



## **Dumfries and Galloway Short Break Service Statement**

### **1. What is this document for?**

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

- Know they can have a break in a range of ways
- Are informed about short breaks that are available
- 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 outcomes.

This Short Breaks Services Statement is intended to provide information about planned short breaks services available within Dumfries and Galloway. These are services for unpaid Carers and the person or people they care for or for supported people who have no unpaid Carer.

The Scottish Government use Shared Care Scotland's description of Short Breaks, as set out below:

“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 Statement also provides links to breaks available elsewhere in Scotland and to the Short Breaks Services Statement of all other Scottish local authority areas (on the Shared Care Scotland website). This is to help Carers and the person or people they care for or for supported people who have no Carer to be aware of short breaks services in other areas.

Unpaid Carers provide a range of support to individuals across communities in Dumfries and Galloway. The support provided by unpaid Carers improves the health and wellbeing of individuals with support needs. It enables people being supported to live at home and to be part of their communities.

A break from a caring role can be vital to maintain the health and wellbeing of a Carer. A break from normal routine can benefit the person with support needs by providing opportunities to enjoy social interaction through play, leisure and recreation activities.

This 'Short Break Service Statement' is about supporting planned short breaks and does not focus on breaks that occur due to emergencies or crisis with the Carer or the cared for person.

This Short Breaks Service Statement explains

- Why and how this document has been developed
- What is meant by 'Carers', 'Short Breaks' and 'Respite'
- How Carers can access Short Breaks in Dumfries and Galloway and Scotland and the support available to do this
- The range of different Short Break services that may be available
- Other support and guidance available to Carers in Dumfries and Galloway.

## **2. Why have we developed this document?**

Carers have a range of legal rights including:

- The **Carers (Scotland) Act 2016** places a legislative requirement to provide support to Carers, including considering if a Short Break would help meet the Carer's outcomes. The Act also requires that a statement is published which sets out information about Short Breaks, including what services are available for Carers and the people they support is published.
- The **Social Care (Self-Directed Support) (Scotland) Act 2013**, Carers should be provided with information and advice about Self-Directed Support (SDS) options. If a Carer is eligible, staff must offer and explain a range of choices to you and the person you care for, about how support can be provided.
- The **Children & Young People (Scotland) Act 2014** places a duty on public services such as Social Work, Education and Health to identify Young Carers. These services must also work together to make sure that the Young Carers are provided with the required support.
- For more information on Carers in Dumfries and Galloway, the Dumfries and Galloway Carers Strategy (2017 – 2021) is available on [www.dg-change.org.uk](http://www.dg-change.org.uk)

## **3. What do we mean by 'Carers', 'Short Breaks' and 'Respite'?**

### **Carer**

A Carer is 'A person of any age who provides unpaid help and support to a relative, friend or neighbour who cannot manage to live independently without the Carer's help due to frailty, illness, disability or addiction'. (Scottish Government 2016)

## **Young Carers**

A Young Carer is a Carer who is under 18 years old or is 18 years old and is still at school. A Young Carer is more than just a Young person who provides unpaid care<sup>1</sup>. They are Children and Young People first, with rights to live a full life and not miss out on childhood. Short Breaks have a role to play in ensuring Young Carers can benefit from the same experiences and opportunities as their friends and peers, and SBSSs should reflect this.

## **Young Adult Carers**

A Young Adult Carer aged 16 to 29 who care, unpaid, for a family member or friend with an illness, or disability, mental health condition or an addiction. There are also important transition issues for this group of Carers, especially with regard to support for Young Adult Carers aged over 18.

In Dumfries and Galloway Young Adult Carers are people aged 16 to 29. This age range was determined locally following direct feedback from Young Adult Carers in our region.

## **'Short Break'**

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 can sustain the caring relationship

## **'Respite'**

Sometimes, the term 'Respite' is used to describe a break from caring. Staff, partners and Carers feel the term 'Respite' is often associated with institutional services or emergency situations. 'Short Breaks' is a term more positive, broader and inclusive that captures the flexibility and creativity that you as Carers have told us matters to you.

#### **4. Outcomes**

The person requiring the break 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 person, but may include:

- Having more opportunities to enjoy a life outside/alongside the caring role
- Increased independence
- Feeling better supported
- Improved confidence (for example, more confident as a Carer)
- Increased ability to cope
- 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 health and wellbeing
- Improved quality of life
- Reduced likelihood of breakdown and crisis.

#### **5. Types of Short Breaks**

Everyone is different; therefore, not every short break will be the same. Dumfries and Galloway promote an individual, creative, personalised, person centred approach to short breaks that will meet the individual nature of the needs of each person.

