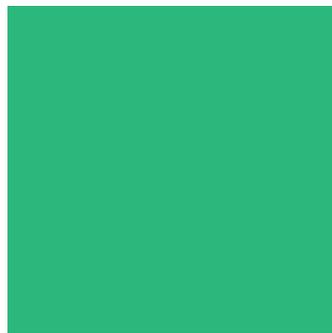




Aberdeenshire
Health & Social Care
Partnership

Aberdeenshire Short Breaks Services Statement

March 2020



Aberdeenshire
COUNCIL



NHS
Grampian

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This Short Breaks Services Statement contains a number of links to websites where you can find more information. Links are highlighted in blue and underlined.

This document is also available in large print, other formats and languages on request. Please email: carersupport@aberdeenshire.gov.uk

Background

This statement is required by section 35 of the [Carers \(Scotland\) Act 2016](#).

The aim is to assist carers and people with support needs to understand:

- What short breaks are
- Who can access them
- What short breaks are available in Aberdeenshire and across Scotland
- How to access short breaks and find further information

Key partners from Aberdeenshire Health and Social Care Partnership (AHSCP), Aberdeenshire Council's Education and Children's Services, Third Sector organisations and adult and young carer groups have been involved in the development of this statement. Relevant carers and carer representatives including the Integration Joint Board (IJB) Carer Representative, Self-directed Support (SDS) Service User and Carer Reference Group have been consulted to make sure the statement is suitable for the needs of local carers.

The separate adult and young carer strategies include commitments to carers, to have more choice and control of available short breaks:

- [Aberdeenshire Adult Carer Strategy: "Caring for our carers" \(2018 to 2022\)](#)
- [Aberdeenshire Young Carer Strategy: "We are young carers, who cares for us?" \(2018 – 2020\)](#)

A short break (sometimes called respite) is a form of support to allow a carer to have a break from their caring role, to have a rest, relax and feel able to continue caring. The type of short break depends on the carer's needs and outcomes in an Adult Carer Support Plan (ACSP) or Young Carer Statement (YCS) that meet local eligibility criteria and; also short break services that are available to all (universal services).

From 1st April 2018 to 31st March 2019, AHSCP's [Short Breaks Bureau](#) (SBB) supported 337 service users to receive traditional respite breaks. This included 6,101 nights of traditional respite. The average period of traditional respite was eight nights. 49% of those supported had two or more breaks.

For the same period, 32 families were supported by the SBB to receive innovative short breaks covering 201 nights. The average period of innovative short breaks was five nights and 10% of the families supported had two or more breaks.

Purpose

The purpose of a short break is to support the caring relationship and promote the health and wellbeing of the carer, the person they care for and other family members.

Breaks from caring 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
- Allow the carer a break away with replacement care in place, if needed
- Take the form of the carer and the person they care for having a break together
- Provide a break from a carer's normal caring routine or role
- Allow carers to have a life outside or alongside their caring role.
(For young carers, this includes the right to be a child first, rather than being a carer first with a life alongside caring)

Eligibility

The Carers (Scotland) 2016 Act defines a carer as an individual who provides or intends to provide care for another individual (the cared-for person). The carer is not providing care as part of a contract or voluntary work with the "cared-for". The definition of a young carer in the Act is: under 18 years old or; has attained the age of 18 years while a pupil at a school, and has since attaining that age remained a pupil at that or another school.

Many carers do not identify themselves as carers and this can mean that they miss out on help, advice and support. Aberdeenshire has created a booklet [‘Are you Looking After Someone’](#) which can help people identify if they are carers and the impact that their caring role may have on them if they do not access support.

From 1st April 2018, local authorities and partnerships must provide support to the carer based on their identified needs which meet local eligibility criteria. Aberdeenshire Council's online resource [Caring For Others](#) includes Aberdeenshire's Eligibility Criteria for Adult Carers and Young Carers. The impact of caring on the carer's quality of life and the risks to the carer not being able to continue caring are the focus of the ACSP and the YCS. These impacts and risks have been used to create our local eligibility criteria which determines whether adult carers can access social care

services. The ACSP and YCS typically look at the following, nationally agreed areas:

- Health and Wellbeing
- Relationships
- Living Environment
- Employment and Training
- Finance
- Life Balance
- Future Planning (including planning for emergencies)

The adult carer indicators have been adapted to better fit young carers and the [Getting It Right For Every Child \(GIRFEC\)](#) Wellbeing Indicators. The young carer indicators are:

- Safe/Living Environment
- Healthy
- Achieving/Education
- Nurtured/Relationships
- Active/Life Balance
- Respected/Responsible
- Included/Finance

In Aberdeenshire, the threshold for eligibility is set between moderate and substantial impact. This means that adult and young carers assessed with substantial or critical impact or risk needs, in any of the specified quality of life indicators or wellbeing indicators, will be eligible for further support.

