

2025/26 CRITERIA FOR SHORT BREAK 'TIME TO LIVE' GRANTS



1. The applicant is a carer. A carer is:

Carer: A person who provides (or intends to provide) care for another person – but not: (i) if this is only because of that person's age (where they are under 18); or (ii) if you are caring because you have a contract or as voluntary work. A carer can be caring for someone for any number of hours and does not need to be providing a substantial amount of care for someone on a regular basis.

Young carer: A carer (as defined above) who is: (i) under the age of 18; or (ii) 18 or over but still attending school

Young Adult carer: Someone who meets the criteria for a carer above and is aged 18 or over and not attending school. [source: Carers (Scotland) Act 2016]

2. The applicant is currently caring for someone of any age and the applicant's caring responsibilities are having an impact on their own health and wellbeing.
3. The break will benefit the carer's overall wellbeing.
4. Applicants can only receive **ONE** grant per year. If there is more than one carer in the family, only one application can be received per household, unless there is more than one cared for person in the family. If there is more than one cared for person, more than one carer can apply from the same household if the applications relate to different cared for persons.
5. Young carers can apply in addition to another carer from the same household, even where there is only one cared for person.
6. Details of the intended break are to be provided, along with a clear costing and a brief description of how the break will benefit you.
7. Applicants must also confirm if they have received a short break grant from another source e.g. The Family Fund – Take a Break Scotland (TABS)
8. Applicants must also complete a Health and Wellbeing Questionnaire when applying. This will be taken into consideration by the panel when the applications are being assessed.
9. Other forms of support will be taken into account when assessing the application eg SCAS, local authority respite, care at home
10. If the fund is oversubscribed, priority will be given to carers who have not previously applied to the fund in the last grant period.
11. As part of the conditions for the grant you will need to send us receipts for your Short Break. We also require that you fill in an evaluation form telling us about your Short Break which can be done online or a paper version can be completed. This helps us to monitor the success and up-take of the project

Priority will be given to:

- Carers who do not have other family members to support them
- Carers who are experiencing social isolation
- Carers who have health and wellbeing conditions themselves

Notes about the Application Process

1. Grants will be allocated throughout the year at short break panel meetings. Our meeting dates for this grant year are **30th June 25, 18th Aug 25, 30th Sept 25, 11th Nov 25 and 13th Jan 26**. Applications that are time critical can be assessed at the panel's discretion in between meetings. Applicants will be advised within three weeks of the meeting the outcome of their application. Any grant awarded will reflect a contribution towards the break, subject to a maximum amount of **£300**.
2. Applicants may be contacted by a staff member to discuss their application if further information is required.