



Fife Carers Short Break Service Statement

Helping to deliver a better experience
and outcomes for carers

"A SHORT BREAK CAN TAKE ANY NUMBER OF FORMS IN ORDER TO ACHIEVE THE CARER'S DESIRED OUTCOMES. THE PURPOSE IS FOR CARERS TO HAVE A LIFE OUTSIDE OR ALONGSIDE THEIR CARING ROLE, SUPPORTING THEIR HEALTH AND WELLBEING. THIS CAN ALSO BENEFIT THE CARED-FOR PERSON AND OTHERS (E.G. FAMILY MEMBERS) AND MAY SUSTAIN THE CARING RELATIONSHIP."

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Case Study – Maureen

Maureen is a returning carer who first became known to the Fife Carers Centre in 2015. After a brief period where no support was required, she contacted the centre again in August 2017 seeking advice and support.

An introductory visit to meet Maureen and her husband at their home was arranged. Maureen said she was feeling very isolated and frustrated by her husband's apathy as a result of his diagnosis of dementia. This manifested itself through outbursts of anger and tears.

The Fife Carers Centre Support Worker suggested that Maureen's husband might like to join the newly formed Men's Dementia Toolshed at the Ecology Centre at Kinghorn Loch. Maureen was very reluctant at the thought of her vulnerable husband travelling there unaccompanied every week. To help manage this anxiety the Support Worker agreed to take Maureen's husband to visit the Toolshed and spend some time there. He loved it – he was desperate to become part of a new project. Therefore, the Support Worker helped Maureen to organise a weekly taxi transfer to the Toolshed. This time gave Maureen a regular break from her caring role, important time for herself. And it was only possible as a result of the extra mile the Support Worker from the Fife Carers Centre was able to travel.

Background to the statement

Introduction

In April 2018 the Carers (Scotland) Act 2016 (the Act) came into effect. In Fife we have supported carers for many years. This new legislation places greater even more emphasis on helping carers to help themselves. It brings into effect a series of local authority/Health & Social Care Partnership duties to identify young and adult carers and to support them to maintain and thrive in their caring roles while balancing their personal life plans. This includes the duties to –

- Offer an adult carer support plan (ACSP) in respect of an identified adult carer and to prepare one if that is accepted. In the case of a young carers this plan is a Young Carers Statement.
- To provide an information and advice service to carers that allows them to be aware of support available.
- To publish a carers' strategy and a short breaks service statement.
- To publish local eligibility criteria and offer support to those carers who meet the locally determined eligibility threshold for tailored support.
- To take account of the carers' views in assessing the needs of the cared-for person.
- To involve carers before a cared-for person is discharged from hospital.
- To take steps to involve carers and carers' representatives in the planning and evaluation of services.

What is a short break service statement for?

This statement is required by the Act. It gives information about the short breaks services available in Fife, and in Scotland, for carers and the person or people they care for. The aim of the statement is to help carers and people with support needs understand:

- What short breaks are?
- Who can access them?
- What short breaks are available in Fife and nationally?
- How they can access short breaks and find further information?

This statement has been informed by what carers have told us in our consultation around the Carers Strategy and other development work, as well as a specific set of consultations we undertook about short breaks to inform this statement. The statement will continue to be reviewed in light of feedback and formally reviewed at least every three years

The statement signposts carers to information available for them locally. This includes information on what support carers and cared-for persons can expect from a range of local agencies. Knowing what is out there gives carers more choice and therefore greater control over what support is right for them.

