

Short Breaks

What is a Short Break?

- Time out to recharge and reconnect – could be pursuing hobbies, education or more traditional respite
- Can be a few hours or days and be with or without the individual they care for – providing flexibility and control
- Need to change ideas that breaks are a separation, it's a break from routine – needs to be what you need
- Need to understand what services/provisions/support are needed
- Government to provide clear definition on what a short break is? Is this possible?

Issues:

- Budget there but no one to provide the provisions
- A lot of respite centres provide mental health, not physical health/lack of choice available
- Carers know what they want/need but when asking for it – told no
- Social workers are not clear on what a short break is

Through discussion it is clear individuals need very different provisions – some want/can't go away with the ones they care for. Others cannot, but getting away causes stress at thought of individual going into institute.

- Point was raised whether carers could cut out social services and go direct to charity or trusted person to access funding on a local level
- Point raised as to whether social workers have the capacity to horizon scan and understand changing policy

Summary

More effort to educate what a 'Short Break' means

- Resource/support needed to take desire from carers and collaborate with social workers or whoever is responsible for assessments to deliver access to short breaks

Issues:

- Social services do not know fully what is available in an area
- Social workers all provide different information – needs consistency

How many people actually get the opportunity to use their respite budget? Can we find the stats?

- What has been allocated?

- What has been used?

Adult carer support plan is where you need to record your need for a short break

- Legislation doesn't feel like it is filtering down and having an effect on front line services
- Can Scottish Government centralise the funding for breaks/utilise NHS and set up new body to help?
- Group very much liked the Dundee model of employing a Short Breaks team (often based in carer centres) would live this rolled out across Scotland
- Link in with NHS for those who need specialist care in collaboration with local authority

Issues:

- It takes a long time to authorise the budget
- Social workers need training on appropriate language
- Concerns around how qualified a social worker is to make medical/mental health assessments