



Integration Joint Board

29th November 2018

This Report relates to
Item 10 on the Agenda

Short Breaks Service Statement

(Paper presented by Linda Owen)

For Approval

Approved for Submission by	Vicky Freeman Head of Strategic Planning
Author	Linda Owen, Strategic Planning and Commissioning Manager
List of Background Papers	Health and Social Care Senior Management Team – Short Breaks for Carers August 2018 Health and Social Care Senior Management Team – Short Breaks for Carers January 2017
Appendices	Appendix 1 – Draft Dumfries and Galloway Short Break Services Statement

SECTION 1: REPORT CONTENT

Title/Subject:	Short Breaks Service Statement
Meeting:	Integration Joint Board
Date:	29 th November 2018
Submitted By:	Linda Owen, Strategic Planning and Commissioning Manager
Action:	For Approval

1. Introduction

- 1.1 The purpose of this report is to submit the final draft of the Dumfries and Galloway Short Break Service Statement (SBSS) for approval by the Integration Joint Board.
- 1.2 The Carers (Scotland) Act 2016 (Section 35) states that every Health and Care Partnership in Scotland is required to publish an SBSS by 31st December 2018. This is a statement of information about the short breaks services available in Scotland for Carers and cared for persons. The information must be accessible, to, and proportionate to the needs of the persons to whom it is provided.
- 1.3 The legislation expects there to be involvement of Carers and their representatives in preparing the SBSS.

2. Recommendations

- 2.1 **The Integration Joint Board is asked to:**
 - **Approve the final draft Short Break Services Statement**
 - **Note the involvement of Carers and their representatives in preparing the SBSS**

3. Background

- 3.1 Planned short breaks are widely considered to be an essential part of the overall support that should be available to unpaid Carers and those with care needs. Short breaks provide the Carer and the cared for person with a break from caring. This helps to sustain caring relationships, promote health and wellbeing and prevent crises.
- 3.2 In the case of Young Carers, the overall aim of short breaks is focused on preventing inappropriate levels of caring. Short Breaks should also bring similar benefits as for adult Carers i.e. promoting health, wellbeing and social inclusion and to be able to access social and educational opportunities in line with their peers.

- 3.3 The Carers (Scotland) Act 2016 requires that each local authority area produces a short break service statement to provide information about what breaks are available and how Carers and people with support needs can access these.
- 3.4 The survey undertaken with Carers which underpinned the Dumfries and Galloway Carers Strategy 2017 – 2020, identified that the need to take a break from caring is one of the top five things that matter most to Carers.
- 3.5 Over the past five years, the understanding of what a ‘short break’ is has evolved from predominantly holidays or a stay in a care home to more tailored solutions for the needs of individual Carers (and those they care for). Shared Care Scotland, a national Third Sector organisation promoting short breaks for Carers, have found that short breaks can be varied. Whilst a short break for a Carer could be the provision of alternative care at home, day services or a short holiday, it could also be the provision of funding to enable a Carer to take a break from caring without even leaving their own home. This can be a ‘short break’ achieved through the provision of a greenhouse or an ipad for example. These short breaks can have a positive impact on the overall wellbeing of the Carer.
- 3.6 The Carers (Scotland) Act 2016 places a duty on local authorities to consider what support should be available to Carers. This support should include a break from caring in those instances where it has been identified by an Adult Carers Support Plan or Young Carers Statement. There should be the opportunity to consider this break from caring in a planned way. Consideration should also be given to the needs of the cared for person should the Carer wish to take a break without the person they care for.

4. Main Body of the Report

- 4.1 A short break working group for Dumfries and Galloway has prepared the SBSS attached in Appendix 1. SBSS are new to Scotland. Shared Care Scotland established a ‘think tank’ to provide detailed guidance, called ‘Making a Statement’ for health and social care partnerships to enable them to prepare their SBSS. Dumfries and Galloway was represented on this group. The SBSS attached in Appendix 1 is based on the ‘Making at Statement’ guidance and has been co-designed with the working group.
- 4.2 The draft SBSS has been shared and discussed with the Carers Reference Group and Carers Interest Network (Carers Organisations). The SBSS has been amended following feedback from both of these groups. The main feedback has been that the document should be simple, contain clear information on what the service can offer and how it can be accessed.
- 4.3 To ensure that the document would be useful to Carers and staff, the document was circulated more widely for comment during September and October 2018. The general feedback has been positive with some suggested changes to include more detail on the types of breaks people can have. There has also been a suggestion that the entire document is not printed, but instead a flyer produced with information on where people can get further information. This will ensure that the most up to date information is available.

- 4.4 Preparation of the SBSS and wider discussions to address the challenges identified for planned short breaks has revealed gaps in provision. These gaps relate mainly to short break services for older people and people with dementia who require a building based break. Further work is being considered by the short breaks working group on how to address these gaps.
- 4.5 To assist in shaping the market to support any commissioning of short breaks services, Shared Care Scotland hosted a learning event in Dumfries in October 2018. This event started the conversations about assessing and meeting future needs and market shaping. The session involved the short break leads from other partnerships as well as members from the Dumfries and Galloway short breaks working group.

5. Conclusions

- 5.1 The SBSS has been prepared with Carers and Carers Organisations and subject to approval at the IJB, will be published by the required deadline of 31st December 2018.

SECTION 2: COMPLIANCE WITH GOVERNANCE STANDARDS

6. Resource Implications

- 6.1 There will be staffing implications to continue the short life working group. This is staff time to attend the meetings. There will also be staffing resources required to undertake any commissioning exercise from colleagues from procurement, finance, operations and strategic planning. The value of the directly commissioned short breaks services is approx £2.7m per annum.

7. Impact on Integration Joint Board Outcomes, Priorities and Policy

- 7.1 This work links with National Health & Wellbeing Outcome 6:

“People who provide unpaid care are supported to look after their own health and well-being, including reducing any negative impact of their caring role on their own well-being”.

- 7.2 This work will also contribute to the commitments in the Health & Social Care Strategic Plan around Carers, in particular

“We will provide support to Carers (including the provision of short breaks) so that they can continue to care, if they so wish, in better health and have a life alongside caring.

8. Legal & Risk Implications

- 8.1 If the Short Break Service Statement is not published by 31st December 2018, the partnership has a risk that it will not be in a position to be compliant with the Carers (Scotland) Act 2016.

9. Consultation

- 9.1 Carers were engaged in September/October 2016 where they identified short breaks as a top priority. The short life working group has worked to co-design the SBSS. The Carers Reference Group and Carers Interest Network have been engaged on the content of the SBSS.

10. Equality and Human Rights Impact Assessment

- 10.1 An impact assessment was undertaken on the Carers Strategy (2017 – 2021) and also on the Carers Eligibility Criteria. Both impact assessments showed positive impacts. These two documents underpin the SBSS.

11. Glossary HSCSMT

Health and Social Care Senior Management Team

IJB
SBSS

Integration Joint Board
Short Break Services Statement