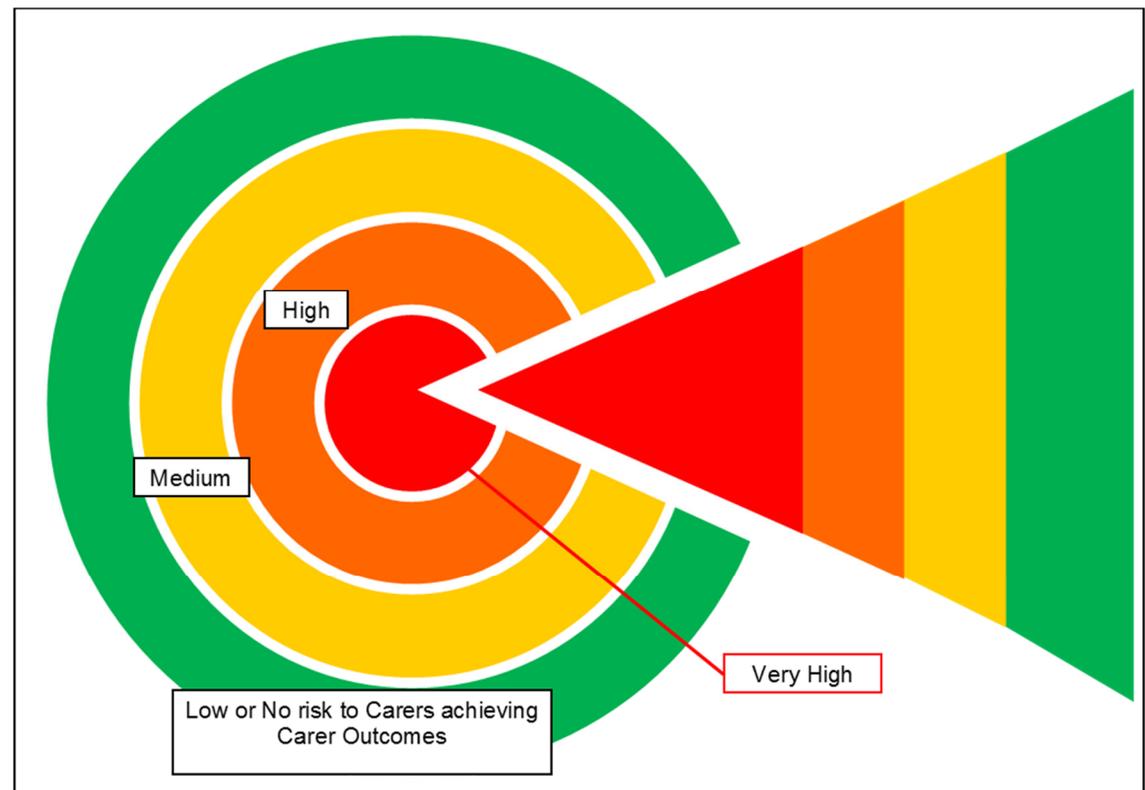


Diagram 2

A Short Break can make a contribution to improving Carers Outcomes (for Carers at each level of risk) and reduce the risk that a Carer will not have positive outcomes.

Each Carer is different, and their choice of Short Break will depend on their circumstances and what matters to them. Some Carers may be able to consider a Short Break by discussing this with friends or family or the person they care for. Other Carers may need some outside help to do this. Help is available to all Dundee Carers to consider what type of Short Break might meet their Outcomes as a Carer from the Dundee Carers Centre Short Breaks Service. Here is a link to information about the service (Telephone 01382 200422)

<http://dundeecarerscentre.org.uk>

Diagram 3 gives some examples of how Carers at different levels of risk to achieving Outcomes might experience a Short Break.

