

Fife Health
& Social Care
Partnership



Fife Short Breaks Service

What is a Short Break?

Short breaks are provided in different ways and vary in length from an overnight break to a few weeks.

Families or couples may want to have a break together with some extra support, or they may choose to have some time apart.

One size doesn't fit all....

Resources that provide breaks from caring can take many forms.

More traditionally a break from caring has perhaps meant spending some time in a residential care home or nursing home. Whilst this type of short break is still the preferred choice for many people, others want a choice about how, where and when their break is provided.

What is important is that people should be given choices so that they can have a break that meets their personal outcomes and circumstances.



What is Fife Short Break Service?

Fife Short Breaks Service offers information and support to adults who have been assessed as being eligible for short breaks. The team are here to help you take some 'time out' for yourself and to help you to find and create the right short break for you and your carer(s) using your annual budget allocation.



Self-Directed Support Options:

We can support you to book accessible travel, accommodation and activities via any of the self-directed support options.

Option 1 – Direct Payment

This option gives you the most responsibility, choice and control over your annual budget and support. Fife Council will pay your annual budget to you allowing you to arrange and pay for your own support, as agreed in your Support Plan. You must be able to manage your budget or have a named Welfare and Financial Guardian or Power of Attorney in place.

Option 2 – Individual Service Fund

This option gives you choice and control without the responsibility for managing your annual budget. You select the supports which will meet your agreed outcomes and Fife Council (or another organisation you choose) will manage your annual budget for you. You must be able to make your own Welfare decisions or have a named Welfare Guardian or Power of Attorney in place.

Option 3 – Arranged by Fife Council

This option gives you the least responsibility for arranging your support but you will have less choice and control over what support you receive. Fife Council manages your annual budget and selects and arranges care and support on your behalf.

Option 4 – Mixture

This option allows you to control the parts of your care and support you choose and Fife Council can arrange other parts on your behalf.

The Short Breaks Team can support you to book accessible accommodation and activities via any of the self-directed support options.

Breaks will depend on each individual's circumstances and will be discussed in detail with your short breaks worker.

Short Break Approval Process:

The short break budget is subject to an annual review by a social work assessor. They will notify the short break team when the budget has been approved.



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The short break budget can be used to pay for the person's care and support and accommodation. For example, traditional unit-based respite provision or alternate accommodation such as a hotel, lodge, cottage or caravan – with or without support whichever best suits the person's needs and outcomes.

The budget cannot be used for the following:

- Items or services which do not meet the outcomes agreed in the cared for person's support plan.
- Day to Day living expenses
- Travel insurance or holiday spending money.
- Household items, clothing, energy bills or household furnishings.
- Household adaptations or mobility aids.
- Health care.
- Financial investments, gambling, tobacco or alcohol.
- High risk activities which may endanger the cared for person or puts their safety at risk.

If you are in doubt about any of the above, please speak to your social work assessor or a member of the Short Breaks Team.

What Short Breaks do other people take?

SDS Option 1 – Direct Payments

Music Lover

"We chose SDS option 1 (Direct Payments) for our son Aaron and worked out that he can have 21 hours of support from his Personal Assistant per short break if we keep to £50 per night for accommodation. Typically they stay in a Travelodge, hotel or B&B following a concert. Aaron has been to the Fochabers Folk Festival, musicals, a Jazz Club, Abba nights and to a rock gig at the Barrowlands. We have discovered an inclusive disco in Glasgow which Aaron plans to go to. He has also taken some short caravan breaks with his personal assistant.

These breaks give Aaron the freedom to do things he'd like to do, time with friends and practice at being away from us for when he moves out.

We get to get up at a decent hour (instead of 5am every day). We plan an evening out together or with friends. Respite night is a grandson free evening so no babysitting. It's a chance to recharge my batteries."

Mrs Stalker, Aarons mum



What Short Breaks do other people take?

