

Renfrewshire Health and Social Care Partnership

Short Breaks Services Statement for Adult Carers

1 Background

The Carers (Scotland) Act 2016 came into force on the 1st April 2018, placing new legislative requirements on the Renfrewshire Integration Joint Board and the Renfrewshire Health and Social Care Partnership (HSCP). Section 35 of the Act¹ sets out the requirement to publish a statement containing information about the short breaks services available to carers.

2 What is a Short Breaks Services Statement?

The Carers Act requires Local Authority/Health and Social Care Partnerships to publish a 'Short Breaks Services Statement' to help carers understand what short breaks are available, how they can be accessed and any eligibility criteria that apply.

A Short Break Services Statement is intended to help carers to be better informed about the assistance available to support them achieve a break from caring.

This Short Breaks Services Statement provides information about Renfrewshire HSCP's approach to short breaks for carers.

3 Definition of Carer

The Carers Act introduced a new definition of a carer. A carer is:

an individual who provides or intends to provide care for another individual (the "cared-for person")²

4 What is a Short Break?

Renfrewshire HSCP has adopted the Shared Care Scotland description³ of what constitutes a short break:

Definition

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.

¹ <http://www.legislation.gov.uk/asp/2016/9/contents/enacted>

² <http://www.legislation.gov.uk/asp/2016/9/contents/enacted>

³ <https://www.sharedcarescotland.org.uk/wp-content/uploads/2018/06/Making-a-Statement-FINAL.pdf>

Purpose

The purpose 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.

The term 'respite' is sometimes used to describe a break from caring. In general, 'respite' is more often associated with breaks in institutional settings or emergency situations. The term 'short breaks' is considered a more positive term and more in line with the flexibility and creativity that carers have said they require.

5 Renfrewshire's Carers

Renfrewshire HSCP acknowledges the significant role carers play in supporting the people they care for and recognises carers as partners in the delivery of care.

The 2011 Census⁴ found that 10% of the population of Renfrewshire was providing unpaid care, and that

- 59% of carers are female;
- 54% are employed; and
- 19% are aged 65 and over.

There is recognition that the number of carers is under reported with a more recent report suggesting that an estimated 17% of the population of Scotland are carers⁵.

The 2017/18 Health and Care Experience Survey⁶ found that

- 64% of carers in Renfrewshire who responded to the survey said that they have a good balance between caring and other things in their life (this compares to 63% in Renfrewshire 2015/16 and 65% for Scotland 2017/18);
- 35% said caring had not had a negative impact on their health and wellbeing (34% in 2015/16 and 39% for Scotland);
- 44% said they have a say in the services provided for the person they care for (45% in 2015/16 and 46% for Scotland);
- 38% said that local services are well coordinated for the people they look after (38% in 2015/16 and 40% for Scotland); and

⁴ <http://www.scotlandscensus.gov.uk/en/censusresults/bulletin.html>

⁵ <http://www.gov.scot/Publications/2015/03/1081>

⁶ <http://www.isdscotland.org/Products-and-Services/Consultancy/Surveys/Health-and-Care-Experience-2017-18/Detailed-Experience-Ratings.asp>

- 35% feel supported to continue caring (39% in 2015/16 and 37% for Scotland).

6 Types of Short Breaks

There are many ways a carer can have a short break from their caring role. The type and length of a break will be proportionate to every situation and will require the completion of an Adult Carer Support Plan (ACSP) and the application of eligibility criteria for carers. More information on the HSCP's eligibility criteria for carers can be found here:

<http://www.renfrewshire.hscp.scot/article/7503/Carers-Act>.

Short breaks can take any number of forms and can be for short or extended periods. Short breaks should be personalised to meet carer's needs and be planned around what matters to them. Examples of short breaks can include:

- traditional holiday type short breaks, often overnight away from caring situation
- receiving services e.g. massage, alternative therapies
- requiring equipment e.g. computers/ tablets
- receiving space e.g. a shed or a greenhouse
- receiving time e.g. driving lessons to shorten time to the caring role.

7 Intended Outcomes for Carers

Carers will be supported to identify the need for and potential benefit of their short break; this will be recorded in the carer's ACSP. The outcomes of a break will be personal to each carer, but may include:

- Carer will have improved wellbeing;
- Carer will have more opportunities to enjoy life outside of their caring role;
- Carer will feel better supported to continue in their caring role.

8 How do carers access Short Breaks?

To access a short break a carer must complete an ACSP; the plan will identify the carer's needs and intended outcomes. Renfrewshire Carers Centre is the point of contact for carers who would like an ACSP or discuss anything about their caring role.

If the carer's needs meet the eligibility threshold, the Carers Centre will refer the carer on to Renfrewshire Health and Social Care Partnership where a worker will complete an ACSP alongside the carer.

If the carer's needs do not meet the eligibility threshold, other forms of support will be agreed when the carer completes an ACSP with the Carers Centre.

More information on all the support carers can access is available on the Carers Centre's website <http://www.renfrewshirecarers.co.uk/>, you can also contact the Carers Centre on 0141 887 3643 or enquiries@renfrewshirecarers.org.uk.

Information on short breaks available across Scotland is available on Shared Care Scotland's website <https://www.sharedcarescotland.org.uk/>.

9 Costs to Carer

Short breaks and other support which is agreed through an ACSP may be eligible for waiving of charges (as detailed in the Carers Act guidance).

10 Review of Short Breaks Services Statement

Scottish Government guidance on the preparation of a statement sets out that a statement should be reviewed "*as and when required, whilst giving regard to changes such as new short breaks services becoming available locally or nationally; or short breaks services that are no longer available.*"⁷

The HSCP will review its Short Breaks Services Statement annually.

11 Feedback and further information

If you have any questions about the Short Breaks Services Statement, please contact Renfrewshire HSCP at:

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⁷ <https://www.gov.scot/publications/carers-scotland-act-2016-statutory-guidance/>