A break 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
- enable the Carer to have a break away from caring by temporarily providing replacement care, if required.

For Young Carers, having a break from their caring role can allow them to build on their self esteem and confidence. It may also enable the Young Carer to try out a new hobby or interest and meet other people.

This statement is about supporting planned short breaks and does not focus on breaks that occur due to emergencies or crisis with the Carer or the cared for person.

## **6. How can I get a Short Break and how is it funded?**

### **6.1 Accessing Short Breaks**

Some Carers will be happy and able to organise and fund a short break for themselves and/or the person they care for. Others may need some help and support to access services only available through social work services to fund a short break or to discuss options for appropriate short breaks. Appendix 1 provides definitions of the different types of breaks on offer.

Information about some of the short break services available nationally and in Dumfries and Galloway are listed in Table 1 below. There may be eligibility criteria attached to these.

**Table 1 – Suggested Short Breaks**

**1. 1 National Organisations and databases**

<b>Organisation</b>	<b>What they offer</b>	<b>More information</b>
Shared Care Scotland	This website contains a searchable directory of short breaks. Anyone wishing to list a short break service can log in to do so.	<a href="http://www.sharedcarescotland.org.uk">www.sharedcarescotland.org.uk</a>
Euan's guide	Euan's Guide 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.	<a href="https://www.euansguide.com/">https://www.euansguide.com/</a>
ALISS	ALISS (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	<a href="https://www.aliss.org/">https://www.aliss.org/</a>

## Short Breaks in Dumfries and Galloway

### 1.2 Children and Young People

Organisation	What they offer	More information
Acorn House	Acorn House provide residential short breaks for children with complex disabilities, challenging behaviour or profound health care needs for children 0-18 years of age.	<a href="http://www.nhsdg.scot.nhs.uk/Departments_and_Services/CAMHS/Acorn-House">http://www.nhsdg.scot.nhs.uk/Departments_and_Services/CAMHS/Acorn-House</a> 01387 251325
Key Community Support	We can offer a break from day to day routines, a chance to experience new things, time to rest and recharge the batteries, opportunities to meet new people and maintain friendships and time for personal interests, leisure or social activities	01776 705496
Rainbow Care Services	We aim to give the choice and freedom people want in their lives. Our individualised care and support delivery puts the person in control.	<a href="http://rainbowcareservices.co.uk/">http://rainbowcareservices.co.uk/</a> 01556 502033
Aberlour Options	We help children and young people with disabilities to enjoy adventure holidays through a specialist short breaks service.	<a href="https://www.aberlour.org.uk/services/options-adventures/">https://www.aberlour.org.uk/services/options-adventures/</a> 0800 0856150
Quarriers	Family-based short breaks for children with significant disabilities aged 0-18 years. This can be accessed by referral from social work services following an assessment.  They also offer friendship and activity groups throughout the region for children and young people with significant disabilities of school age.	<a href="https://quarriers.org.uk/">https://quarriers.org.uk/</a>  01387 249888
Crossroads Care	In home support for people of all ages regardless of their illness or disability to give the Carer a break. This can be accessed by referral from social work services following an	<a href="http://www.crossroads-scotland.co.uk/">http://www.crossroads-scotland.co.uk/</a> Services in: Annandale and Eskdale 01461 204240 Dumfries and Lower Nithsdale 01387 248686

	assessment or by paying directly for the service.	Mid and Upper Nithsdale 01659 50005 Stewartry 01557 331638 Newton Stewart and the Machars 01988 402003
Parent Inclusion Network (PIN) Holiday Programmes	During school breaks, PIN organise family days where venues are booked for the use of our members and the whole family is invited along. You need to be a member of PIN to access the service. Membership is free to parents supporting a child with disability	<a href="https://www.parentsinclusionnetwork.org.uk/">https://www.parentsinclusionnetwork.org.uk/</a> 01387 252683
Carers Centre Short Breaks Fund	There is a fund available to Carers who need a short break. This is open to any Carer in Dumfries and Galloway who has not had a break in the previous year. A short application form needs to be completed. Help is available if needed to complete this form.	<a href="http://www.dgalcarers.co.uk/">http://www.dgalcarers.co.uk/</a> 01387 248600
Young Carers Project	The Project aims to provide Young Carers with a break from their caring role through activities and groups held on a regular basis throughout the region. Young Carers can access the service between the ages of 7-18 and groups are divided into primary and secondary ages	<a href="http://www.dgalcarers.co.uk/">http://www.dgalcarers.co.uk/</a> 01387 248600



