



SHORT BREAKS SERVICES STATEMENT

LIVING A LIFE ALONGSIDE CARING

**PERTH & KINROSS HEALTH AND SOCIAL
CARE PARTNERSHIP**



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1. What is this Short Breaks Services Statement for?

Perth and Kinross Health and Social Care Partnership (P&KHSCP) was set up to improve the way Health and Social Care services are provided in our area.

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We appreciate the important contribution that unpaid carers of all ages make to the lives of the people they care for and we believe that by providing regular breaks we will be able to help carers sustain their caring role and enable them to have a life alongside caring. We are therefore bringing together the arrangements for both Young and Adult Carers in our first Short Break Services Statement.

We have a responsibility to provide you with some information about short breaks and this statement is to help you as a carer and the people you support know:

- Why we have developed this statement;
- What short breaks are;
- What kinds of short breaks are available in Perth & Kinross and across Scotland;
- How to get short breaks and how to choose the support you need;
- About Adult Carer Support Plans and Young Carer Statements;
- Where to get further information.

We are providing this statement as a result of some changes in the laws that affect carers. These include:

The Carers (Scotland) Act 2016 which came into effect from 1 April 2018, with the intention of ensuring that unpaid carers of all ages are able to have life alongside caring. This includes your rights to have this statement and to have either an Adult Carer Support Plan or a Young Carer Statement to help you.

The Social Care (Self-Directed Support) (Scotland) Act 2013, which says that we should provide information and advice about Self-Directed Support (SDS) options. If you are eligible, we must offer and explain a range of choices to you and the person you care for, about how support can be provided.

The Children & Young People (Scotland) Act 2014 which places a duty on public services such as Social Work, Education and Health to identify Young Carers. Young Carers should be provided with any support which is needed, by local services working together.



This Statement has been informed by what carers and the people they care for have told us in our consultation.

Over 110 people of all ages gave us their feedback on their opinions about short breaks for carers.

These included carers, their families, people who are being cared for and representatives from carer groups such as Carers Voice and Equal Partners in Care (EPiC).

Knowing what is out there gives carers more choice and more control over what support is right for them.



2. What do we mean when we talk about “Carers”?

When we talk about a “carer” we mean a person who either currently provides, or intends to provide, unpaid care for another individual. Although they may receive a welfare benefit, such as Carers Allowance, pensions or income from another type of employment, unpaid carers don’t provide care under a work contract or as voluntary ‘work’. So if someone looks after a family member, relative, friend or neighbour, they are likely to be an unpaid carer.

Carers can be any age; young carers are under 18 years old and may be at school or they may have turned 18 but still attend school. Their caring role may affect them in many ways and they may require support from a number of sources, including education.

Examples of carers are:

A 43 year old man who looks after his mother who has Dementia

A 78 year old woman who looks after her husband who has Parkinson’s

A 55 year old woman who looks after a friend who has an anxiety disorder

A 10 year old girl who looks after her mum who has a substance misuse problem

Each of these people will have their own circumstances and different needs. They will want different things and we can help support them to achieve what they want.



3. What do we mean when we say ‘Short Breaks’?

Shared Care Scotland describe a short break as “any form of service or assistance which enables carers to have sufficient and regular periods away from their caring routines or responsibilities. It is designed to support the caring relationship and promote the health and wellbeing of the carer, the supported person, and other family members affected by the caring situation.”

Short Breaks help you have a life outside, or alongside, your caring role. It could help you do something you enjoy doing like walking, gardening, dancing or meeting up with friends. Or it could mean support for you to have a holiday away from home. For young carers, a break can enable them to be children or young adults first.

Although short breaks are mainly for the carer, they can also help the person who is being cared for. When we arrange a short break with you we will discuss what support you need to meet your outcomes and to support the person you look after. This is so that you benefit from the break with peace of mind that the person you care for is being looked after. Some carers prefer to have a break with the person they care for, so we will also discuss with you what support could be provided to help make this happen.

Our consultation highlighted examples of short breaks for our young and adult carers

“A weekend away, therapies, cinema or theatre tickets, membership of a health club.”

“Regular weekly time out – e.g. 4 hours per week.”

“1-4 days/nights away from the caring role but not necessarily away from home.”

“Camping or a day trip away.”