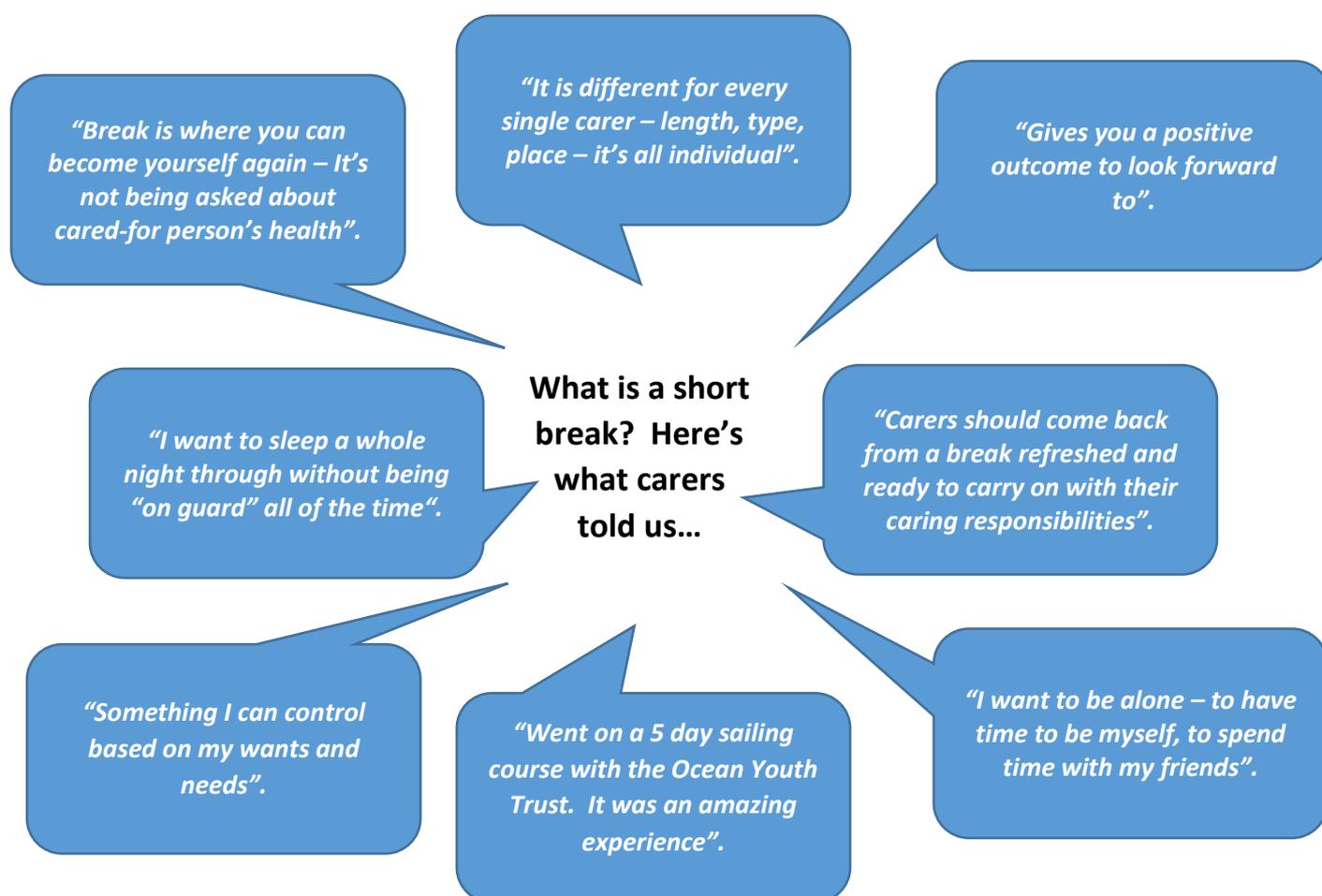
Who is this statement for?

The Act defines a 'carer' as any individual who provides or intends to provide care for another individual [on an unpaid basis]. It means both adult and young carers. In Fife we have developed two carers' strategies; one for adult carers; and one for young carers. These are complementary but recognise the distinct features and characteristics of each type of carer, particularly for young carers, and the different types of support each may require.

Carers in Fife

The context of carers in Fife is highlighted in greater detail in the Carers Strategy for Fife 2018 – 2021. It notes that the Scotland Census 2011 reported that in Fife there are 34,828¹ unpaid carers. Fife Young Carers suggest there are over 4,000 young carers in Fife. We know there are a considerable number of ‘hidden’ carers who do not define themselves as such. We also know that nearly half of all carers in Fife spend over 20 hours a week providing care on an unpaid basis; that nine in ten carers is employed; and that carers have a higher likelihood to have a mental health issue, particularly younger carers.

Through our consultation with carers in 2018 we reaffirmed our understanding of what carers considered to be our priority areas for improvements. After general information about the caring role, breaks from caring received broadly the greatest support. Approximately two in five carers said it is very important that they receive information about respite services (47%), information about the choice of good quality short breaks in emergency situations (46%) and information about day care services to give them time to participate in learning or work (41%).



¹ Scotland's Census 2011; the percentage of the population who provide unpaid care .expressed as a % of the total population.

Purpose of this Statement

The purpose of this Short Break Services Statement is to provide information to carers and cared-for people so that they;

- Understand what a short break is and how it might benefit the carer's health, well-being and their shared caring experience with the cared-for persons
- Know they can have a short break in a range of ways
- Are informed about short breaks that are available and how to access additional information to support their freedom to choose what suits them best
- Have choice in the support they access
- Can identify what a short break means for them, and how they can be supported to meet their needs and achieve their personal outcomes
- Are aware of the eligibility criteria and thresholds that will be used to determine if the carer will be entitled to receive additional funded short break support.