### 1.3 Adults (Learning Disabilities)

Service	What they offer	More information
<p>Short Break Accommodation for adults with a learning disability.</p> <p>Longmeadow (Annan) Atkinson Road (Dumfries) Stationbrae (Newton Stewart) Dalrymple (Stranraer) The Rowans (Castle Douglas)</p>	<p>Short break overnight accommodation for adults with a learning disability. These services can be accessed by referral from social work services following an assessment.</p>	<p><a href="http://www.dumgal.gov.uk">www.dumgal.gov.uk</a> 030 33 33 3001</p>
<p>Shared Lives/Family Placement operated by The Richmond Fellowship Scotland.</p>	<p>The schemes match someone who needs care with an approved carer. The carer shares their family and community life, and gives care and support to the person with care needs. This can include overnight care. This is available to anyone who is over 18 and needs support. This can be accessed by referral from social work services following an assessment.</p>	<p><a href="https://www.trfs.org.uk/">https://www.trfs.org.uk/</a> 01671 402240</p>
<p>Crossroads Care</p>	<p>In home support for people of all ages regardless of their illness or disability to give the Carer a break. This can be accessed by referral from social work services following an assessment or by paying directly for the service.</p>	<p><a href="http://www.crossroads-scotland.co.uk/">http://www.crossroads-scotland.co.uk/</a> Services in Annandale and Eskdale 01461 204240 Dumfries and Lower Nithsdale 01387 248686 Mid and Upper Nithsdale 01659 50005 Stewartry 01557 331638 Newton Stewart and the Machars 01988 402003</p>

<p>Activity and Resource Centres (ARC's)</p> <p>AnnanCastle Douglas Dumfries Kirkconnel Newton Stewart Stranraer</p>	<p>ARC's provide activities and support for people with learning disabilities to help them remain active and independent. This can be accessed by referral from social work services following an assessment.</p>	<p><a href="http://www.dumgal.gov.uk">www.dumgal.gov.uk</a> 030 33 33 3001</p>
<p>Carers Centre Short Breaks Fund</p>	<p>There is a fund available to Carers who need a short break. This is open to any Carer in Dumfries and Galloway who has not had a break in the previous year. A short application form needs to be completed. Help is available if needed to complete this form.</p>	<p><a href="http://www.dgalcarers.co.uk/">http://www.dgalcarers.co.uk/</a> 01387 248600</p>
<p>Carers Support Organisations</p>	<p>Carers groups activities, for example lunch clubs, craft groups and day trips.</p>	<p>Alzheimer Scotland <a href="http://www.alzscot.org">www.alzscot.org</a></p> <p>Support in Mind <a href="http://www.supportinmindscotland.org.uk">www.supportinmindscotland.org.uk</a></p> <p>Carers Centre <a href="http://www.dgalcarers.co.uk">www.dgalcarers.co.uk</a></p> <p>UCI <a href="http://www.userandcarer.co.uk">www.userandcarer.co.uk</a></p> <p>LGBT Plus <a href="http://www.lgbtplus.org.uk">www.lgbtplus.org.uk</a></p> <p>Compass <a href="http://www.cbisl.org">www.cbisl.org</a></p> <p>PIN <a href="http://www.parentsinclusionnetwork.org.uk">www.parentsinclusionnetwork.org.uk</a></p> <p>Quarriers <a href="http://www.quarriers.org.uk">www.quarriers.org.uk</a></p>

#### 1.4 Adults (physical disabilities)

Organisation	What they offer	More information
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Atkinson Road (Dumfries)	Short break overnight accommodation for adults with a physical disability. These services can be accessed by referral from social work services following an assessment.	<a href="http://www.dumgal.gov.uk">www.dumgal.gov.uk</a> 030 33 33 3001
Crossroads Care	In home support for people of all ages regardless of their illness or disability to give the Carer a break. This can be accessed by referral from social work services following an assessment or by paying directly for the service.	<a href="http://www.crossroads-scotland.co.uk/">http://www.crossroads-scotland.co.uk/</a> Services in Annandale and Eskdale 01461 204240 Dumfries and Lower Nithsdale 01387 248686 Mid and Upper Nithsdale 01659 50005 Stewartry 01557 331638 Newton Stewart and the Machars 01988 402003
Care at Home	Care at home is care provided in your own home to help you keep your independence. It may involve regular visits from a home care worker to provide personal care, help with meal preparations and assistance with medications for example. These services can be accessed by referral from social work services following an assessment.	<a href="http://www.dumgal.gov.uk">www.dumgal.gov.uk</a> 030 33 33 3001