Aberdeenshire Carer Support Service should be contacted to request an ACSP or YCS to identify the carer's needs, personal outcomes and any advice, information and support to be provided on short breaks. This service is provided by Quarriers. Not all carers will choose to accept the offer of an ACSP or YCS and may be directed to advice and information on short breaks. The type of short break depends on the carer's needs and outcomes determined after the completion of an ACSP or YCS. The Carer Practitioner (CP) will apply the eligibility criteria and must provide support to the carer based on their identified needs which meet local eligibility criteria. The CP will discuss Self-directed Support and the four Options to provide choice and control over the type of short break, to meet the identified needs and personal outcomes of carers who meet the eligibility criteria and need a budget.

Examples of short breaks for adult carers (Appendix 3) and young carers (Appendix 4) are included in the Short Breaks Services Statement (SBSS). A number of carers already benefit from short breaks through services being available for the person they care for. This directly provides carers with breaks from caring and time for themselves. As traditional respite is not everyone's first choice of support, the Carers Act allows flexibility to empower carers' choices, and apply the principles of the [Social Care \(Self-directed Support\) \(Scotland\) Act 2013](#) (Appendix 2).

Replacement Care

Care normally provided by the carer may need to be replaced to make a break possible from caring, where it meets the carer's identified needs. Replacement care and statutory support may be dependent on local eligibility criteria. There may be limited access to suitable replacement care. Sometimes replacement care may allow a carer to access universal services, so extra short

break funding is not needed. At other times, a funded short break may not be needed if the right care is provided to the person they care for.

The Relationship Between Planned Short Breaks and Emergency Breaks

It is important for people to have access to emergency support if they need replacement care at very short notice. To minimise any stress caused by emergencies, plans should be prepared in advance. Quarriers can support carers to develop an emergency plan that includes any options for emergency respite cover. This will be particularly important for any carers at increased risk, because of their own health or caring circumstances. In Aberdeenshire, emergency respite requests have fallen significantly due to better planning of respite and this should continue to be the priority.

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Definition

The Carers (Scotland) Act 2016 does not provide a legal definition of short breaks, but [Annex C of the Statutory Guidance](#) states:

“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”.

Innovative short breaks are more flexible than traditional respite. They are breaks which can be taken by the carer and the person they care for, separately or together. Unlike traditional respite, innovative short breaks usually take place in hotels, cottages, bed and breakfasts or even the homes of family and friends. These breaks can be supported in different ways:

- Through an agency specialising in breaks for people with particular needs
- Adapted accommodation
- Hotels and guest houses with additional equipment if needed

More mainstream breaks may also be possible with the support of a paid carer or companion.

A short break should be personalised, may be creative, and have different meanings for each individual carer. Some suggestions by carers for short breaks have included:

“I like the idea of meeting up with other carers”

“I have been thinking of learning something new or taking up a new hobby”

“Doing something together with the person I care for is important to me”

“I would like to go away for a break in a hotel”

Outcomes

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Carers will be supported to identify the need for, and potential benefit of having a short break. The outcomes of a short break will be personal to each carer and the person they care for, but may include:

- Having more opportunities to enjoy a life outside or alongside the caring role
- Feeling better supported
- Improved confidence e.g. more confident as a carer
- Increased ability to cope
- Reduced social isolation and loneliness e.g. increasing social circles, connections and activities
- Increased ability to maintain the caring relationship - and sustain the caring role
- Improved health, wellbeing and quality of life
- Reduced likelihood of breakdown of the caring relationship and crisis

Examples of Short Breaks

Jean (carer) hired a car for a day, once a month for outings with the Robert (cared-for person). The outcomes are for Jean to feel less stressed, maintain a positive relationship with Robert, and have the opportunity to access activities that promote Jean’s physical, mental and emotional wellbeing.