The statement relates to both adult carers and young carers in Fife². The underpinning principles of this service statement apply equally to all carers regardless of their personal situation. We recognise that each carer will have different needs for support and outcomes from their preferred short break. The individual adult carer's support plan or young carer's statement will include consideration of the need and appropriateness of a short break together with the outcomes they are seeking from it and an assessment of how this might be achieved, including through recourse to publicly funded support.

In preparing this statement we have taken account of the views of carers and their representatives as expressed through our consultation exercises. Carers expressed clearly the importance and need for a short break is second only to information and advice. We have undertaken a separate consultation with carers specifically about short breaks with the intention of enabling them to be involved in the development of this statement. A full consultation report has been prepared to feedback to the consultation participants and other interested parties.

This statement meets the requirements of the Carers (Scotland) Act 2016 which provides that the statement is co-produced, published and dynamic. Fife's Health & Social Care Partnership also recognises that this is more than 'just' a statement; it is a reflection of strategic choices and decisions about support for Fife's carers. The statement sits alongside the carers strategies for both adult carers and young carers and contributes to the broader policy and legislative frameworks as noted in those strategies.

Finally, we are continually improving and therefore eager to hear from people and organisations who believe they have a role to play in offering to carers the much needed support that comes from short breaks. We will continue to develop the options available to carers and are committed to ensure the range of choices for carers is as broad as possible, recognising the wide variety of types and sources of breaks that carers might benefit from, and that value for money will continue to be a driving force for both public and personal finances.

² Easy read summaries of this service statement are available separately for adult carers and for young carers.

Definition of a Short Break

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.

We have defined a short break more fully as³ -

“A SHORT BREAK CAN TAKE ANY NUMBER OF FORMS IN ORDER TO ACHIEVE THE CARER’S DESIRED OUTCOMES. THE PURPOSE IS FOR CARERS TO HAVE A LIFE OUTSIDE OR ALONGSIDE THEIR CARING ROLE, SUPPORTING THEIR HEALTH AND WELLBEING. THIS CAN ALSO BENEFIT THE CARED-FOR PERSON AND OTHERS (E.G. FAMILY MEMBERS) AND MAY SUSTAIN THE CARING RELATIONSHIP.”

Purpose

The purpose of a short break is to support the caring relationship and promote the health and well-being of the carer, the supported person, and other family members affected by the caring situation.

Description

Breaks from caring may:

- *be for short or extended periods*
- *take place during the day or overnight*
- *involve the person with support needs having a break away from home allowing the carer time for themselves*
- *allow the carer a break away with replacement care, if required, in place*
- *take the form of the carer and the person they care for having a break together, with assistance if necessary, providing a break from the demands of their daily caring routines*

We believe the definition we have adopted crystallises the spirit of the definition within the 2016 Act and its guidance. Through the consultation exercises carers’ organisations expressed support for this definition. Carers, and the organisations who support them, also expressed positive feedback that the definition reflects on the wider benefits a break from caring can have on the cared-for person and other people involved in the caring situation.

³ *This definition was produced by a short life Think Tank, an action learning project hosted by Shared Care Scotland and has been adopted here in full as Fife Health & Social Care Partnership’s definition. Fife Health and Social Care Partnership representatives were active participants in the Think Tank. The Carers Act Guidance states that ‘Local authorities are encouraged to consider the outcomes from this project as they emerge.’*

Outcomes of a Short Break

Short breaks for carers are intended to help provide them with the time to reflect and recharge. They provide space for carers to have their own personal time to thrive and flourish as an individual, not just as carers. It is for this reason that a break from caring can have unbounded possibilities, affording carers the opportunity to be creative to meet their personal outcomes, subject to funding and resources available.

Carers will be supported to identify the need for and potential benefit of their short break. The outcomes of a break will be personal to each carer and cared-for person, and may include:

- Having more opportunities to enjoy a life outside/alongside the caring role
- Feeling better supported
- Improved confidence (for example, more confident as a carer)
- Increased ability to cope and succeed
- Reduced social isolation and loneliness, for example increasing social circles, connections and activities
- Increased ability to maintain the caring relationship - and sustain the caring role
- Improved personal physical and mental health and wellbeing
- Improved quality of life
- Reduced likelihood of breakdown and crisis

These example outcomes are taken from the Shared Care Scotland Short Break Fund [Easy Evaluation Toolkit](#)⁴. The toolkit gives a range of examples of what the outcomes might be for the carer, and for the person cared for, as well as how these might be measured; it must be borne in mind that these are only examples and then carer may have different reasons for their need for a short break and alternative ways to determine if their personal outcome has been met.