Carers Centre Short Breaks Fund	There is a fund available to Carers who need a short break. This is open to any Carer in Dumfries and Galloway who has not had a break in the previous year. A short application form needs to be completed. Help is available if needed to complete this form.	<a href="http://www.dgalcarers.co.uk/">http://www.dgalcarers.co.uk/</a> 01387 248600
Carers Support Organisations	Carers groups activities, for example lunch clubs, craft groups and day trips.	Alzheimer Scotland <a href="http://www.alzscot.org">www.alzscot.org</a>  Support in Mind <a href="http://www.supportinmindscotland.org.uk">www.supportinmindscotland.org.uk</a>  Carers Centre <a href="http://www.dgalcarers.co.uk">www.dgalcarers.co.uk</a>  UCI <a href="http://www.userandcarer.co.uk">www.userandcarer.co.uk</a>  LGBT Plus <a href="http://www.lgbtplus.org.uk">www.lgbtplus.org.uk</a>  Compass <a href="http://www.cbisl.org">www.cbisl.org</a>  PIN <a href="http://www.parentsinclusionnetwork.org.uk">www.parentsinclusionnetwork.org.uk</a>  Quarriers <a href="http://www.quarriers.org.uk">www.quarriers.org.uk</a>

## 1.5 Adults (Mental Health)

Organisation	What they offer	More information
Day Services (Richmond Fellowship/ Support in Mind Scotland/Dumfries and Galloway Mental Health Association/ Turning Point Scotland)	In home support for adults with Mental Health to give the Carer a break. This can be accessed by referral from social work services following an assessment or by paying directly for the service.	
Carers Centre Short Breaks Fund	There is a fund available to Carers who need a short break. This is open to any Carer in Dumfries and Galloway who has not had a break in the previous year. A short application form needs to be completed. Help is available if needed to complete this form.	<a href="http://www.dgalcarers.co.uk/">http://www.dgalcarers.co.uk/</a> 01387 248600
Crossroads Care	In home support for people of all ages regardless of their illness or disability to give the Carer a break. This can be accessed by referral from social work services following an assessment or by paying directly for the service.	<a href="http://www.crossroads-scotland.co.uk/">http://www.crossroads-scotland.co.uk/</a> Services in Annandale and Eskdale 01461 204240 Dumfries and Lower Nithsdale 01387 248686 Mid and Upper Nithsdale 01659 50005 Stewartry 01557 331638 Newton Stewart and the Machars 01988 402003
Care at Home	Care at home is care provided in your own home to help you keep your independence.  It may involve regular visits from a home care worker to provide personal care, help with meal preparations and assistance with medications for example. These services can be accessed by referral from social work services following an assessment or by paying directly for the service.	<a href="http://www.dumgal.gov.uk">www.dumgal.gov.uk</a> 030 33 33 3001

<p>Carers Support Organisations</p>	<p>Carers groups activities, for example lunch clubs, craft groups and day trips.</p>	<p>Alzheimer Scotland  <a href="http://www.alzscot.org">www.alzscot.org</a></p> <p>Support in Mind  <a href="http://www.supportinmindscotland.org.uk">www.supportinmindscotland.org.uk</a></p> <p>Carers Centre  <a href="http://www.dgalcarers.co.uk">www.dgalcarers.co.uk</a></p> <p>UCI  <a href="http://www.userandcarer.co.uk">www.userandcarer.co.uk</a></p> <p>LGBT Plus  <a href="http://www.lgbtplus.org.uk">www.lgbtplus.org.uk</a></p> <p>Compass  <a href="http://www.cbisl.org">www.cbisl.org</a></p> <p>PIN  <a href="http://www.parentsinclusionnetwork.org.uk">www.parentsinclusionnetwork.org.uk</a></p> <p>Quarriers  <a href="http://www.quarriers.org.uk">www.quarriers.org.uk</a></p>
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## 1.6 Adults (Over 65s)

Organisation	What they offer	More information
<p>Care Homes</p> <p>Belmont (Stranraer) Allanbank (Dumfries)</p>	<p>A care home is a place of residence that provides accommodation and personal or nursing care for people who need extra support in their daily lives. They can offer short breaks to people who require overnight care.</p> <p>These services can be accessed by referral from social work services following an assessment</p>	<p><a href="http://www.dumgal.gov.uk">www.dumgal.gov.uk</a> 030 33 33 3001</p> <p>There are times when Care Homes other than those listed will have vacancies and short breaks maybe available. These tend not to be bookable in advance.</p>
<p>Carers Centre Short Breaks Fund</p>	<p>There is a fund available to Carers who need a short break. This is open to any Carer in Dumfries and Galloway who has not had a break in the previous year. A short application form needs to be completed. Help is available if needed to complete this form.</p>	<p><a href="http://www.dgalcarers.co.uk/">http://www.dgalcarers.co.uk/</a> 01387 248600</p>
<p>Crossroads Care</p>	<p>In home support for people of all ages regardless of their illness or disability to give the Carer a break. This can be accessed by referral from social work services following an assessment or by paying directly for the service.</p>	<p><a href="http://www.crossroads-scotland.co.uk/">http://www.crossroads-scotland.co.uk/</a> Services in Annandale and Eskdale 01461 204240 Dumfries and Lower Nithsdale 01387 248686 Mid and Upper Nithsdale 01659 50005 Stewartry 01557 331638 Newton Stewart and the Machars 01988 402003</p>