Daniel, a young carer has trampoline sessions arranged for him. The outcomes are, for him to enjoy activities of his choice to reduce his feelings of worry because of the impact of his caring role, to have some “me time” and access opportunities in his community.

Support Available

Local Information or Resources:

Information Pack for Carers

The [Aberdeenshire Unpaid Carers' Information Pack](#) has useful information for carers and includes a section on "Short Breaks and Respite for Carers" for local carers and the people they care for.

Aberdeenshire Short Breaks Bureau (SBB)

AHSCP's [SBB](#) supports adult carers (aged 18 and over) and service users to access personalised short breaks (also known as innovative short breaks or respite) for those who care for someone with:

- Mental health
- Learning disability
- Physical disability or long term health conditions such as dementia, Parkinson's Disease or Multiple Sclerosis

The SBB provides practical support, advice to source and organise any specialist equipment needed, and works in partnership with the carer, the person they care for and health and social care practitioners to achieve the best break possible. Short breaks may vary in cost and funded in various ways: as part of the carer's ACSP and package arranged through the Carer Practitioner; as part of a cared-for person's care package through social care services or; self-funded.

For more information please contact the Short Breaks Bureau:

Telephone: 01467 530888

Email: shortbreaks@aberdeenshire.gov.uk

Quarriers Carer Support Service

Quarriers provide various opportunities for adult and young carers to have a break from caring including social and support groups for carers, one-to-one support and training. Annually, the service supports a group of young carers to go to the Young Carers Festival. Young people make the transition to adult services at 18 years of age.

In Aberdeenshire, Quarriers manage the allocation of funding made available by Shared Care Scotland for the Scottish Government. [Creative Breaks](#) funding supports carers to take a break from their caring roles, allowing more carers to take the right break at the right time. Quarriers develop and deliver short break opportunities for adult and young carers, and the people they care for. This may support carers to have a holiday, take up a new leisure interest, or do something they enjoy.

Previous examples have ranged from:

- Putting the money towards holiday breaks
- Relaxation therapies or days out
- Creative examples such as purchasing equipment e.g. bicycle, camera, walking/gardening equipment

For more information, please contact Quarriers:

Telephone: 01467 538700

Email: aberdeenshirecarers@quarriers.org.uk

Respite

Respite, described as 'Respite + Hospitality', aims to provide short breaks for carers in Scotland, using donations from hospitality, tourism and leisure businesses. Quarriers Carer Support Service is managing this service and will be linking carers with free or subsidised breaks ranging from haircuts/cinema tickets etc. through to meals, spa treatments and overnight stays in hotels. At present, Respite is being provided on a pilot basis in central Aberdeenshire.

For more information please contact Quarriers:

Telephone: 01467 538700

Or;

Shared Care Scotland (<https://www.sharedcarescotland.org.uk/respite/about-us/>)

Day Services

Short breaks from caring may involve the person being cared for, going to day services. [Day services for adults with disabilities](#) and [day care for older people](#), aged 65 or over, provide a range of opportunities including social activities.

For more information please contact the local Social Work office:

Telephone: 03456 081206

Aberdeenshire Council Leisure, Sport and Culture

There are opportunities that focus on particular leisure, sport, culture activities and holiday programmes :

- **[Active Schools](#)** - Aims to offer school aged children the motivation and opportunities to adopt active and healthy lifestyles. These opportunities are available before, during and after school, as well as in the wider community. Developed in partnership between Sport Scotland and all local authorities in Scotland.
- **[Live Life Aberdeenshire](#)** - is a scheme which makes it easier and cheaper to use Council sports and leisure facilities.
- **[Sports and Activity Charges](#)** - Low Income Benefit Prices - concessions are available to carers getting the Carers Allowance. Other concessions may apply.

Cornerstone SDS

Cornerstone SDS provides a free information service, available to anyone living in Aberdeenshire. They provide information on resources available and what is on offer in the local area including support, social groups, community activities, support agencies and one-off requests. They can also provide support to plan short breaks and information on what is available in the location of your choice. Recently, this service assisted a carer and the person they care for to plan their travel arrangements to Edinburgh and York and their stay in supported accommodation.

To find out more, please contact Cornerstone SDS:

Telephone: 01467 530525

Email: aberdeenshire@cornerstonesds.org.uk

National Information or Directories and Additional Resources:

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.