“Sport”

“Anything where I can have some peaceful, uninterrupted time by myself.”



We asked some of our carers to think creatively about short breaks and some of the carers who received Time4Me Grants told us about*:

a piece of equipment like a laptop to make caring/life easier – “I don’t have to worry about getting to the bank and it is easier to obtain items like cups and cutlery for my husband to use and remain independent in feeding for longer. It’s so much better than trailing round local shops trying to find things.”

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a traditional night away – “I went away with my husband and 2 children. It was brilliant getting away and having quality time with precious people. I felt relaxed and at ease. We used the swimming pool, sauna and Jacuzzi – total de-stress.

support to pursue a hobby – “Going for my accordion lessons gives me something positive to focus on.”

help with funding short term residential care for their loved ones – “For the first time in two years I was offered support and consideration of my needs, I was overwhelmed by the affect this has had on a personal level giving me such a boost to carry on in my caring role. Having two weeks to switch off completely from my caring role was just wonderful!”

***For more information about Time4Me Grants see [5.1 Local Services for Young and Adult Carers](#)**

We also found out what short breaks mean to our young and adult carers:

“They are to give the carer a break from their caring duties. Also gives the cared for person a break.”

“To get freedom to get out and do the things I enjoy. To meet up with friends.”

“It would mean I could have some quality time with my own children and friends. I could have a rest and could mean I can continue in my caring role for longer.”

“It means having a complete break from the cared for person, allowing the carer to recharge their batteries, while still having peace of mind that they’re being looked after.”

While there are the more traditional short breaks, such as a short holiday, a short break could actually be anything that allows carers to have time to relax or to do something they enjoy when they are not providing care for the other person. The answers from carers illustrate how short breaks mean different things to different people, and what we could help you, as an individual, achieve. This includes offering assistance in personalising and planning your short breaks, including making any necessary arrangements so that you would be able to benefit effectively from the breaks.



Breaks from caring may therefore:

- Be for short or longer 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 for the person they care for, if it is needed;
- Take the form of the carer and the person they care for having a break together, with assistance if necessary, to provide a break from the demands of their daily routines.

In all cases there is flexibility in what a short break is or could be and we want to support carers in being creative about the best short break they can have.



4. How you can get Support

The Carers (Scotland) Act 2016 says that unpaid carers of all ages have the right to either an Adult Carer Support Plan or a Young Carer Statement. You can ask for us to provide you with one of these by contacting:

The Carers Hub at PKAVS by calling 01738 567076, emailing carershubadmin@pkavs.org.uk or using the dedicated website at www.pkavscarershub.org.uk

The Access Team at Perth & Kinross Council by calling 0345 30 111 20 or emailing AccessTeam@pkc.gov.uk

For Adult Carers:

P&KHSCP set out its criteria for establishing what individual Adult Carers are entitled to in its [Adult Carers Eligibility Criteria](#) which we will use when we are completing an Adult Carer Support Plan (ACSP) with you. This ensures that everyone is considered using the same set of principles to create a fair system so that we can provide help where it is needed most. Making up your plan involves having a conversation which focuses on your life and your caring role. Using the ACSP, we will discuss your life with you so that we can see how much your caring role impacts on you and what you do.

This is important information which enables us to provide the best support for you. It will help us best if you tell us about:

A bit about you; your life and possibly your work, your interests and hobbies;

Your health and the impact caring has had on your wellbeing;

Your relationship with the person you care for (or the wider family and friends);

Your job or any educational or training needs you have;

About the impact your caring role has on your income or finances;

About the living arrangements for you and the person you care for, how suitable is this and if is it sustainable;

About your life balance: are you able to continue caring if nothing changes, what opportunities do you have to rest or to do other things you enjoy;

What arrangement do you have for the future?

What would make your life easier (your 'outcomes' – see below) and how we could help to support you.

P&KHSCP have to provide support to those who have high or very high level of support needs as a result of their caring roles. If you have 'low' or 'moderate' support needs, there may be other sources of funding, such as voluntary trust funds, which PKAVS can use to support you



to have a break from your caring role. As a minimum, we will provide you with advice and information about what type of help you can access.

For Young Carers

A Young Carers statement will be prepared for carers who are under 18, or who have reached 18 but are still at school. Perth and Kinross Council will support young carers as detailed in [Getting it Right For Young Carers - A Framework for Support](#).