<p>Care at Home</p>	<p>Care at home is care provided in your own home to help you keep your independence.</p> <p>It may involve regular visits from a home care worker to provide personal care, help with meal preparations and assistance with medications for example.</p> <p>These services can be accessed by referral from social work services following an assessment.</p>	<p><a href="http://www.dumgal.gov.uk">www.dumgal.gov.uk</a> 030 33 33 3001</p>
<p>Day Care</p> <p>Ecclefechan Lockerbie Dumfries Stranraer</p>	<p>Day care offer a range of activities to help people to continue living at home or with your family or Carer.</p> <p>Your local centre can:</p> <ul style="list-style-type: none"> <li>• help with everyday tasks and personal care</li> <li>• develop your skills and find out the things you can and can't manage</li> <li>• offer opportunities to be part of your community</li> <li>• allow you and your Carer to have a break</li> <li>• give you a chance to meet people and make friends</li> </ul> <p>These services can be accessed by referral from social work services following an assessment.</p>	<p><a href="http://www.dumgal.gov.uk">www.dumgal.gov.uk</a> 030 33 33 3001</p>
<p>Day Centres</p> <p>Annan Castle Douglas Dalbeattie Dumfries Ecclefechan</p>	<p>Day centres offer the opportunity to take part in activities, meet new people, learn new skills and hobbies and have a hot meal.</p> <p>There is a small charge to attend and this varies from centre to centre.</p> <p>Transport to and from centres is often available. These services can be accessed</p>	<p><b>Annan Day Centre</b> Monday, Tuesday, Wednesday and Friday Victoria Halls, Downie's Wynd, Annan, DG12 6EE Call 07522 740 842</p> <p><b>Ecclefechan Day Centre</b> Monday to Friday</p>



<p>Gretna Kirkconnel Langholm Netwton Stewart Stranraer</p>	<p>directly without a referral to social work.</p>	<p>Community Centre, High Street, Ecclefechan, DG11 3DP Call 01576 300227 <b>Gretna Day Centre</b> Monday to Friday Richard Greenhow Centre, Central Avenue, Gretna, DG16 5AQ Call 01461 337919 <b>Langholm Day Centre</b> Monday to Friday Charles Street, Langholm, DG13 0AA Call 013783 80185 <b>Dumfries Community Day Centre</b> Monday to Friday Cumberland Street, Dumfries, DG1 2JX Call 01387 266401 <b>Nith Valley Day Centre</b> Monday, Tuesday, Thursday The Cabin, Main Street, Kirkconnel, DG4 6LU Call 01659 66490 <b>Castle Douglas Day Centre</b> Tuesday and Thursday Community Centre, Cotton Street, Castle Douglas, DG7 1AJ Call 07748 918 193 <b>Dalbeattie Day Centre</b> Monday to Friday Burn Street, Dalbeattie, DG5 4AE Call 01556 611839 <b>Coronation Day Centre</b> Monday to Friday Whitson Avenue, Stranraer, DG9 7AW Call 01776 706338 <b>The Riverside Centre</b></p>
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		Monday to Friday Riverside Road, Newton Stewart, DG8 6SY Call 01671 402010
Carers Support Organisations	Carers groups activities, for example lunch clubs, craft groups and day trips.	<p>Alzheimer Scotland <a href="http://www.alzscot.org">www.alzscot.org</a></p> <p>Support in Mind <a href="http://www.supportinmindscotland.org.uk">www.supportinmindscotland.org.uk</a></p> <p>Carers Centre <a href="http://www.dgalcarers.co.uk">www.dgalcarers.co.uk</a></p> <p>UCI <a href="http://www.userandcarer.co.uk">www.userandcarer.co.uk</a></p> <p>LGBT Plus <a href="http://www.lgbtplus.org.uk">www.lgbtplus.org.uk</a></p> <p>Compass <a href="http://www.cbisl.org">www.cbisl.org</a></p> <p>PIN <a href="http://www.parentsinclusionnetwork.org.uk">www.parentsinclusionnetwork.org.uk</a></p> <p>Quarriers <a href="http://www.quarriers.org.uk">www.quarriers.org.uk</a></p>