Coalition of Carers in Scotland

AHSCP adapted the Coalition of Carers in Scotland (COCIS) leaflets including, **[What to Expect When You Are Considering a Short Break](#)** and these have been printed and distributed to agencies across Aberdeenshire.

Euan’s Guide

Euan’s Guide is a review website which gives disabled people with accessibility issues the opportunity to rate the places they visit. Euan’s Guide aims to “*remove the fear of the unknown*” and inspire people to try new places. The foundation of Euan’s Guide is its community of independent reviewers, who share their photos and experiences of restaurants, hotels, train stations, attractions and places of interest they may have visited. Carers in Aberdeenshire are encouraged to leave reviews of services offering short breaks to help other carers to plan their own breaks.

Family Fund

Family Fund is the UK’s largest charity providing grants for families raising disabled or seriously ill children and young people. They are able to consider grants for personalised family breaks in the UK and abroad through their contracted provider, Inspire. Inspire work with over 300 agencies and tour operators to bring a wide variety of family break options, in the UK or overseas. Any break booked through Inspire must include the main carer and the child applied for. Additional family members and carers may also be included in the booking.

Ogilvie Charities

The Ogilvie Charities offer grants to assist carers who may need a break from caring. All applications for aid need to be made through a social worker, community nurse or similar professional agency.

Tel: 01394 388746

PAMIS (Promoting a More Inclusive Society)

PAMIS Breaks have two options for holidays and respite breaks. PAMIS give priority to families and carers of a person with profound and multiple learning disabilities at a preferential rate.

Respite Association

The Respite Association may provide free holidays for carers in a static caravan sited on the Richmond Holiday Centre in Skegness or Newton Hall Holiday Park, near Blackpool. The holidays are for the carer not the person they care for.

Tel: 01775 820176

Shared Care Scotland

Shared Care Scotland aims to improve the quality and provision of short breaks in Scotland, and offers an online short breaks directory.

Tel: 01383 622462

Shared Lives Scheme

The Shared Lives Scheme provides support and accommodation to adults with disabilities to live their life in the community. This scheme is for people aged 16 and over with learning disabilities, physical disabilities, mental health issues or dementia.

Telephone: 07824 837791

Email: sharidlives@aberdeenshire.gov.uk

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Charging Policy

Support is provided free of charge where an adult carer is assessed as having eligible needs, not met by the support for the cared-for person.

The Carer Practitioner will decide if any of the charges will be waived, under the Carers (Scotland) Act 2016, where the adult carer's eligible needs are already being met by the support for the cared-for person.

There is not a charge for services to support young carers, children and young people nor for replacement care offered to adult carers.

More information on charging for carers is available in the Scottish Government's [Statutory Guidance](#) for the Carers (Scotland) Act 2016.

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Feedback, Monitoring and Review

The Aberdeenshire SBSS will be reviewed annually to make sure information and links are kept up-to-date. The review will involve the views of carers of all ages to reflect the opinions of carers across Aberdeenshire. Key partners are involved, including the IJB Carer Representative, SDS Service User and Carer Reference Group, adult and young carer groups, AHSCP, Education and Children's Services and Third Sector Organisations and will contribute in planning for future local demand of short breaks.

The AHSCP Strategy Team is responsible for reviewing the Aberdeenshire SBSS. If you would like to give feedback or need more information please email: Carersupport@aberdeenshire.gov.uk

Appendix 1:

Full Websites and Useful Information Links

Aberdeenshire Adult Carers Support Service (Quarriers):

<https://quarriers.org.uk/services/aberdeenshire-adult-carers/>

Aberdeenshire Carers Support Service (Quarriers). Facebook Page:

<https://www.facebook.com/aberdeenshirecarersupportservice/>

Aberdeenshire Council. Aberdeenshire Eligibility Criteria for Young Carers:

<https://www.aberdeenshire.gov.uk/media/22717/aberdeenshire-eligibility-criteria-for-young-carers-april-2018.pdf>

Live Life Aberdeenshire Membership:

<https://www.livelifeberdeenshire.org.uk/sport-and-physical-activity/live-life-aberdeenshire-membership/>

Aberdeenshire Council. Active Schools:

<https://www.livelifeberdeenshire.org.uk/sport-and-physical-activity/active-schools/>

Aberdeenshire Council. Caring for Others:

<https://www.aberdeenshire.gov.uk/social-care-and-health/community-care/caring-for-others/>

Aberdeenshire Council. Day Services – Adults with Disabilities:

<https://www.aberdeenshire.gov.uk/social-care-and-health/community-care/living-independently/day-services-for-adults-with-disabilities/>

Aberdeenshire Council. Day Services – Older Adults & Adults with Disabilities:

<https://www.aberdeenshire.gov.uk/social-care-and-health/community-care/living-independently/day-care-for-older-people/>

Aberdeenshire Council. Leisure, Sport and Culture:

<https://www.aberdeenshire.gov.uk/leisure-sport-and-culture/>

Aberdeenshire Council. Shared Lives Scheme:

<https://www.aberdeenshire.gov.uk/social-care-and-health/community-care/living-independently/day-services-for-adults-with-disabilities/shared-lives-scheme/>

Aberdeenshire Council. Short Breaks and Respite Care:

<https://www.aberdeenshire.gov.uk/social-care-and-health/community-care/caring-for-others/short-breaks-respice-care/>

Aberdeenshire Council. Sports and Activity Charges – Low Income Benefit Prices:

<https://www.livelifeberdeenshire.org.uk/sport-and-physical-activity/pricing-and-admissions/low-income-benefit-prices/>

Aberdeenshire Council. Young Carer Strategy:

<http://publications.aberdeenshire.gov.uk/dataset/local-carer-strategies>

Aberdeenshire Health and Social Care Partnership. Adult Carer Strategy:

<http://publications.aberdeenshire.gov.uk/dataset/local-carer-strategies>

Aberdeenshire Health and Social Care Partnership. Aberdeenshire Eligibility for Adult Carers:

<https://www.aberdeenshire.gov.uk/media/22716/aberdeenshire-eligibility-criteria-for-adult-carers-april-2018.pdf>

Aberdeenshire Health and Social Care Partnership. Short Breaks and Respite Care:

<https://www.aberdeenshire.gov.uk/social-care-and-health/community-care/caring-for-others/short-breaks-respite-care/short-breaks-bureau/>

Aberdeenshire Young Carers Support Service (Quarriers):

<https://quarriers.org.uk/services/young-carers-support-service-aberdeenshire/>

Advocacy North East:

<http://www.advocacyne.org.uk/>

ALISS:

<https://www.aliss.org/>

Carers (Scotland) Act 2016:

<http://www.gov.scot/Topics/Health/Support-Social-Care/Unpaid-Carers/Implementation/Carers-scotland-act-2016>

Coalition of Carers in Scotland:

<http://www.carersnet.org/>

Coalition of Carers in Scotland. Carers Act Resources:

<http://www.carersnet.org/carers-act-resources/>

Cornerstone SDS:

<http://www.cornerstonesds.org.uk/>

Euan's Guide:

www.euansguide.com

Family Fund:

<https://www.familyfund.org.uk/Pages/Category/using-your-grant>

Legislation.gov.uk 2013. Social Care (Self-directed Support) (Scotland) Act 2013:

<http://www.legislation.gov.uk/asp/2013/1/contents/enacted>

Legislation.gov.uk 2016. Carers (Scotland) Act 2016:

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

Ogilvie Charities:

<http://www.ogilviecharities.org.uk/>

PAMIS (Promoting a More Inclusive Society): PAMIS Breaks:
<http://pamis.org.uk/services/family-support-service/pamis-breaks/>

Respite Association:
<http://www.respiteassociation.org/>

Scottish Government. Annex C of the Statutory Guidance. Definition of short break:
<https://beta.gov.scot/publications/carers-scotland-act-2016-statutory-guidance/pages/14/>

Scottish Government. Carers (Scotland) Act 2016 Statutory Guidance:
<https://beta.gov.scot/publications/carers-scotland-act-2016-statutory-guidance/pages/0/>

Scottish Government. Getting It Right For Every Child (GIRFEC) Wellbeing Indicators:
<https://www2.gov.scot/Topics/People/Young-People/gettingitright/wellbeing>

Self-directed Support (Aberdeenshire):
<https://www.aberdeenshire.gov.uk/social-care-and-health/community-care/financial-support/self-directed-support/>

Shared Care Scotland.
<https://www.sharedcarescotland.org.uk/>

Shared Care Scotland. Creative Breaks:
<https://www.sharedcarescotland.org.uk/creativebreaks/>

Appendix 2:

Self-directed Support Information

What is Self-directed Support (SDS)?