Our aim in supporting carers to have time away from caring is to enable them to have time to themselves to pursue their personal life choices and outcomes, to refresh and recharge their energies and invest in their relationships. Fundamentally, our support should lead to sustainable outcomes and enable carers to continue in their caring role, assuming they wish to do so. Success will be measured, and determined by the carer.

Before a short break is agreed, particularly where public funding is used to support the break, discussion will take place with the carer to determine what outcome they are seeking and how this can be achieved. We anticipate that in most cases carers will be looking to improve and maintain a better quality of life for themselves and support to continue in their caring role.

⁴ <https://www.sharedcarescotland.org.uk/resources/tools/evaluation-toolkit/>

Short Break support available to Fife's carers

What makes a short break successful must necessarily be determined by the individual(s) who benefit from the break. There is no single type of break or short break activity that will meet the needs of all carers. Often what is common is the desire by the carer to have some time doing their own thing, re-connecting with friends and family, pursuing an activity they once before enjoyed their caring role or simply taking time for themselves to switch off.

For those carers who meet critical eligibility criteria we will offer a carers support plan to determine the type and level of funded support required to meet the carers desired outcomes and those of the cared for person. This may be planned residential respite care/Self Directed Support /Shared Lives/day supports. For those carers not at this threshold we will offer advice/guidance and signposting to relevant voluntary sector supports.

The information in this statement is provided as an illustration of what carers might want to do with their short break, along with some local and national organisations who may be able to help to fund and/or arrange a break which meets the carer's personal ambitions and support plan outcomes.

Short break support in Fife

There is a wide range of organisations who can help to support carers in Fife. They range from local branches of national organisations to small and very local voluntary groups. There are too many to mention in this statement. Fife Council's 'On Your Doorstep' web-site (<http://www.onyourdoorstepfife.org/>) provides a wide range of information about local organisations and community groups that can offer advice, support and assistance to access short breaks for carers and the people they care for.

Fife Health & Social Care Partnership commissions a number of organisations to support carers. This includes help to support carers to assess their needs for support and to prepare their own Adult Carers Support Plan or Young Carers Statement. This might include the need for a short break which these organisations can often help with too. Listed below are the local organisations we commission and work in partnership with to support carers to access short breaks:

Fife Voluntary Action (<https://www.fivevoluntaryaction.org.uk/index.asp>) (0800 389 6046) provides funding to enable carers to take a short break from their caring responsibilities in partnership with Fife Carers Centre, Crossroads and Fife Young Carers in Fife. The Scottish Government's *Time to Live Fund* provides funding through Shared Care Scotland to support carers in their highly valued role to enable them to take a short break from their caring responsibilities. Unpaid carers in Fife can apply for up to £300 to help them take a break from their caring commitments. Carers can decide themselves what would provide that 'break' - be it a straightforward holiday somewhere special; driving lessons to support them getting out and about or the technology to help them keep in touch with relatives and friends - whatever works for the carer to meet their individual outcomes.

Crossroads Central Fife (<https://www.crossroadsfifecentral.org/>) (01592 610540) is a registered charity operating across Central and North East Fife. Crossroads provides person centred support to Carers who are caring for someone of any age with any disability or illness. Support is provided in the form of Short Breaks and is delivered by experienced, skilled and trained staff who either look after the cared for person (supported person) in their own home or take them out, according to their individual assessed need and outcomes, and of course, the needs and outcomes of the carer, thereby giving them respite.

Fife Carers Centre (<http://www.fifecarerscentre.org/>) (01592 205472) supports carers in their caring role with relevant and straightforward information as well as practical help. Most importantly they work with carers to protect their own physical, emotional, mental and financial health whilst they maintain their caring role. Fife Carers Centre provides information and the means to use it to carers on a wide range of topics from applying for benefits to learning more about the condition affecting the person they care for. They also support carers to access short breaks whether it's for an hour so that carers can spend some time doing something for themselves, or a longer break to help carers recharge.

Fife Young Carers (<http://www.fifeyoungcarers.co.uk>) (01592 786717) supports children and young people aged 8- 25 years who look after someone in their family who are ill or have a disability. They provide assessments, one to one, group support and support to help young carers and young adult carers to balance their caring role. They also offer breaks from caring in the form of day/activity trips and overnight residential stays. Fife Young Carers is where young carers can experience fun activities to boost their self-esteem and confidence. They also provide support to other services, for example education through schools workers, to continue to raise awareness across health and social care through continuous professional development sessions. They also provide tailored support to young adult carers through transitions service, helping young carers to navigate their caring role as they become adults.