## 1.7 Adults (with Dementia)

Organisation	What they offer	More information
<p>Care Homes</p> <p>Allanbank</p>	<p>A care home is a place of residence that provides accommodation and personal or nursing care for people who need extra support in their daily lives. They can offer short breaks to people who require overnight care.</p> <p>These services can be accessed by referral from social work services following an assessment.</p>	<p><a href="http://www.dumgal.gov.uk">www.dumgal.gov.uk</a> 030 33 33 3001</p> <p>There times when Care Homes other than those listed will have vacancies and short breaks maybe available. These tend not to be bookable in advance. A full list of care homes in Dumfries and Galloway can be found on the council website.</p>
<p>Carers Centre Short Breaks Fund</p>	<p>There is a fund available to Carers who need a short break. This is open to any Carer in Dumfries and Galloway who has not had a break in the previous year. A short application form needs to be completed. Help is available if needed to complete this form.</p>	<p><a href="http://www.dgalcarers.co.uk/">http://www.dgalcarers.co.uk/</a> 01387 248600</p>
<p>Crossroads Care</p>	<p>In home support for people of all ages regardless of their illness or disability to give the Carer a break. This can be accessed by referral from social work services following an assessment or by paying directly for the service.</p>	<p><a href="http://www.crossroads-scotland.co.uk/">http://www.crossroads-scotland.co.uk/</a> Services in Annandale and Eskdale 01461 204240 Dumfries and Lower Nithsdale 01387 248686 Mid and Upper Nithsdale 01659 50005 Stewartry 01557 331638 Newton Stewart and the Machars 01988 402003</p>

<p>Care at Home</p>	<p>Care at home is care provided in your own home to help you keep your independence.</p> <p>It may involve regular visits from a home care worker to provide personal care, help with meal preparations and assistance with medications for example.</p> <p>These services can be accessed by referral from social work services following an assessment.</p>	<p><a href="http://www.dumgal.gov.uk">www.dumgal.gov.uk</a> 030 33 33 3001</p>
<p>Day Care</p> <p>Ecclefechan Dumfries Thornhill Castle Douglas Kirkcudbright Newton Stewart Stranraer</p>	<p>Alzheimer day centres and day opportunities services specialise in supporting people with dementia. Trained staff provide therapeutic activities which help tackle the symptoms of dementia. They help people to maintain their skills so that they can stay independent for as long as possible and feel good about themselves.</p> <p>These services can be accessed by referral from social work services following an assessment.</p>	<p><a href="https://www.alzscot.org/">https://www.alzscot.org/</a> 01387 261303</p>

<p>Carers Support Organisations</p>	<p>Carers groups activities, for example lunch clubs, craft groups and day trips.</p>	<p>Alzheimer Scotland  <a href="http://www.alzscot.org">www.alzscot.org</a></p> <p>Support in Mind  <a href="http://www.supportinmindscotland.org.uk">www.supportinmindscotland.org.uk</a></p> <p>Carers Centre  <a href="http://www.dgalcarers.co.uk">www.dgalcarers.co.uk</a></p> <p>UCI  <a href="http://www.userandcarer.co.uk">www.userandcarer.co.uk</a></p> <p>LGBT Plus  <a href="http://www.lgbtplus.org.uk">www.lgbtplus.org.uk</a></p> <p>Compass  <a href="http://www.cbisl.org">www.cbisl.org</a></p>
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## 6.2 How we assess if you are eligible for support

Information and advice is available to all Carers across Dumfries and Galloway. Help to fund support (including Short Breaks) is provided to Carers who, following the completion of an Adult Carer Support Plan or Young Carer Statement, are identified as having critical needs.

We will use the Partnership's Carer Eligibility Criteria [<http://www.dg-change.org.uk/wp-content/uploads/2018/04/Carers-Eligibility-Criteria-Final-summary-v2.pdf>] and work with you to complete an Adult Carer Support Plan or Young Carer Statement (if aged 18 and under). These documents will look at:

- The impact of caring on your health, wellbeing, employment, time for yourself, finance and how you are managing at home
- Your relationship with the person you care for (or the wider family) and if it is becoming difficult
- The amount of time spent caring each week
- How long it has been since you last had a break
- If you are the only person caring and if you care for more than one person
- For Young Carers, this will look at the impact caring has had on education, friendships, confidence and self esteem

## 6.3 Funding a short break

Some outcomes may be achieved through accessing universal services. Universal services are those which are provided to the public generally (e.g. leisure and sport facilities, support groups, community groups). Where this is not possible or appropriate, funding may be offered to provide access to short breaks and/or replacement care. This funding may be Self Directed Support (SDS) or other funding available see Table 2.

