

SHORT BREAKS SERVICES STATEMENT SUMMARY

This is a summary of our [Statement](#) that lets unpaid carers know how we can support them to have a break from their caring roles, and how a break can be personalised so that it is meaningful to them.

1. AN UNPAID CARER IS...

A person of any age who looks after someone else ('cared-for person') such as a child, parent, sibling, partner or friend, typically due to any type of illness, disability, disorder, or because the person is elderly or frail. They may provide emotional support, practical support or physical support to the person they look after. They are not employed to do this.

2. A SHORT BREAK IS...

Anything that can help carers to have a break from their caring role, to help support the caring relationship, and promote the health and wellbeing of the carer. This could range from going to the cinema, a day or longer trip away, or taking up dance classes. A 'break' could even be a piece of equipment such as a laptop, which may help to reduce social isolation or to retain independence. It may be help to allow the carer and cared-for person to go out for a nice dinner or it may fund short term residential care for the cared-for person so that the carer could have a complete break.

3. THE ELIGIBILITY CRITERIA...

Is used to determine the level of impact the caring role has on the carer in their lives. If the carer has significant support needs, Perth & Kinross Health and Social Care Partnership (PKHSCP) commit to finding a way to support the carer to meet their identified needs. This may be through a Self-directed support (SDS) package, in which the carer can choose an option that would best help them to meet their needs.

If there are low or moderate support needs, Perth & Kinross Association of Voluntary Services (PKAVS) can help with advice or access to other funds to meet those needs. Depending on the needs of the carer, this could be going on trips or joining activity groups for young carers, or a weekend break or social therapies for adult carers.

4. TO ACCESS A SHORT BREAK...

A carer can contact PKAVS Carers Centre or the Access Team at PKHSCP for an [Adult Carer Support Plan](#) or a [Young Carer Statement](#). Adult carers are at least 18 and have left school. Young carers are aged under 18, or are 18 and still at school. Carers do not need to have either of these to access short breaks at PKAVS but will need one to access funded support at PKHSCP.

There are also other organisations that provide a range of services, which we could put the carer in touch with.

5. FOR MORE INFORMATION...

Contact [PKAVS Carers Centre](#) on 01738 567076 or the [Access Team at PKHSCP](#) on 0345 30 111 20. To view our full short breaks services statement online, visit: www.pkavscarershub.org.uk.

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