

## Supporting Our Unpaid Carers

### Renfrewshire IJB's Short Breaks Services Statement for Unpaid Adult Carers

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## Background

The Carers (Scotland) Act 2016 came into force on 1 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 Act<sup>1</sup> sets out the requirement to publish a statement containing information about the short breaks available to unpaid carers.

In developing this Statement, the HSCP consulted the most comprehensive range of unpaid carers possible, the wider public, Renfrewshire Carers Centre, HSCP staff and managers, voluntary sector partners, and relevant health colleagues.

This statement sits alongside the Unpaid Adult Carers Strategy and Unpaid Adult Carer Eligibility Criteria.

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

## Definition of an Unpaid Carer

The Carers (Scotland) Act 2016 set out the definition of a carer.

### **What is a Carer?**

A carer is an individual who provides care, or intends to provide care, for another individual. The cared-for person may have an illness, disability, a mental health problem or a substance misuse problem.

Exceptions are:

- Where the cared for person is under 18 and is receiving care proportionate to their age.
- Where the carer is paid to provide care.

### **Adult Carer**

An adult carer is a carer who is at least 18 years old and not at school.

### **Unpaid Carer**

Renfrewshire HSCP uses the term 'unpaid carer' to distinguish from employed paid care providers.

## What is a Short Breaks Services Statement?

The Carers Act requires Local Authorities to publish a 'Short Breaks Services Statement' to help unpaid 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 unpaid carers to be better informed about the assistance available to support them achieve a break from caring.

This Statement provides information about Renfrewshire HSCP's approach to short breaks for unpaid adult carers, and is complimented by up to date information on breaks and support on Renfrewshire Carers Centre's [website](#) and Renfrewshire HSCP's [website](#).

This Statement was informed by Shared Care Scotland's 'Making a Statement' [guide](#).

## What is a Short Break?

This Statement adopts the Shared Care Scotland description<sup>2</sup> of what constitutes a short break:

### **Definition**

A short break is any form of service or assistance which enables the unpaid carer(s) to have periods away from their caring routines or responsibilities.

### **Purpose**

The purpose is to support the caring relationship and promote the health and well-being of the unpaid 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 unpaid carers have said they require.

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<sup>2</sup> <https://www.sharedcarescotland.org.uk/wp-content/uploads/2018/06/Making-a-Statement-FINAL.pdf>

## Types of Short Breaks

There are many ways an unpaid 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 unpaid carers.

Short breaks can take any number of forms and can be for short or extended periods. Short breaks should be personalised to meet the unpaid 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.

## How do Unpaid Carers Access Short Breaks?

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

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

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

More information on all the support unpaid carers can access is available on the Carers Centre's [website](#), you can also contact the Carers Centre on 0141 887 3643 or [enquiries@renfrewshirecarers.org.uk](mailto:enquiries@renfrewshirecarers.org.uk).

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



## Costs to the Unpaid 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).

## 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.*”<sup>3</sup>

The HSCP will review the Short Breaks Services Statement for Unpaid Adult Carers every 3 years.

## Feedback and Further Information

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

Head Office  
Renfrewshire HSCP  
Renfrewshire House  
Cotton Street  
Paisley  
PA1 1AL

**Phone:** 0141 618 7629

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<sup>3</sup> <https://www.gov.scot/publications/carers-scotland-act-2016-statutory-guidance/>