Using the SHANARRI wellbeing indicators (safe, healthy, active, nurtured, achieving, responsible, respected and included) we will assess:

- The impact of caring on the young carer's wellbeing;
- How much the young carer is able and willing to provide care;
- How far the care provided is appropriate, for the young carer and the person they care for;
- The need, and we will work with the young carer to identify the appropriate support;
- Whether support will be provided under the duty to meet eligible needs, and how we can use our power to meet non-eligible needs.

If a Child's Plan is already in place for a young carer, the Young Carer Statement may be incorporated in the Child's Plan to ensure that any needs identified as a result of their caring role are taken into account within the plan. Whether their needs are identified within a Young Carer Statement or a Child's Plan, the focus will be on meeting their needs as a Young Carer. When a Young Carer reaches 18 and intends to continue caring, the Young Carer Statement will continue to apply until there is an Adult Carer Support Plan in place.

Outcomes from having a Short Break

The outcomes of a short break or other support will be personal to each carer and cared-for person, but may include:

- Having more opportunities to enjoy a life outside/alongside the caring role
- Reduced isolation and loneliness, including sustaining relationships or making new friends and connections outside of the caring role, and taking part in activities. Having regular opportunities to rest and refresh the mind and body
- Feeling better supported
- Improved confidence
- Increased ability to cope
- Increased ability to maintain the caring relationship and sustain the caring role
- Improved health and wellbeing
- Improved quality of life
- Reduced likelihood of breakdown and crisis



All carers will be provided with advice and information about the support that is available to them, including information about local voluntary resources which can be used to help provide support. We will not charge you for any support you receive as an unpaid carer, whether we provide it ourselves or it is provided by the third or voluntary sector or by a commissioned private sector supplier. Some breaks may be achieved through accessing community support or services, such as leisure and recreation facilities, support groups, and carer cafes. We encourage carers and cared-for people to think creatively about their needs and how existing community resources can help to achieve these needs.

Self-Directed Support

If you are assessed as having significant support needs as a result of your caring role and existing community support cannot meet your needs, we will discuss which Self-directed Support option will suit you best to help you meet your outcomes. The amount of money which is available to you will depend on how you will best meet your outcomes and we will provide all the funding to help you do that. This is separate from any Self-directed Support which may be provided for the person you care for.

The four Self-directed Support options are:

Option 1: You can choose to have a Direct Payment and receive money to pay for the support you need.

Option 2: You can choose to 'direct' how the available support is arranged and delivered.

Option 3: You can choose that the local authority arranges their support on your behalf.

Option 4: You can choose a mixture of options 1-3 to arrange the support you receive.

For more information about SDS you can contact Perth & Kinross Council's Self-Directed Support Team on 01738 476938 or email selfdirectedsupport@pkc.gov.uk.

You will find more information about the different types of short breaks available locally in Section 5 [What support is available in Perth & Kinross](#).

You can find out about what kind of short break is available for you by contacting

