



RESPIRE AND SHORT BREAKS



Carers of West Lothian

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RESPIRE AND SHORT BREAKS

Caring can be a full-time job and carers are often in need of time off for themselves. The benefits of having time off from caring can be enormous, allowing for the opportunity to catch up on sleep, visit friends, do some shopping, or just spend a few quiet hours doing what you want to do. Breaks can be for a few hours each week, or for several days or weeks throughout the year or at short notice in an emergency.

There can be difficulties in taking a break from caring. The person being looked after may be reluctant to accept care from anyone else or you might feel that the alternatives on offer are not appropriate to your needs. You could possibly feel guilty about spending time away from the person you care for. But it is important that you can take a break to safeguard your own health and enable you to cope. You should also remember that the person you care for could also benefit from a change in surroundings, and a chance to meet new people.

ELIGIBILITY AND ASSESSMENT FOR RESPIRE

West Lothian Council assess the needs of carers and the person being cared for against set eligibility criteria to decide whether a short break would be an appropriate form of support.

Respite will be assessed in line with West Lothian Councils Contributions Policy, meaning individuals will be charged for services. The amount charged will vary from person to person as it will be based on individual financial assessment and ability to pay.

For more information on eligibility and contributions visit: www.westlothianchcp.org.uk

Call local social work services on **01506 284848** or contact **Carers of West Lothian on 01506 448000**.

When considering opportunities for short breaks, people will have access to the full range of options and choice available under Self Directed Support (SDS) – see community care factsheet for more information on SDS.

TYPES OF RESPIRE CARE AVAILABLE:

Support at Home

Care and support can be provided in an individual's own home. This normally involves a trained carer coming into their home for short periods to allow you to go out. It could also, for example, involve the person being cared for having help to have some time out in the local community.

Support in a Specialist Residential Setting

It is possible for respite care to be provided in a residential setting where staff are available round the clock to offer care and support.

For further information or advice on respite/short breaks from caring, contact the local social work services:

Adult Services 01506 282252

Older People Services 01506 284700

Child Disability Service 01506 282252

Children's Services:

Bathgate 01506 284700

Broxburn 01506 775666

Livingston 01506 282252

SHORT BREAKS

The Short Breaks Fund, including the Time to Live Programme, is managed by the National Carer Organisations through Shared Care Scotland, on behalf of Scottish Ministers. The Short Breaks Fund also incorporates the Better Breaks Programme which was launched in November 2011 and provides funding to improve the range and availability of short breaks. The Time to Live Programme is funded by the Scottish Government as part of their commitment to the development of Short Breaks for the benefit of Carers and those they care for.

The purpose of the Time to Live Programme is to improve the range, choice and availability of short breaks so that Carers and the people they care for have a better quality of life and feel better supported in their caring relationship.

We know that having a short break can make an enormous difference to Carers and the people they care for by providing the space to rest, be themselves, pursue a hobby, catch up with friends or just relax and recharge. For some people a short break is something they enjoy having with the person they care for, and for others it is enjoying quality time apart.

Carers of West Lothian has secured funding in the past to provide short breaks for Carers through the Time to Live Programme. Check our newsletter and social media to find out the current position regarding funding.

Web: www.carers-westlothian.com

Facebook: Carers of West Lothian

Twitter: @carersWL