Case Study – Tracey, young carer aged 16 years

I care for my mum who has severe asthma and mental health issues, her mobility is reduced and she is housebound. I also care for my father when he needs it. I have struggled with my own mental health for some years which, alongside my caring role, has had a huge impact on my school attendance and achievements. I was referred to Fife Young Carers for support with the transition from high school to college.

We worked on coping strategies and techniques; building on my confidence and self-esteem. With encouragement and support I continue to attend monthly CAHMS appointments. This engagement is a massive breakthrough for me because I never used to attend appointments. I also attended '7 Habits for Highly Effective Teens' residential weekend and this had a huge impact. It has given me a new way of thinking and how to live my life! In order to gain work experience and continue to raise my self-esteem, my transitions worker helped me find a volunteer placement at my local out of school club. This opportunity gave me a balanced routine throughout the summer months and allowed me time out from my caring role. This gave me a sense of pride in my abilities beyond caring. I have worked hard at finding better ways to cope and I am looking at the future in a much more positive way. Partnership working with Fife College and the staff at my local placement, has encouraged me to pursue what I wish to do.

I have now completed an access to childcare course at my local college and have started an NC in Early Years Education. I feel I have faced many challenges; both personally and in regards to my caring role which has increased lately. I think the support I received has helped me a lot because I have been able to achieve things I never thought I would be able to. I've been able to get the right help.

Support across the rest of Scotland

There are seven national carer organisations which offer support and advice to carers including information about many short break opportunities for carers, and for the people they care for, across Scotland. They are better placed to maintain and up-to-date nationwide overview. Links to each organisation's web-sites are noted below with a few organisations who specialise in short breaks included here in more detail.

Shared Care Scotland (<https://www.sharedcarescotland.org.uk/>) specialise in short breaks for carers. It aims to improve the quality and provision of short breaks in Scotland, by offering services including an online directory of short break services. Shared Care Scotland operates the Short Breaks Fund on behalf of Scottish Government and provide grants to voluntary organisations that support unpaid carers to take a break. They coordinate funding, through local carers organisations, to access breaks through a range of national programmes including the **Creative Breaks** and the **Better Breaks** programmes which provides grants to local third sector organisations to develop and offer short breaks to local people, promoting greater choice, flexibility and personalisation. They also run the **Take a Break** programme – see below.

Take a Break <http://takeabreakscotland.org.uk/> is Scotland's short breaks fund for carers of disabled children, young people and their families. Take a Break grants can be used for a break away, towards leisure activities or outings, sports equipment and more. Take a Break is administered on behalf of the Scottish Government Family Fund whose aim is to improve the provision of, and access to, breaks for disabled children and their families. The key aims of the fund are to provide positive outcomes for carers and those children and young people they care for equally, by improving their quality of life, opportunities and well-being and support personalisation by putting carers and the child and young people they care for at the centre of planning and decision making about their short breaks.

Euan's Guide <https://www.euansguide.com/> is the disabled access review website that aims to 'remove the fear of the unknown' and inspire people to try new places. The cornerstone of Euan's Guide is its community of independent reviewers, who share their photos and experiences of restaurants, hotels, train stations, attractions and anywhere else they may have visited.

ALISS <https://www.aliss.org/> (A Local Information System for Scotland) aims to increase the availability of health and wellbeing information for people living with long term conditions, disabled people and unpaid carers. It supports people, communities, professionals and organisations that have information to share.

Leuchie House, National Respite Centre www.leuchiehouse.org.uk specialise in offering caring respite breaks for people with long term neurological conditions and their carers. Leuchie House offers personalised 24 hour care, specialist physiotherapy sessions, and a programme of fun activities, outings and entertainment to support people to have a complete break away.

Links to the seven national carer organisations

National Carer Organisations (NCOs) exist to represent carers across Scotland and give them a voice at a national level. There are seven NCOs in Scotland. Many have a particular area of interest with regard to supporting carers. The NCOs are:

- Carers Scotland - <https://www.carersuk.org/scotland> (0808 808 7777)
- Carers Trust Scotland - <https://carers.org/country/carers-trust-scotland> (0300 123 2008)
- Coalition of Carers in Scotland - <http://www.carersnet.org/> (01786 850 247)
- Crossroads Caring Scotland - <http://www.crossroads-scotland.co.uk/> (0141 226 3793)
- Minority Ethnic Carers of Older People Project (MECOPP) - <http://www.mecopp.org.uk/index.php> (0131 467 2994)
- Shared Care Scotland - <https://www.sharedcarescotland.org.uk/> (01383 622 462)

Carer involvement in this statement

Unpaid carers have played a central role in developing this statement through their participation in consultation exercises. Fife Health & Social Carer Partnership recognise that carers play a major role in our communities and contribute huge value in both financial terms and in fostering strong communities, and just as importantly, in shaping support services to enable Fife's carers to flourish.