With Self-directed Support you are in control of your own budget. So you can choose how your support is provided, making it a more personal package that's more suited to your life.

Who is it for?

It's for you! SDS is for anyone who needs assistance and support to live as independently as possible in their own community.

How do I apply for SDS?

If you are eligible for support services as a carer, you will have your needs assessed.

An individual budget will then be identified based on your individual needs. You will be supported to identify your own skills and resources, and will work with everyone involved to look at different ways to improve your life.

A support plan will outline the actions to achieve the desired outcomes 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.

1. **A Direct Payment (a cash payment) where you choose how the budget is used and you manage the money.**
2. **You direct how the budget is used, but the money is managed by someone else (sometimes called an Individual Service Fund).**
3. **You ask the council to choose and arrange services for you.**
4. **You can choose a mix of these options for different types of support.**

You will have a dedicated worker to provide ongoing advice and guidance, and Aberdeenshire Council will have a responsibility to make sure you are safe and well supported.

We will also make sure your budget is being used as planned to achieve the agreed outcomes.

For more information on Self-directed Support, you can contact [Cornerstone SDS](#) who provide a self-directed support service in Aberdeenshire on 01467 530520 or by emailing aberdeenshire@cornerstonesds.org.uk

Support may also be available from Aberdeenshire's Self-Directed Support Team by emailing selfdirectedsupport@aberdeenshire.gov.uk

Appendix 3:

Examples of Short Breaks for Adult Carers Self-directed Support Options

(Based on identified needs and personal outcomes of adult carers who meet the eligibility criteria and require a budget)

2013 Act option	Example
<p>Option 1 A Direct Payment (a cash payment) where you can choose how the budget is used and you manage the money</p>	<p>Example 1 Suzanne (carer) hired a car for a weekend, for an outing with David (cared-for person), to visit extended family.</p> <p>Example 2 Harry (carer) bought cinema tickets for himself and Karen (cared-for person).</p>
<p>Option 2 You direct how the budget is used, but the money is managed by someone else (sometimes called an Individual Service Fund)</p>	<p>Example 1 A taxi is arranged for Julie (carer) to visit a friend.</p> <p>Example 2 A meal is booked at a restaurant for the Neil (carer) and Edith (cared-for person).</p>
<p>Option 3 You ask the council to choose and arrange services for you.</p>	<p>Example 1 Traditional respite is arranged for Lewis (cared-for person) at a care home.</p> <p>Example 2 Replacement care is arranged for Diane (cared-for person) while Graham (carer) goes to a support group.</p>
<p>Option 4 You can choose a mix of these options for different types of support</p>	<p>Example 1 John (carer) gets a Direct Payment to pay for a monthly gym membership (Option 1). Aberdeenshire Council arranged replacement care for Anne (cared-for person), so John (carer) can go to the gym once a week (Option 3).</p>

Appendix 4:

Examples of Short Breaks for Young Carers Self-directed Support Options

(Based on identified needs and personal outcomes of young carers who meet the eligibility criteria and require a budget)

2013 Act option	Example
<p>Option 1 A Direct Payment (a cash payment) where you can choose how the budget is used and you manage the money</p>	<p>Example 1 Mary (young carer) and her mother Nancy (cared-for person) bought two concert tickets.</p> <p>Example 2 Sophie (young carer) had beauty treatments in the local village</p>
<p>Option 2 You direct how the budget is used, but the money is managed by someone else (sometimes called an Individual Service Fund)</p>	<p>Example 1 Trampoline sessions are arranged for Daniel (young carer). .</p> <p>Example 2 Music lessons are arranged for Kirsty (young carer).</p>
<p>Option 3 You ask the council to choose and arrange services for you</p>	<p>Example 1 Replacement care is arranged for Laura (cared-for person) every fortnight while Andrew and James (young carers) play badminton with friends</p> <p>Example 2 Replacement care is arranged for Larry (cared-for person) after school during Jason's (young carer) exam period</p>
<p>Option 4 You can choose a mix of these options for different types of support</p>	<p>Example 1 A Direct Payment is arranged for Sally (young carer) to have swimming lessons (Option 1)</p> <p>An agency support worker is arranged to accompany Sally (young carer) to swimming lessons (Option 2).</p>

Appendix 5:

Local Examples of Short Break Providers in Aberdeenshire

(Based on identified needs and personal outcomes of young carers who meet the eligibility criteria and require a budget)

The following are some adapted and accessible accommodation providers with Aberdeenshire who have provided short breaks to carers across Aberdeenshire.