PKAVS' Carers Hub on



01738 567076 or



carershubadmin@pkavs.org.uk or



www.pkavscarershub.org.uk

or

Access Team at Perth & Kinross Council on

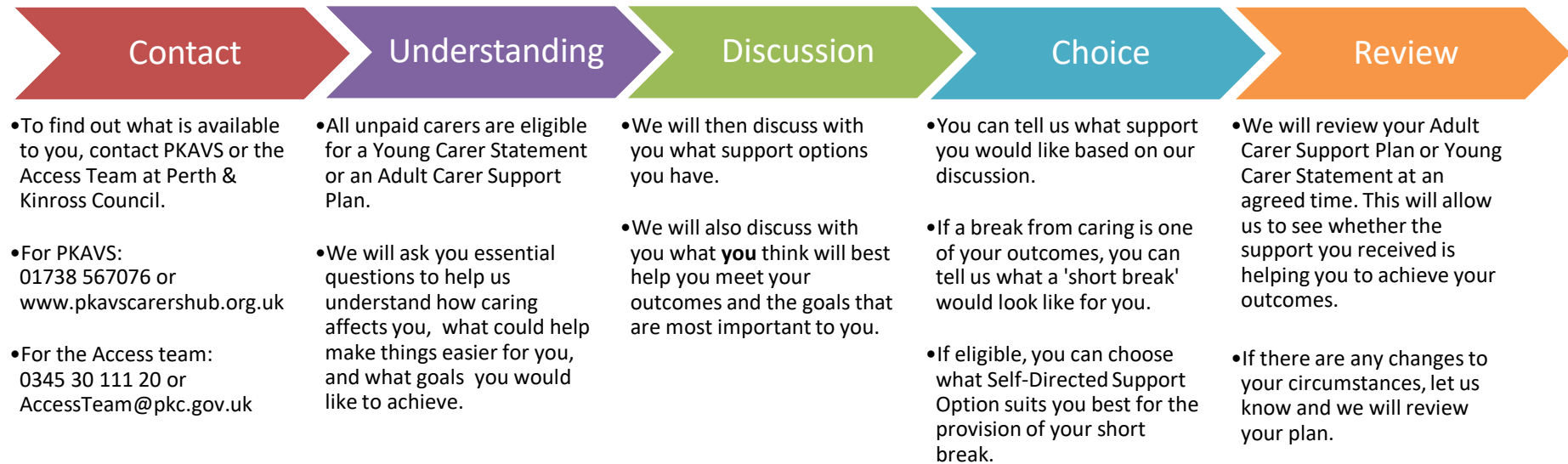


0345 30 111 20 or



AccessTeam@pkc.gov.uk

PROCESS FOR YOUNG CARER'S STATEMENT OR ADULT CARER SUPPORT PLAN



You may not be eligible for a break away using Self-Directed Support but different types of break are available through third sector organisations, private providers or community groups, and you are encouraged to be creative.



Types of breaks

The following list gives examples of the different ways that breaks can be provided.

For Young Carers

Young Carers can participate in residential breaks away with other young carers; weekly respite groups during term time which include the Duke of Edinburgh Award group and taking part in group nights. Joining in activities with other young carers and making friends within the group or getting support (say, with travel or equipment) to help you get involved in an activity you enjoy.

You choose...

People are finding creative ways to take a break, for example, they might use leisure equipment, computers, gardens or anything else that provides a break from routine.

Breaks in the home of another individual or family

These involve overnight breaks provided by paid or volunteer carers in their own home. These are sometimes referred to as shared lives, family based or adult placement schemes. Families or individuals offering this support are carefully recruited and registered – normally by the local authority or through voluntary sector organisations.

Breaks in specialist/dedicated accommodation

This accommodation, which is only used for short breaks, might be guest houses, community flats, purpose-built, or adapted accommodation. Depending on the group catered for, facilities may be able to offer specialist care.

Befriending schemes where volunteers provide short breaks

Befriending normally involves a paid worker or volunteer assisting someone with care and support needs to have access to activities, for example going to the cinema, meeting friends, shopping, swimming and other such leisure pursuits. Befriending can be on a one-to-one basis or as part of a group.

Breaks in care homes (with or without nursing care)

Some care homes may have a small number of places set aside specifically for short breaks. Rather than simply offering a 'spare bed', the home may provide activities for short term guests to suit individual needs and interests.

Breaks provided at home through a care attendant or sitting service

This includes individual support provided in the home of the cared for person for periods of a few hours or overnight. The purpose may be to provide support while the carer is away, or to support the carer in other ways, e.g., by enabling the carer to have an undisturbed night's sleep.



Supported access to clubs, interest or activity groups

These opportunities might focus on a particular activity (e.g. sports clubs, leisure activities) and may be based in a community building. These generally take place over a few hours perhaps once or twice a week or, in the case of disabled children, they may be planned over the school holidays. The availability of adapted equipment or trained workers can help people with support needs to enjoy these activities.

Holiday breaks

There included opportunities for people to have a short break together, or independently. These breaks can be supported in different ways – through an agency specialising in breaks for people with particular needs; in adapted accommodation; or in ordinary hotels and guest houses, perhaps with additional equipment. More mainstream breaks may also be possible with the support of a paid carer or companion.

Day care

Day care is typically based in a community building and provided by a local authority or voluntary organisation. The degree of flexibility varies; most are characterised by fixed opening hours on particular days; some offer a drop-in service whereby people can attend for part of the day only. Day care is not generally provided for short break or respite purposes but services which offer more flexible arrangements, designed around the needs of both the client and carer, can achieve this purpose.