The consultation was open to all carers with a variety of ways for carers to participate including:

- 561 carers who access services or who participated in previous consultations were invited.
- An online consultation for carers drew 110 responses.
- Four thematic consultation events hosted by Fife Carers Centre with 20 participants in total.
- Consultation events with young carers in schools supported by Fife Young Carers
- A workshop with carer organisations with eight organisations represented.

The consultation events sought carer's views on three specific questions:

- What is a Short Break?
- What works for you now to have a break?
- What are the barriers to having a break?

Headlines responses

The responses were mixed; a few clear themes emerged and some challenges to overcome. Across the consultation groups there were common elements between each of the groups' responses to the three key discussion points, and across each of the discussion points commonalities arose too.

All carers appear to express similar anxieties and barriers to taking a break, and while the type and style of the break may differ for each carer cohorts, and within each cohort, the reasons for wanting to take a break from caring emerged as quite similar – to recharge ready for more caring.

A full consultation report has been prepared. The Key conclusions are summarised as follows:

- What is a short break? Carers agreed that a short break must be dynamic to the situation and circumstances of the people involved in the caring relationship. One size does not fit all. For young carers micro-breaks are important. For adult carers longer breaks are important. Choice is crucial as are the personal outcomes aspired to from the break by the carer. Therefore, a mixed economy of breaks is important to support.
- What works now? Carers, and carer organisations, struggled with this question. Some carers rely on family members but this is not an option for all. In assessing carers' needs for support and personal outcomes practitioners must encourage carers to take a wide view of their person assets to help them take a break.
- What are the barriers to taking a break? Most carers found this question easy to answer. The themes to emerge were personal stress, worry for the welfare of the person they care for, money, and knowledge of what is available. Additionally, young carers often need adult support to help them plan and organise breaks from caring which can be a challenge. Carers who are at critical risk of their caring role breaking may be entitled to social work funded support to take a short break. However, a focus is required on carers who do not meet the eligibility criteria to prevent them from increasing in vulnerability and reaching the more critical levels of need.

Thank you to all the carers and carer organisations who took the time to participate in the consultation. Particular thanks to Fife Carers Centre for coordinating the four carer consultation events and to Fife Voluntary Action for coordinating the consultation with carer organisations.

Plans for improvement

Fife Health and Social Care Partnership has a long-standing commitment to investing in support for carers that makes a difference to their caring experience.

We are ambitious in supporting carers and this will continue. However, our ambition has to be matched by the scale of resources made available to us by the Scottish Government. We recognise the many demands for finite financial resources. The investment we are making in future years will target resources to help those carers in most critical need. This includes, specifically, outcome four of the Carers Strategy for Fife which notes the actions we will take to improve opportunities for carers to take a break from their caring role to live their own active life. Overall, in 2018/19 this outcome alone calls for almost 50% of the total resources available to support carers in Fife.

Supporting our initiatives to improve short breaks are a range of voluntary sector organisations whose voice, on behalf of carers, has been critical in developing a longer term plan. Before developing this statement their views were sought and their feedback has been incorporated where appropriate into this ambitious plan.

Similarly, we know that carers sometimes express strong thoughts and feelings about the opportunities for support that are available to them. It is for this reason in particular that we asked carers what their priorities might be for our Short Breaks Service Statement. Appendix A & B to this statement are the Short Breaks Service Statement Consultation Questionnaire and full consultation report has been prepared, respectively. The headlines from the consultations informed the following proposed actions for long term improvement:

Supporting critical carers

- Raise awareness and promote alternative types of short breaks for carers who meet local eligibility criteria to reduce demand on traditional overnight respite care.
- Invest in and promote the option of more frequent shorter breaks without the need for overnight care, where appropriate.
- Develop a short breaks brokerage service specifically for carers, building on the short breaks bureau for adult services.
- Develop the skills and knowledge of practitioners to be better able to assess needs for support, personal assets identification, and means to achieve a short break to achieve the carer's outcomes.
- Ensure eligible carers are aware of choice, control and flexibility through a personal budget and remaining SDS options and not linked to the cared-for person's budget (if they have one). (This is already a legal requirement within the SDS Act where a carer is assessed in their own right).

Preventative action to supporting non-critical carers from becoming critical

- Raise awareness and promote short breaks for all carers including how to access short breaks.
- Invest in the voluntary sector in more frequent and shorter micro-breaks as a preventative action to support non-critical carers from becoming critical.
- Invest in local 'Creative Breaks' to extend the funding available from the Scottish Government.
- Invest in redeveloping the 'Respitality' model of short breaks in Fife.