SDS Option 1 – Direct Payments

Walking on Air

"I have been using direct payments now for several years. They have opened a whole new world to me. I go on short breaks with my parents and visit friends who have the same illness/conditions as myself. It means I can spend quality time with people who know what I am going through.

I love photography, so we hired a camper van and visited places of interest so I could take some amazing photos. I also have a membership with Scottish Gliding "Walking On Air" Charity. I go for gliding lessons whenever the weather and my health allow. My aim is to be able to fly solo. I also look forward to my weekly horse-riding lessons with Riding for The Disabled. I get such a buzz and thrill from the gliding but most of all, these activities have enabled me to meet some fantastic new people and have been a massive boost to my self-confidence whilst at the same time giving my parents a break."



What Short Breaks do other people take?

Option 2 - SDS Individual Service Fund

A change of Scenery

Shannon lives at home with her father who gave up his job to care for Shannon full time. Each year they go to a cottage on Skye where she enjoys the freedom of the countryside. The cottage provides much needed respite to Mr Stewart where he can relax and invite friends or family to stay over and to share the caring role.

Her father did not want to manage a budget so chose SDS Option 2. He booked a cottage of their choice for a week and Fife Council paid the invoice on their behalf.

Shannon and her dad have been away on three breaks this year, two in Scotland and one in Wales. Mr Stewart states that the change of scenery is refreshing and Shannon loves to travel in the car and view the scenery. She enjoys people watching, wildlife and having lunches out. These breaks enable both Shannon and her dad to escape the day to day routines of the home environment and Mr Stewart says very clearly that Shannon has never been happier. Mr Stewart is no longer stressed as this is all he needs to enable him to continue in his role as Shannon's full-time carer.

What Short Breaks do other people take?

SDS Option 2 – Individual Service Fund

Harry Potter Fan

“Thanks for a wonderful long weekend away to Skye and Dornie. The accommodation was amazing, very clean and tidy and quiet with stunning views from the house. We picked the best weekend to go with sunny, blue skies the whole time. On the way home we made a detour via the Glenfinnan Viaduct as Eilidh is a huge Harry Potter fan. I highly recommend Lochside Cottage Air B&B.”

(Eilidh’s mum Sharon)



What Short Breaks do other people take?

SDS Option 3

A bit more traditional

Jason

Jason lives at home with his mum. He chooses to stay in Broad Street Respite Unit in Cowdenbeath for his short breaks and has done so for many years. Jason feels comfortable at Broad Street and the staff there know him well. Jason and his Mum chose SDS Option 3 and the Short Breaks Team and Broad Street staff arrange the short breaks on his behalf.

Whilst at Broad Street Jason enjoys going on bus outings and fishing trips. Jason's short breaks allow his mum some time to herself to re-charge her batteries so that she can continue in her caring role.

Leona

Leona is 28 years old and lives at home with her family. She spends most of her time with family members. Leona's mother is her main carer and would like Leona to become more independent.

Leona and her family chose SDS option 3 so that they didn't have to manage the booking or the budget.

Leona's time at Broad Street has improved her confidence away from home and offers her family a break from their caring role. She likes spending time with others on her breaks and she enjoys the varied activities and getting to know new staff.

What Short Breaks do other people take?

SDS Option 4 – A Mix of SDS Options

The Best of Both Options

John has had a short break budget for several years. He enjoys going to Broad Street Respite Unit in Cowdenbeath where he has built friendships and knows the staff well. He always comes back from his breaks there feeling happy.

John and his mum also choose to have some time together at Kelty Cabins. This gives his mum a change of scenery and a break from her day-to-day life at home. Being creative with the budget works well for the family as they benefit from individual breaks and time away as a family, without the responsibility of managing the budget.



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বাংলায় আলাপ করার জন্য টেলিফোন লাইন:

03451 55 55 99

中文語言熱線電話: 03451 55 55 88

Polskojęzyczna linia telefoniczna:

03451 55 55 44

اُردو زبان کے لیے ٹیلیفون نمبر 03451 55 55 66

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