SDS is an option whereby if you are eligible, an individual budget is allocated to you, based on your individual needs. You will be supported to identify your own skills and resources and to look at different ways to improve your life, using the resources identified and the individual budget. Once all this is agreed, you can choose from four options as to how much control and responsibility you want to take.

- 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.

In some cases, charges for Carers to access some short breaks may be removed.

If you do not qualify for financial support there are local and national organisations that you can apply to for help to pay for a break. Information on these can be found in Table 2 below.

**Table 2 – Sources of Funding Available for Short Breaks**

**All Care Groups**

<b>Organisation</b>	<b>What they offer</b>	<b>More information</b>
<b>Dumfries and Galloway Carers Centre</b>	<p>The Carers Centre offers specialist information, advice and support to local Carers.</p> <p>It also has access to a small grants fund to support Carers to take Short Breaks.</p>	<p><a href="http://www.dgalCarers.org.uk">www.dgalCarers.org.uk</a> 01387 248600</p>
<b>Shared Care Scotland</b>	<p>Information is available on the Shared Care Scotland website, including details of the Short Break funds that they run, such as the ‘Take a Break’ grant, available to Carers of children and Young people and their families in Scotland.</p>	<p><a href="https://www.sharedcarescotland.org.uk/directory/?action=search">https://www.sharedcarescotland.org.uk/directory/?action=search</a> (This website allows you to search by ‘area’ or other criteria)</p>
<b>Carers Trust and the Rank Group</b>	<p>This partnership between Carers Trust and the Rank Group PLC arranges small grants for Carers who are registered at a Carers Trust Network Partner (such as the one at the Dumfries and Galloway Carers Centre), to get access to short breaks, or essential equipment needed at home to support caring responsibilities, as well as skills and training courses.</p>	<p><a href="http://www.Carers.org">www.Carers.org</a> or telephone: 0300 1232008</p>
<b>Clevedon Forbes Fund</b>	<p>Clevedon Forbes is a Christian charity which makes grants available for UK residents of limited means, who are recovering from illness or trauma. Its grants are also made to Carers.</p>	<p><a href="http://www.clevedonforbes.org/">www.clevedonforbes.org/</a> or telephone: 01275 341 777</p>

## Young People

Organisation	What they offer	More information
<b>The Adamson Trust</b>	The Adamson Trust provides assistance with the cost of holidays and/or Short Breaks for Young people aged 17 and under, with either a physical or mental disability.	<a href="http://www.theadamsontrust.co.uk">www.theadamsontrust.co.uk</a>
<b>Family Fund</b>	We help families across the UK who are raising a disabled or seriously ill child or young person aged 17 or under	<a href="https://www.familyfund.org.uk/FAQs/are-we-eligible-to-apply">https://www.familyfund.org.uk/FAQs/are-we-eligible-to-apply</a>
<b>Hollywood Trust</b>	It gives grants to individuals and organisations, creating opportunities for young people in the region. They help young people throughout Dumfries and Galloway fulfil their potential in cultural, educational and social aspects of their lives. We do this by providing financial grants to individual young people, and organisations which support or provide opportunities for young people in the region	<a href="https://www.hollywood-trust.org.uk/">https://www.hollywood-trust.org.uk/</a>
<b>Family Holiday Association</b>	The Family Holiday Association provides Short Breaks at seaside holiday parks like Haven or Butlin's, staying in a self-catering caravan. We also work with a wide range of other holiday parks, hotels and hostels, who donate availability to us. In exceptional circumstances, it may be possible to make a financial contribution towards another type of holiday, if our usual short breaks are unsuitable for the family requiring a Short Break.	<a href="http://www.familyholidayassociation.org.uk">www.familyholidayassociation.org.uk</a> or telephone: 020 3117 0650
<b>Take a Break</b>	Take a Break is Scotland's Short Breaks scheme to support the Carers of disabled	Email: <a href="mailto:info@takeabreakscotland.org.uk">info@takeabreakscotland.org.uk</a> or telephone: 01904 571093



	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.	
<b>Challenger Children's Fund (CCF)</b>	The CCF provides grants for Short Breaks for Carers and the people they care for but specifically for those who are under 18 and have a long-term physical impairment. People must live in Scotland to apply.	<a href="http://www.ccfscotland.org">www.ccfscotland.org</a>