Eligibility criteria

The Carers (Scotland) Act 2016 defines eligibility criteria as *“the criteria by which the local authority must determine whether it is required to provide support to carers to meet carers’ identified needs.”*

In Fife we have eligibility criteria against which we measure an adult carer’s needs for support. The Carers Strategy for Fife explains how we will assess a carer’s eligibility for additional support. In summary the assessment asks a series of questions about their caring situation including:

- Is the carer able (and willing) to continue in their role?
- What is the risk of the caring role breaking down?
- What risks are there to the carer’s independence and freedom to make choices?
- What risks are there to the carer’s health, safety and well-being?
- Is the carer able to manage their own daily routines?
- Is the carer able to be involved in employment, family and community life?

For young carers the assessment of eligibility is bespoke. In order for this to meet the needs of children and young people the levels of risk (critical, substantial, moderate and low) have been adapted in line with Getting It Right For Every Child (GIRFEC): Intensive (including child protection), Additional and Universal. For young carers the assessment indicators set out in the eligibility criteria are based on descriptions, domains and indicators linked to the eight wellbeing indicators of **Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible, and Included (SHANARRI)**.

The answers to these questions, as assessed in partnership with the carer, will determine the level of risk faced by the carers. If the risk is critical and the caring situation is at risk of failing, we will offer additional guidance and appropriate support to the carer to help them to meet their personal outcomes as determined through an Adult Carers Support Plan or Young Carers Statement.

We are mindful that the demand for support and the pressures on the local resources outstrips the supply available. Our assessment of this situation has led us to conclude that the threshold for receiving additional tailored support services, beyond those available on a universal community-wide basis, will remain set at critical risk for adult carers and at critical and substantial for young carers. The difference recognises the unique factors and vulnerability facing our youngest carers.

If a carer meets the eligibility threshold we will work with them to assess their ability to meet their own support needs and identify what other measures we might support them with to improve their caring situation and live a positive life alongside caring. This may include tailored support and/or access to funding to meet those needs including for a short break.

For carers who do not meet eligibility threshold, we will offer to support them with an assessment and Adult Carers Support Plan or Young Carers Statement which may include signposting or referral to appropriate support that could help them to meet their particular support needs. In some instances financial support may be available from other organisations to meet the carers need for a short break.

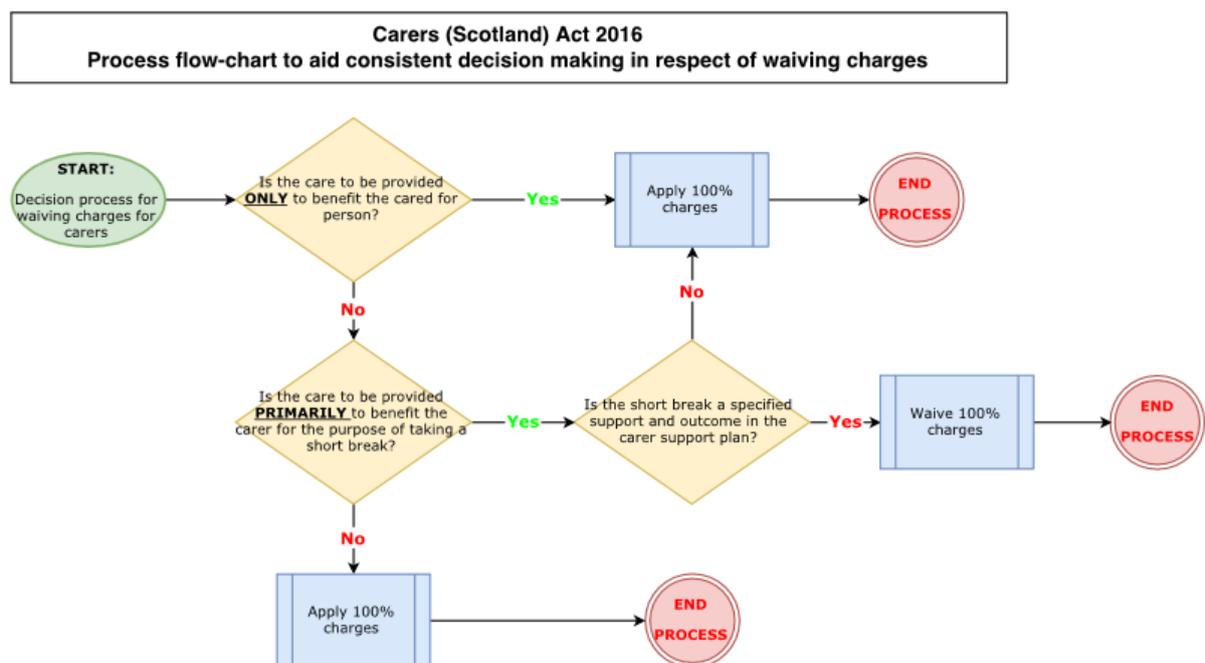
Charging policy

Carers provide a significant contribution to the local economy. We recognise the personal investment by carers means that cared-for people have less need to access publicly funded support, and therefore there is a net saving to the limited resources available from the public purse.

