



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 are given choices so that they can have a break that meets their personal outcomes and circumstances.



What is Fife Short Breaks Service?

Fife Short Breaks Service offers information and support to adults (aged 16-65) who have been assessed as being eligible for overnight 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 overnight 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.

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 of your choice) manages your annual budget for you.

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 travel, accommodation and activities via any of the self-directed support options.

You cannot spend your annual budget on the following:

- ✖ Activities, goods or services which do not contribute to the outcomes agreed in the cared for person's support plan.
- ✖ Holiday spending money.
- ✖ Travel Insurance.
- ✖ Activities which unreasonably endanger any person and put their safety at risk.
- ✖ Drugs, alcohol or tobacco.
- ✖ Illegal activities.
- ✖ Gambling or financial investments.
- ✖ Funding health care that should be met by the NHS unless budgetary arrangements have been put in place between agencies to permit this.
- ✖ Items or services which other sources of income should normally cover eg: household bills, clothing and furnishings.

What Short Breaks do other people take?

Option 1 example

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 Fochaber's 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, Aaron's mum



What Short Breaks do other people take?

Option 1 example

Activity Break

Linzi goes to Calvert Trust in Kielder for her overnight short breaks.

The Trust specialises in activity breaks for people with disabilities and provides specialist equipment so that everyone can take part.

Linzi has tried canoeing, rock climbing, abseiling, horse riding and other outdoor activities. She says "I always come away from my activity breaks feeling on top of the world and that I have accomplished something I always thought impossible.

Having the flexibility of direct payments allows me to book my short breaks to coincide with friends who have the same illness as myself. This way I get to spend time with people who fully understand how I am feeling. We get the chance to catch up with each other and share our experiences. My parents get respite as well as they have free time whilst my friend's parents stay with us. My parents return the favour which gives everyone a break."



What Short Breaks do other people take?

Option 1 example

Hotel and Caravan Breaks

Elizabeth chose SDS option 1 to give her flexibility. She has used her individual budget to go to hotels in Blackpool and Wales with her husband and uses local care agencies to provide her care and support. All of the hotels are adapted and meet her mobility needs as a wheelchair user. She has also been on caravan breaks to accessible caravans in Shell Bay and Craig Tara and has stayed in Crowne Plaza Hotels in Edinburgh and Glasgow which have an adapted room complete with tracking hoists. She has identified staff to assist her on her next break so that her husband can have a complete break from his caring responsibilities. They are planning to go on a cruise later this year.

Option 1 example

Visiting Family

Mrs S chose SDS option 1. She visits her parents who have had their house fitted with a ramp and other adaptations so that she can stay with them. She uses her annual budget to pay a local care agency to carry out all personal care tasks so that her parents do not have to do this. Her husband gets a much needed break and Mrs S can see her parents without worrying or expecting her parents to assist with her care. Mrs S has also used her annual budget to stay in hotels in Dundee with a friend and Leuchie House in North Berwick.

What Short Breaks do other people take?

Option 2 example

A change of Scenery

Shannon is 24 years old. She 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.

Shannon's dad did not want to manage her budget so chose SDS Option 2. He booked a cottage of their choice for a week through Cottages4U and Fife Council settled 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 states 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?

Option 3 example

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 his assessor arranges the overnight 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 enjoys the varied activities and getting to know new staff.

Other links you may find useful...



www.onyourdoorstepfife.org



www.euansguide.com



www.sharedcarescotland.org.uk



www.fifevoluntaryaction.org.uk



www.fifecarerscentre.org



www.sharedcarescotland.org.uk/respitality



www.welcometofife.com



Supporting the people of Fife together

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Alternative Formats

The information included in this publication can be made available in large print, braille, audio CD or tape and British Sign Language interpretation on request by calling 03451 55 55 00.

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