



Short Breaks Service Statement Consultation Questions

August 2018

The Carers (Scotland) Act 2016 requires that we prepare a statement about short breaks for carers by the end of December 2018 and that this should be developed with the involvement of carers and persons who represent them. Fife Health and Social Care Partnership would like to hear what you think are the priorities for our Short Breaks Service Statement for Carers.

The purpose of the Short Break Services Statement is to provide information to carers and cared-for people so that they can make informed choices about the types of support they might wish to consider. Before finalising the statement we are keen to ensure carers have the opportunity to share with us their views about short breaks, what matters most to carers and where you think we should focus our limited resources.

During our consultation early in 2018, which helped to inform our Carers Strategy for Fife, carers told us that information and options to be able to take a short break from their unpaid carer role was second only to general information and advice. We know that some carers need support and that sometimes what is required is a break from their caring role so they can have time to refresh their batteries and take time for the other things that are important to them.

Thank you in advance of completing this short consultation questionnaire.

About you and your caring role

These few questions will give us an idea of the nature and extent of your unpaid caring role.

1. Who do you care for?

- a. Someone related to you such as spouse or partner, daughter or son, parent or another family member ☐
- b. Someone not related to you such as a friend or neighbour ☐

2. How many people do you provide unpaid care to?

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ or more ☐

3. On average how many hours a week do you provide care for the person or people you care for?

- a. 1 – 19 hours per week ☐
- b. 20 – 34 hours per week ☐
- c. 35 – 49 hours per week ☐
- d. 50 hours or more per week ☐

4. Please tell us which age bracket you fall into

- a. 18 or younger ☐
- b. Between 19 and 24 ☐
- c. Between 25 and 65 ☐
- d. 65 or older ☐
- e. Prefer not to say ☐

5. Please tell us which work category you fall into

- a. Still at school/college/university ☐
- b. Working full time ☐
- c. Working age but unemployed ☐
- d. Retired ☐
- e. Prefer not to say ☐

Short breaks

Shared Care Scotland define a short break as: “a short break can take any number of forms in order to achieve the carer’s desired outcomes. The purpose is for carers to have a life outside or alongside their caring role, supporting their health and wellbeing. This can also benefit the cared-for person and others (e.g. Family members) and may sustain the caring relationship.”

6. Have you been offered a carer support plan or statement? Yes ☐ No ☐

7. If you have answered yes to question 6, is a break from caring one of the outcomes you have identified within your carer support plan? Yes ☐ No ☐

8. Have you ever had a short break from caring? Yes ☐ No ☐

9. If you currently receive a short-break, please tell us what type of break this is

10. If you currently receive a short-break service, please tell us what type of short-break you think would benefit you

11. What frequency of breaks do you think would be of benefit for your health and wellbeing? Daily ☐ Weekly ☐ Monthly ☐ Twice a year ☐ Annually ☐

12. How long do you think breaks from caring should be for you?

An hour or two ☐ half a day ☐ whole days ☐ several days ☐ weekends ☐ full weeks ☐

13. If you do not currently have short breaks, briefly, please tell us why?

14. What sort of help do you think you would need to arrange a short break?

More information Funding ☐ Help making the arrangements ☐

Replacement care for the person you care for ☐ Something else (please specify) ☐

15. Do you have someone else in your personal network who can share your caring role to support the person you care for while you to take a short break? Yes ☐ No ☐

16. Is the person you care for willing to receive alternative support to allow you to take a short break? Yes ☐ No ☐

17. Would you and the person you care for prefer to take a short break together, with support? Yes ☐ No ☐

18. Are you aware that financial support may be available through a range of organisations to help you take a short break, if you need it? Yes ☐ No ☐

Short Breaks Bureau

Fife Health & Social Care Partnership has invested in a new short breaks service, which aims to support adult cared-for people and their carers aged 18 – 65 years who are eligible for support to find creative breaks which suit their requirements as far as possible. The new service will offer information and assistance to support vulnerable adults and their carers to ensure, as far as possible, they both benefit from the short breaks. Some examples of breaks individuals can take are a break using their individual budget in a private cottage or a holiday with staff available to provide care and support as required.

19. On a scale of 1 to 10, where 1 means you do not agree at all and 10 means you completely agree, please rank the extent to which you think you would use this service if it was extended to support specifically carers who meet local eligibility criteria to coordinate a short break from their caring role?

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐

Briefly, please give your reasons or thinking why you gave this score

Self-Directed Support

Where assessed as eligible, carers and/or the individual/s they care for can arrange their short breaks as flexibly as they want to. There are four options available which range from you/the person you care-for receiving a budget which allows you to manage, select and arrange your own support, you may decide to pass your budget to a third party organisation of your choice to arrange your break or you can ask the local authority to select your short break support and make arrangements on your behalf.

20. On a scale of 1 to 10, where 1 means you do not agree at all and 10 means you completely agree, please rank the extent to which you think you would prefer to take more control of selecting, arranging and managing your short break?

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐

Briefly, please give your reasons or thinking why you gave this score

Thank you again for supporting our consultation which will inform the development of our short breaks service statement. We intend to finalise this for publication by end December 2018.