Hospital/hospice-based break

This type of break is for people who need medical supervision because of complex or intense health care needs.



5. What support is available in Perth & Kinross

5.1 Local Services for Young and Adult Carers

PKAVS SHORT BREAKS AND SUPPORT (ALL AGES OF CARERS)
PKAVS Carers Hub is Perth & Kinross' local carer centre. It has three services: Young Carers, Young Adult Carers and Adult Carers. Young Carers Services support those of school age up to 15 years old, Young Adult Carers Services support those aged 16 to 25, and Adult Carers Services support those aged 26 and older. Referrals can be made into the service by anyone at any time. Access to short breaks can be accessible without an Adult Carer Support Plan or a Young Carer Statement, unless stated below.
The short breaks services PKAVS Carers Hub can offer carers include:
Respite and Activity Groups for Young and Young Adult Carers
These can include residential activities, day trips, and group nights with carer support workers. In the past organised residential activities and day trips for young or young-adult carers have included a sailing trip, going to wildlife and safari parks, indoor rock climbing, kayaking, visiting the science centre and going to the cinema. Group nights can include activities such as a movie and games, or arts and crafts.
Time4Me Grants
These are for up to £250 and are funded by Shared Care Scotland. They are for short breaks personalised to you if you are an Adult Carer who cares for someone aged at least 21 or if you are a young Carer caring for someone of any age
Respitality Gifts
These are from PKAVS' Respitality Partners which are gifts of short breaks from local businesses and providers for carers of any age. These short breaks are 'matched' with carers who apply to be on the PKAVS register for a Respitality gift (for a carer and one companion) in partnership with Shared Care Scotland
Carer Trusts Grants
These are up to £300 for carers aged 16 or over for items or activities that will benefit them in their caring role.
Community Support and Services
We can provide you with information about a range of community support and services for carers such as Men's Shed, leisure activities, and events.
Day Care Services for the person you look after
These are available for cared-for persons in Perth City and Blairgowrie.



Social Therapies
These are free relaxation or massage therapies in 5 different locations: Crieff, Aberfeldy, Kinross, Strathmore and Perth.
Carers and Community Cafes
There are a range of carer and community cafes you can go to around Perth & Kinross.
Complementary Therapies
You need an Adult Carer Support Plan to access these. These allow you to have 6 free sessions from a list of complementary therapy approved providers.
Concessionary membership cards
These currently include a Health & Beauty discount card for treatments from Perth College students and a Live Active Compass Card, which provides free leisure access for the first 3 months and £1 per visit afterwards. These may be subject to availability.
The Walled Garden and Wisecraft
The Walled Garden is situated in Perth and Wisecraft is situated in Blairgowrie. These provide a safe environment for people recovering from mental illness, allowing them to rebuild their lives through arts and crafts, yoga, helping in the café, gardening and other activities. This can give respite to the cared for person, consequently giving the carer a break from caring.
The Bridge Project
This project supports unpaid carers whose role has changed due to bereavement or when the cared for person enters long-term residential care.

5.1.2 PERTH & KINROSS COUNCIL SHORT BREAKS SUPPORT AND SERVICES
Perth & Kinross Council can provide a range of short breaks services which are available only with a Young Carer Statement or Adult Carer Support Plan.
These may include:
Arranging care for the person you care for
Care can be provided to the person you care for following an appropriate community care assessment, which can give you a break from caring.
Day Care Services
Day care services for cared-for persons at New Rannoch Day Care and Strathmore Day Opportunities.
Residential Respite
Residential respite can be arranged for the person you care for while you have a short break. There is a range of care homes across Perth & Kinross including residential care for older people, nursing care for older people, residential or nursing care for people with physical disabilities, residential care for people with learning disabilities, and care homes for people with dementia. The directory can be found at: www.pkc.gov.uk/carehomedirectory .