Carer	Supported Person	Short Break
 <p>Mrs S has been married for 25 years. She feels like she has always been a Carer. (For her mum, her sister and now her husband). She feels as if she needs a break away from home and wants to spend quality time with her husband. Mrs S has a Support Plan* and has a High Risk of not achieving her Outcome of Managing Caring.</p>	 <p>Mr S has Parkinsons Disease. He also has some PTSD as a result events while serving in the British Army. His Outcome Focussed Assessment indicates that he has Care Needs and that for Respite Care he would need a Respite unit with Nursing Care and he has opted for a Direct Payment for this.</p>	<p>Mr and Mrs S have chosen to go for a Short Break to a “Veterans” Respite Unit. Mrs S is able to use her Funded Support Plan Direct payment to access “hotel” facilities alongside her husband whose Nursing Care placement (subsidised by the Armed Forces Charity) is combined with a Direct Payment for Mr S from his Care Needs Assessment.</p>
 <p>Mr D cares for his father and his son. Mr D has a Support Plan and has identified that he feels he needs regular time to himself to relax and think.He is at a high risk of not meeting Carers outcomes (Health).</p>	 <p>Mr D (Senior) understands his son needs a break. They live together. His sight is deteriorating and he has had some falls at home. He has agreed to accept a Pendant Alarm with Social Care Response Service.</p>  <p>Young Mr D is currently misusing drugs. Sometimes he tries to control his drug use but does not always manage this. He does not wish to address this and his family frequently have to support him in a crisis.</p>	<p>Mr D accessed the Short Breaks Service at Dundee Carers Centre who arranged fishing equipment and some preliminary lessons for him. He is enjoying fishing on a weekly basis as well as making his own flies and this has given him time to relax. He is sometimes able to bring young Mr D along with him to fish which he sees as a good way of supporting him.</p>

Carer	Supported Person	Short Break
 <p>Ms P is Carer for her sister who lives nearby. They have a limited budget and would like to do more together. Ms P feels a bit isolated since she was made redundant and the time spent with her sister means she has had little time to spend with friends. She thinks she needs some changes to help her reach her Outcomes in terms a Good Lifestyle, Health and Finances.</p>	 <p>Miss P has a mild learning diasability and as her health has deteriorated she increasingly uses a wheelchair outside. She is prone to anxiety. Miss P has support to live at home but really enjoys spending time with her sister who gives her a lot of reassurance and emotional support as well as helping with money management.</p>	<p>The sisters started to enjoy the Carers Centre Cinema Group in a local accessible Community Centre.They have both made some new friends there.</p> <p>Ms P has joined a Carers Walking Group (something she used to enjoy doing with her sister).</p> <p>Ms P and one of her new friends decide that they wanted to visit Skye and they both applied for Short Break funding towards a coach tour together.</p>
 <p>Mrs T is main Carer for both her parents. She has recently retired and although her pensions and savings leave her comfortably off she feels guilty spending on herself. She is proud of her caring role but does not always feel that others in the family understand that she needs a break too. She is feeling a bit low after retiring and her self esteem has suffered. She has a chance to go on holiday with friends but worries about her parents.</p>	 <p>Mrs Ts parents both have declining health but try not to worry anyone. This means they do not always act when a new symptom appears and as a result their condition deteriorates. They have both had unplanned hospital admissions this year. They have 2 daughters but MrsT is the one they confide in, as well as asking her to help them with practical tasks, apointments etc.</p>	<p>Mrs Ts confidence and self-esteem was boosted through some vouchers for Beauty Therapy and a Haircut through the Respitality Scheme at Dundee Carers Centre. She really felt valued as a Carer. After speaking with the Short Breaks Broker MrsT realised that she should take up her sisters offer to support Mum and Dad while she was away on holiday. She had a discussion with her sister who happily helped while she was on holiday and her parents have now developed more confidence that her sister can share the caring responsibilities on a regular basis.</p>
<p>*In Dundee the threshold for a funded Adult Carer Support Plan, which may include a funded break is currently set at “very high”. A duty on Local Authorities to consider option of breaks from caring when undertaking support planning (Section 25 duty on Local Authorities to provide support (Section 24) to Carers that meet Local Eligibility Criteria.</p>		

Short Breaks for Supported Adults living in Dundee

Adults who need care and support can request an Outcome Focussed Assessment from Dundee Health and Social Care Partnership.

Social Work (Scotland) Act 1968 places a duty on Local Authorities to assess a person's community care needs and decide whether to arrange any services. Any assistance will be based on an assessment of the person's care needs, eligibility criteria and should take account of their preferences. The services provided to meet the person's outcomes will be set out in their care and support plan based on this assessment which is expected to include a record of the Carer's views. Provision of supports and services is determined under National Eligibility criteria which can be found at <https://dundee.mylifeportal.co.uk/media/22674/social-work-eligibility-criteria-and-standard-delivery-timescales.pdf> .

Short Breaks for Children and Families living in Dundee

Families with a child with Additional Support Needs or with a Young Carer should request information about Short Breaks from the Named Person identified for the child concerned.