- 1) Crathie Opportunity Holidays – Crathie Opportunity Holidays, based in Crathie in Royal Deeside, has four accessible cottages sleeping between four and six people. Each cottage has a wet room with closomat toilet, accessible bedrooms with profiling beds and tracking hoists. Care may be available although this cannot be guaranteed. Crathie opportunity holidays may also be able to help with funding subject to eligibility.

<http://www.crathieholidays.org.uk/index.html>

- 2) The Hills of Maunderlea Luxury Cottages – The four cottages are located near the town of Aberchirder (half way between Banff and Huntly) and have been adapted to meet the needs of people with physical disabilities with wet rooms and downstairs bedrooms. Each cottage can sleep up to six people. Hoists are not available but there is a shower chair and additional equipment may be available from Care Management.

<http://www.aberdeenshireluxurylodges.com/>

- 3) Munya Kia Accessible Holidays – This newly renovated home is situated in Whitecairns, 8 miles from Aberdeen Airport. The 3-bedroom bungalow is fully accessible and guests may have access to a swimming pool situated two miles away which has a wheelchair lift in and out of the pool and changing rooms with tracking hoist.

Bookings can be taken by phone (01651 869149)

- 4) Aden Caravan Park – Aden Caravan park in Mintlaw recently bought and converted a caravan for people with physical disabilities. The caravan sleeps four people (two twin rooms) and has a wet room, sizeable living room and lowered kitchen. The caravan is accessed via a ramp which also leads onto decking.

<http://www.adencaravanandcamping.co.uk/static.asp>

Appendix 6:

Glossary

Aberdeenshire Health and Social Care Partnership (AHSCP)	Adult Social Care and Health services in Aberdeenshire are delivered by a partnership of Aberdeenshire Council and NHS Grampian
Adult Carer	Individual over the age of 18 who provides or intends to provide care for another individual. The carer should not be providing care as part of a contract or voluntary work.
Adult Carer Support Plan (ACSP)	Adult carers have the right to be offered or request an assessment of their needs related to their caring role. The plan will be based on a discussion with the carer and information from people identified by the carer as knowing their circumstances well.
Cared-for Person	Someone a carer provides support for.
Carer Practitioner (CP)	Carer Practitioners are social work staff who support eligible carers, following completion of an Adult Carer Support Plan or Young Carer Statement, to look at how they can be supported to meet their needs and outcomes through use of a Self-directed Support budgets.
Eligibility Criteria	The eligibility criteria sets out the level of need that a carer must have to access support, including Self-directed Support. The criteria may include whether a carer is likely to be able to meet their needs through services in their community, or the impact of their caring role on their health.
Eligible Need	A need which is considered to be appropriate to be met by the allocation of social care services resource(s) or funding, by the application of eligibility criteria.
Health and Social Care Partnerships	Health and Social Care Partnerships (HSCPs) are the organisations formed as part of the integration of some services provided by Health Boards and local authorities in Scotland.

Identified Need	An area of an individual's life which they currently need support with. Not all identified needs will require, or be eligible for, social care services.
Individual Budget	The amount of funding that the individual and social care services agree to commit to meet the eligible needs of the individual.
Options (SDS)	With Self-directed Support families can choose how much or little involvement they want. The choices are known as Options.
Personal Outcome	The specific goal or aim of a carer which is unique to their situation.
Short Break or Respite	Any form of support that allows a carer to have time away from their caring responsibilities, this can include a short break or care for the cared-for person.
Social Care (Self-directed Support) (Scotland) Act 2013	A law which puts a duty on local authorities and HSCP's to make sure individuals who need support have greater choice and control.
Strategy	A plan of action designed to achieve a long-term or overall aim.
Young Carer	Individual under 18 years old or; has attained the age of 18 years while a pupil at a school, and has since attaining that age remained a pupil at that or another school.
Young Carer Statement (YCS)	Young carers have the right to be offered or request an assessment of their needs related to their caring role. The statement will be based on a discussion with the young carer and information from their parent or guardian.

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