Flexible Residential Respite
Flexible Residential Respite allows you and the person you care for to select a care home which offers a number of nights of care and is part of the flexible respite approved providers list. The nights can be used as and when you need them to enable you to have a short break.
Respite Voucher Scheme - Respite at Home
The Respite Vouchers Scheme provides you with a number of hours for booking respite care for the cared-for person in their own home to enable you to have a short break. Unfortunately, this may not be supported in all areas by approved care providers.
Short Breaks Bureau
The Short Breaks Bureau is specifically designed for people with learning disabilities, and allows carers a break, safe in the knowledge that the person they care for is enjoying quality time.
Emergency Carer's Card and Telecare/Community Alarms
If you are the carer of someone who would be at risk if something were to happen to you or the parent of a child with complex additional support needs, the Carer's Card could give you the peace of mind and reassurance that the person who depends on you will be looked after in an emergency situation. Telecare or community alarms, provide peace of mind for individuals and their families through a 24-hour response service, which can help the person you care for live independently in their own home and to receive help quickly when necessary.
Rapid Response Service
This service gives older individuals in Perth & Kinross, whose needs suddenly change, immediate access to support to allow them to remain in their own home. This allows someone to immediately be given support from a group of qualified staff who will provide assistance in the home until a longer term solution is put in place.
Self-directed support
If you are an adult carer and you meet the eligibility criteria due to the impact your caring role has on you, you may receive a self-directed support package to meet your outcomes (See pages 8-9 for more information). Some examples of how carers have used self-directed support across Perth & Kinross include: flexible respite breaks for the carer, employing a personal assistant, replacement care for the person they care for so that the carer can attend a leisure activity.

5.1.3 DAY CENTRES OPERATED BY CHARITIES IN PERTH & KINROSS
Examples of other Day Centres for elderly people in the Perth & Kinross area include:
The Tryst in Pitlochry
This Day Centre provides activities for cared for people in the area to enable Carers to have a break from their caring role. The services provided by the Centre are available through referral by Social Work.
Kinross Day Centre
Kinross Day Centre provides a welcoming environment where members can use the services provided. These include support to appointments, meals, and transport to the centre from across



Kinross-shire. There is a small charge of £6 per person for these services. Telephone 01577 863869.

This list is not exhaustive and will be developed through reviews of this Statement.

5.2 Links to local sources of information and directories

Mental Health/Drug and Alcohol Misuse	To find out more information about the range of services available for people with mental health needs or drug and alcohol misuse, you can find a 2018 directory of mental health services in Perth & Kinross here: . This covers children and young people services, minority and ethnic communities' services, NHS/Social Work services, and support for serving and former armed forces personnel and their families.	http://www.pkc.gov.uk/mentalhealth
PKAVS Carers' Hub	For more information about the wide range of support available in the area, the PKAVS Carers' hub website is a dedicated local resource. The website also includes a section for Young Carers.	https://www.pkavscarershub.org.uk
Your Community PK	This website is an initiative developed by Perth & Kinross Health & Social Care Partnership and is the one stop shop for information and things to do to support your health and wellbeing in Perth & Kinross. It includes a keyword search of all the listings on the service listings on the website.	https://yourcommunitypk.org/listings/
Independent Advocacy Perth & Kinross	Independent Advocacy Perth & Kinross aims to help people by supporting them to express their own needs and make their own informed decisions. Independent advocates support people to gain access to information and explore and understand their options. They speak on behalf of people who are unable to speak for themselves, or choose not to do so. They safeguard people who are vulnerable or discriminated against or whom services find difficult to support.	https://www.iapk.org.uk



5.3 Links to national short break websites and databases

Shared Care Scotland	This website contains a searchable directory of short breaks. The website also provides information on Time to Live, a programme of 12-month small grants available to carers in every local authority area, along with a database of funding sources for short breaks, including the Take a Break fund.	https://www.sharedcarescotland.org.uk/
Euan's Guide	This online tool is a disabled access review website that aims to remove the fear of the unknown and inspire people to try new places. The cornerstone of Euan's Guide is its community of independent reviewers, who share their photos and experiences of restaurants, hotels, train stations, attractions and anywhere else they may have visited.	https://www.euansguide.com/
ALISS	This website 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.	https://www.aliss.org/

6. Feedback and further information

For more information about this statement, please contact us at carers @pkc.gov.uk or to request a Young Carers Statement or Adult Carer Support Plan please contact:

PKAVS Carers Hub Team pkavscarershub.org.uk or **01738 567076**

Or

Access Team at AccessTeam@pkc.gov.uk or **0345 30 111 20**

This Statement will be subject to interim review which will take place by July 2019.

