

# Short Break Options

**Fife Health  
& Social Care  
Partnership**



Supporting the people of Fife together

## Supported Holidays

There are a growing number of supported holiday companies in the UK, from companies offering pre-arranged holidays to those who will plan your break for you. You are matched with a holiday companion (staff member) who will meet your care and support needs whilst on holiday. This option gives freedom to people who thought a break away was impossible due to age, disability or poor health.

The door to door cost depends on the support you need, your chosen destination, type of package and length of stay. You must have your own travel insurance in place.

Fife Health and Social Care Partnership will only work with companies who are registered with the Care Inspectorate in Scotland or the Care Quality Commission in England and Wales.

To our knowledge, Altogether Travel in Glasgow are the only Scottish supported holiday company registered with the Care Inspectorate. If you come across others please let us know.

[www.altogethertravel.co.uk](http://www.altogethertravel.co.uk)

## Outdoor Activity Centre Breaks

Breaks to outdoor activity centres are popular with those who prefer to be active on their short break. They offer accessible accommodation, care and support and a wide range of adapted activities.

The Calvert Trust, Bendrigg Trust and Badaguish in Aviemore are all popular with families in Fife, especially younger adults.

[www.calvert-trust.org.uk](http://www.calvert-trust.org.uk)

[www.bendrigg.org.uk](http://www.bendrigg.org.uk)

[www.badaguish.org](http://www.badaguish.org)

## Unit Based Breaks

Care homes, respite units and adapted flats and houses have traditionally been the main providers of overnight respite. Many individuals and carers prefer the familiarity of attending the same resource, taking part in the activities on offer, being supported by familiar staff and meeting their friends.

Costs vary depending on individual needs from low level support to nursing care for individuals with profound and complex health care needs and 2:1 support.

*We suggest you start your online short breaks search using*

*[www.sharedcarescotland.org.uk/directory](http://www.sharedcarescotland.org.uk/directory)*

*[www.onyourdoorstepfife.org](http://www.onyourdoorstepfife.org)*

*[www.euansguide.com](http://www.euansguide.com)*

## Staying with Family or Friends

Some people prefer to visit family and friends, especially if they don't see them very often. The short breaks team will do their best to find you suitable accommodation close to your family or identify a care organisation to provide you with care in a holiday home or your relative or friend's home.

You may prefer to stay nearby so that your family and friends can visit you. You can use your budget to fund your share of the accommodation costs and your care and support.

### Booking your own break

Many people choose to book a hotel, B&B, lodge, cottage or caravan for their overnight break. There are a growing number of fully accessible properties, some which offer accessible rooms with tracking hoists, wet floor showers, adjustable beds, stair lifts, etc.

Like any break away, prices vary depending on where and when you go. There are bargains to be had if you can travel out with the school holidays.

If you don't have a personal assistant or family member to accompany you, the Short Breaks Team will do their best to identify a care provider to support you during your break.

## Pooled Budgets

Pooling together your personal budget with friends has long been recognised as a cost effective option. It makes your annual short break budget stretch further and you also get the chance to spend your break with friends. For example, a weekend city break to a concert staying in a Travel Lodge, a trip within the UK or a European destination.

If you are considering pooling your budget with a friend and they have already agreed that they would like to do this, please get in touch with the Short Breaks Team and they will be happy to support you.

### Package Holidays

There are all kinds of package holidays available these days. Some specialise in trips for people with specific conditions, such as dementia friendly holidays, assisted cruises, adapted transfers, coach tours and resort breaks.

You may prefer a specialised activity break such as photography, painting, walking or a boating holiday. The Ocean Youth Trust and Jubilee Sailing Trust specialise in sailing adventures.

[www.oytscotland.org](http://www.oytscotland.org)

[www.jst.org.uk](http://www.jst.org.uk)

[www.mindforyou.co.uk](http://www.mindforyou.co.uk)

[www.disabledholidays.com](http://www.disabledholidays.com)

*If you would like to discuss your short break options please phone or email the Short Breaks Team who will be happy to assist*

*Tel: 03451 555 555 extension 440069*

*Email: [short.breaks@fife.gov.uk](mailto:short.breaks@fife.gov.uk)*