An important principle underlying our approach to supporting carers is that the carer's ability to pay for support is not considered. However, we also know that short breaks often benefit both the carer and the cared-for person. The 2016 Act is clear that charges should not be made for support provided to carers, including for short breaks, when the **carer is the primary beneficiary and when the break is an identified outcome** of the Adult Carers Support Plan or Young Carers Statement.

The guidance to the Act leaves open the option to charge in part for a break when the benefit is shared. For simplicity Fife Health and Social Care Partnership has decided not to charge adult carers in these circumstances, provide the primary benefit is for the carer.

The investment we are making to support carers in future years will target resources to help those carers in most critical need. For carers who do not meet the eligibility threshold, we will support them to identify and access support services which meet their needs from other assets and resources, including their own.



Fife Health and Social Care Partnership has determined that in order to access additional support from public resources, the support need must relate to a specific outcome in the carer's support plan and assessed as meeting the local eligibility assessment.

Carers whose needs and outcomes for support meets this threshold may have access to resources to support their personal outcomes identified in their Adult Carer's Support Plan or Young Carer's Statement. In these circumstances we can arrange for the cared-for to receive help, if needed, so that their carer can take a short break. We can also offer a direct payment to the carer to make their own arrangements of their own choice or an individual service fund for the carer to choose their own support with less financial responsibility. This is in line with the Self-Directed Support arrangements we have in place with gives carers, and the people they care for, as much control, choice and flexibility over their own lives and support as they want.

Frequently Asked Questions

What is a short break?

A short break is time for yourself. It is time away from your caring role so you can recharge your batteries and enjoy the other things that are important to you, whatever that may be.

Who are short breaks for?

Any unpaid carer could benefit from a short break. However, only those carers who meet our local eligibility criteria can receive direct social work financial support for a short break.

What are the benefits of a short break?

The advantages of a short break are unique to you. It may be to help ensure you are rested and able to continue in your caring role for the longer term, or it may be so you can live the life you choose to, meet friends and invest in your other personal relationships. It could be as simple as to give you time to pursue your own leisure activities alongside your caring role. The outcomes you are seeking, and how you will achieve them, will be discussed as part of your support plan conversation.

What activities can I do on my short break?

Short breaks are your time to do whatever is important to you. Therefore, anything is possible. The key is that the activity benefits you personally and gives you time to do the things you enjoy and fulfil you, alongside your caring role.

How much does a short break cost?

Breaks don't need to cost money. Your personal network, other family or friends, may be able to help you get time to yourself by taking over some of your caring role for a short time periodically or on a regular basis in order to give you the break you need.

However, if you meet local eligibility criteria and your break is a specific outcome in your carers support plan, the break you choose could be funded and we will waive all charges.

What if I don't meet local eligibility criteria?

If your personal caring circumstances mean that you do not meet the local eligibility criteria then we can offer you information and advice but the cost of your break will need to be met directly by you.

Can I get help to pay for my short break if I do not meet the local eligibility criteria?

It is possible that you could apply to receive some financial support to help you pay for your short break. Shared Care Scotland, through their local partners, offer small personal grants so that carers can take a break from caring. <https://www.sharedcarescotland.org.uk/shortbreaksfund/>

How do I access short breaks?

In the first instance you can speak to your social worker, or to one of the carer organisations in Fife. See the contact section in this statement or the Carers' Strategy for Fife 2018 – 2021.

Feedback and further information

This statement has been prepared by the Fife Health and Social Care Partnership, a partnership between Fife Council and NHS Fife. The statement accompanies the Carers Strategy for Fife 2018 – 2021.

The Short Breaks Service Statement is for the period 2019 – 2021. It will be reviewed in 2020, in advance of the strategy and statement for the following period. We are committed to engaging with and involving fully carers and local carer representatives in the review of this statement and the preparation of the following Short Breaks Service Statement. The statement may be subject to minor amendments and updates in the intervening period without consultation.

For further information about this statement, the Carers Strategy for Fife, and the support available to carers, please visit the Fife Health and Social Care Partnership web-site, <http://www.fifehealthandsocialcare.org/>. Alternatively contact us by e-mailing CarersActSurvey@fife.gov.uk

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