

What is a Short Break?

A short break is...

A time away from the stresses and pressures of supporting someone you care for. It is your right as a carer to be able to access respite and many carers do not realise how important getting regular short breaks can be in helping them cope with the demands of supporting someone they care for. It could be a day out, weekend away or a longer break. It could be to buy a season ticket for your favourite football, pay for a gym membership, driving lessons, getting your hair done – the list is endless and the choice is yours. All we ask is that it should reduce your stress, improve your feeling of wellbeing and help you sustain your caring role.

What would this look like to me?

What we all would like as a break is very individual. It should be something that you would like to do, maybe something you have not been able to do in a long while, giving you 'Time to live'. That is why we give funding and not set breaks, allowing you to choose what you want to do, when you want to do it and with whom you want to do it with. Directing your own support is key!

I would not like the person I support to go into a care home during my break

And why should they? This funding could be the way to provide support for them in their own home to allow you to get away and you could choose who does this. Some carers have been able to create a mixture of paid and family support to allow them to get away. Just like self-directed support you pick the type of support that meets the agreed outcome – a well enjoyed short break.

I don't want to go away without the person I support and care for?

Would you be surprised that nearly two thirds of the short breaks we have already funded felt the same way? This funding could pay for you and the person to revisit places you love, mean a lot to you or just to be a break from the dishes, cooking, cleaning, etc. Just because you need a break doesn't mean that it's got to be on your own. And you could take someone else with you to share the support while you are away; again paid or family. You direct your own budget – yourself!

It would be heaven to spend some time at home on my own...

Again why not? Often we have granted funding to allow the person being cared for to go away for a break... whilst the carer stays in their own home. Freedom from the pressures and ignoring the alarm clock can be a break in itself. Who says you need to go away?

I don't know if I've got the time to arrange a break.

You just need to have the idea. We can help in many ways. We can pay for your break directly, paying rail tickets, hotel costs or that wee coach tour. Lots of carers have felt just planning the break was a 'break' in itself, with family and friends helping along the way. Our forms help you with breaking down the costs, but we are just a call away if you need more help or information.

Could I use the funding to help me get to my daughter's wedding?

Quite often carers use this funding for a specific event; wedding, party, or even getting a wet room fitted! One lady who asked this very question used her funding to pay for her husband's support worker to come to their daughter's wedding, so that she could enjoy the day without worrying about her husband, but knowing he had been able to give his daughter away. When he got tired the support worker took him to his room, allowing the lady to be there for their daughter. Priceless!

You mention directing your own budget and Self-directed Support?

This is the way people will arrange support in the future. It puts you and the person you support at the centre, giving options in how support is put in place and paid for. We can provide you with information on this.