Carers’ breaks: guidance for commissioners and providers

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Carers’ breaks: guidance for commissioners and providers

This guidance is for commissioners, providers and others involved in the planning, shaping and delivery of support for adult carers, primarily in England. It will be of interest to commissioners within local authorities (including public health), clinical commissioning groups (CCGs), NHS trusts and mental health trusts. It will also be of interest to a wide range of providers - including those from the voluntary, community, private and public sectors, not just those already providing carers’ breaks. Advice and information for carers is available from Carers UK.

Key messages

Key messages about respite and carers’ breaks for commissioners and providers.

Introduction

Introduction to Carers’ breaks: guidance for commissioners and providers.

Context

Holistic approaches to supporting carers and their loved ones.
Breaks are essential for wellbeing

- Often not discussed in assessments
- Many carers don’t know what is available or what is possible
- Have concerns about costs, quality or suitability
- Worry breaks will cause stress
- Put off by the difficulty of arranging breaks

46% of carers have not had a break for five years
What helps?

- Information and advice
- Holistic approach
- A genuine choice of breaks - ideas
- Good assessments and peer support
- Help to make breaks happen
- A real break – need to work for the carer and the person they care for
Commissioners & providers

- Invest in effective breaks (now)
- Good commissioning - what is needed and wanted locally, diversity, strategic, partnerships, opportunities
- Market shaping, good business planning & creativity
- Flexible funding for innovation and tailored solutions
- Personal budgets - tailor breaks that work

Co-production is essential

Commissioners, be brave
What good looks like

- Breaks can be many different things
- Good breaks - personalised, planned, offer flexibility
- Positive experience and enjoyable
- Great communication about the break
- Time and support to adjust to taking a break
- Workforce - trust and confidence

Time to attend essential & medical appointments is NOT a break
Practice examples

- Holidays
- Holistic breaks services
- Home based breaks
- Hotels, restaurants, pamper breaks
- Shared interests
- Shared lives
- Commissioning approaches
- Day activities
- Young carers
- Specific needs
- Peer support
- Volunteers
- Fitness & leisure
- Technology
- GP personal budgets
- Carers’ prescriptions

social care institute for excellence
www.scie.org.uk/carers/breaks

www.carers.org/help-and-advice/supporting-you-to-take-a-break