Throughout the year we will take feedback form Adult and Young Carers regarding what works best for them and where we can make improvements both to the Statement and to the Service.



Glossary: Definitions to ensure that the Statement is clear

To make sure what we have said in the statement is clear we have provided further details on the terms we have used that you might not be familiar with:

ACCESS: the availability of services – ‘getting the care you need’.

ADVOCACY: The process of supporting someone to say how they feel about an issue that affects them or that they are concerned about. It might be about supporting someone in a meeting, helping someone to express their rights, helping someone to access services and information or helping someone to explore different options.

CARER: A person who provides or intends to provide unpaid care for another individual (the cared-for person) because of their age, physical or mental illness, substance misuse or disability. It doesn’t mean someone who is paid to care as their job, or someone who cares as a volunteer, e.g. befrienders.

CARED-FOR PERSON: Either a child (under the age of 18) or an adult (over the age of 18) with a need for care and support – they receive care or support from carers, paid staff or others. This person may have been assessed and found to have eligible need although they may not be receiving any care other than that provided by the carer.

CHOICE AND CONTROL: Is about shaping services to meet people’s needs, rather than allocating people to fit around services.

COMMISSIONED: Where the Partnership has worked out our local health and social care needs, assessed that need against what we provide and develops and buys the appropriate services.

ELIGIBILITY CRITERIA: A comprehensive set of rules through which P&KHSCP can assess your needs as a carer. They are designed to ensure the limited public resources available are targeted at those with the greatest level of need. It also enables P&KHSCP to demonstrate fairness, consistency and transparency in how we make decisions and spend money.

INDEPENDENT LIVING: Means having the same freedom, choice, dignity and control as other citizens at home, at work and in the community. It does not necessarily mean living by yourself or fending for yourself. It means having rights to practical assistance and support to participate in society and live an ordinary life – even as a carer.

INDEPENDENT SECTOR: Individuals and organisations contributing to needs assessment, design, planning, commissioning and delivery of health and social care, who are wholly or partially independent of P&KHSCP. This may include care homes, private hospitals and home care providers for example.



OUTCOMES: The impact or end-result of services, support or activity on a person's life. These are usually focused on your quality of life as a carer, and defined as the steps you need to take to improve aspects of your life relating to your own safety and security. These will be identified and described when developing your **Adult Carer Support Plan** or **Young Carer Statement**.

PACKAGE OF CARE: Used to describe all the different types of care that make up the total care received by an individual. For example, they may receive home care support and attend day centres. All these services together make up the 'Package of Care'.

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PERSON-CENTRED: An approach to working with people which respects and values the uniqueness of you as a person, putting your needs and aspirations firmly at the centre of the process.

RESPITE: Used to describe a break from caring. 'Respite' is used in this document as an alternative word for a short breaks although it is less current and may be considered to refer to more institutionalised care.

SELF-DIRECTED SUPPORT (SDS): The support that individuals and families have after making an informed choice on how resources can be used to meet the outcomes they have agreed. There are four options that P&KHSCP has a duty to offer:

1. We make a direct payment to the supported person in order that the person can then use that payment to arrange their support.
2. The supported person chooses their support and the Partnership makes arrangements for the support on behalf of that person.
3. P&KHSCP selects appropriate support and makes arrangements for its provision.
4. A combination of options 1, 2 and 3 for elements of a person's support.

SHORT BREAKS: We use the Shared Care Scotland description of Short Breaks: *"A short break is any form of service or assistance which enables carers to have sufficient and regular periods away from their caring routines or responsibilities. It is designed to support the caring relationship and promote the health and wellbeing of the carer, the supported person, and other family members affected by the caring situation."*

PKAVS: Perth & Kinross Association of Voluntary Services is a charitable organisation which is commissioned by P&KHSCP to provide services for carers.

P&KHSCP (PERTH & KINROSS HEALTH & SOCIAL CARE PARTNERSHIP): Set up in April 2015, it is responsible for the planning, funding and delivery of a range of community health services and social work/social care services for older people, adults, children and families and people in the Criminal Justice System in the Perth & Kinross Council area.

YOUNG CARER: Someone aged 18 or under and still at school (or have reached 18 years of age but still be attending school) who provides or intends to provide unpaid support or care for a family member, partner, child, or friend because of their age, physical or mental illness, substance misuse, or disability.