### Learning Disability

<b>Organisation</b>	<b>What they offer</b>	<b>More information</b>
<b>Hansel Short Breaks</b>	They offer a range of Short Breaks for families of people with Learning Disabilities. Two of their caravan locations are locally based, at 'The Cabin' and at the Craig Tara Holiday Park. They also arrange activities and events elsewhere across Scotland and the UK.	<a href="https://www.hansel.org.uk/shortbreaks">https://www.hansel.org.uk/shortbreaks</a> or telephone: 01563 830340

## Adults

<b>3H Fund UK Holiday Grant Programme</b>	<p>3H Fund awards grants to disabled people and Carers on low income, to help them to organise a break for themselves in the UK. This fund is only open at certain times of the year</p>	<p><a href="http://www.3hfund.org.uk/">www.3hfund.org.uk/</a> or telephone: 01892 860207</p>
<b>Disability Aid Trust</b>	<p>The Disability Aid Trust has a range of grants to fund temporary Carers that will allow adults with physical disabilities to have a Short Break.</p>	<p><a href="http://www.disabilityaidtrust.org.uk/">www.disabilityaidtrust.org.uk/</a> or telephone: 0800 028 064</p>
<b>MS Society – Carers Grant</b>	<p>The MS Society’s ‘Carers Grant’ can be used for leisure or recreational activities that give people with MS a chance to relax, socialise, or try something new. This could include a school trip if you are a Young Carer, sports equipment, music lessons, gardening equipment, etc. It can also be used for personal development such as courses (or associated costs, e.g. course materials, transport) to enable you to get back into work, embark on a new career to fit in with your caring role, or to develop other ‘life skills’ such as learning to drive.</p> <p>The MS society also provides grants to people in Scotland who have Multiple Sclerosis or their Carers. These grants can fund everything from home adaptations and scooters to holidays and computers.</p>	<p><a href="http://www.mssociety.org.uk/">www.mssociety.org.uk/</a> or telephone: 0131 335 4050</p>

## **7. Further Information**

For more information on Carers in Dumfries and Galloway, the Dumfries and Galloway Carers Strategy (2017 – 2021) is available on [www.dg-change.org.uk](http://www.dg-change.org.uk)

This Short Break Services Statement will be reviewed annually in December for accuracy. The full document will be reviewed and potentially revised at least once every three years. Carers, Carers Organisations, Providers of Short Breaks and those that use them, will be involved in the review.

**For more information please contact Social Work Services on 030 33 33 3001**

## **Appendix 1**

The following list gives examples of the different ways that breaks can be provided.

### **Breaks in specialist/dedicated accommodation**

The accommodation, which is only used for short breaks, might be guest houses, community flats, purpose-built or adapted accommodation. Depending on the group catered for, facilities may be able to offer specialist care.

### **Breaks in care homes (with or without nursing care)**

Some care homes may have a small number of places set aside specifically for short breaks. Rather than simply offering a 'spare bed' the home may provide activities for short-term guests to suit individual needs and interests.

### **Breaks in the home of another individual or family**

These involve overnight breaks provided by paid or volunteer carers in their own home. These are sometimes referred to as shared lives, family based or adult placement schemes. Families or individuals offering this support are carefully recruited and registered – normally by the local authority or through voluntary sector organisations.

### **Breaks provided at home through a care attendant or sitting service**

This includes individual support provided in the home of the cared-for person for periods of a few hours or overnight. The purpose may be to provide support while the Carer is away, or to support the Carer in other ways, e.g. by enabling the Carer to have an undisturbed night's sleep.

### **Supported access to clubs, interest or activity groups**

These opportunities might focus on a particular activity (e.g. sports clubs, leisure activities) and may be based in a community building. These generally take place over a few hours perhaps once or twice a week or, in the case of disabled children, they may be planned over the school holidays. The availability of adapted equipment or trained workers can help people with support needs to enjoy these activities.

### **Holiday breaks**

These include opportunities for people to have a short break together, or independently. These breaks can be supported in different ways – through an agency specialising in breaks for people with particular needs; in adapted accommodation; or in ordinary hotels and guest houses, perhaps with additional equipment. More mainstream breaks may also be possible with the support of a paid carer or companion.

### **Day care**

Day care is typically based in a community building and provided by a local authority or voluntary organisation. The degree of flexibility varies; most are characterised by fixed opening hours on particular days; some offer a drop-in service whereby people can attend for part of the day only.

### **Alternative breaks**

Increasingly, with the development of Self-directed Support, more people are finding creative ways to take a break that don't necessarily involve external services. For example, they might use leisure equipment, computers, gardens or anything else that provides a break from routine.