

FEEDBACK FOR

DOING THINGS DIFFERENTLY

Our event on the 18th November was all about how carers and the people they care for can have opportunities to have breaks in different ways. A short break is any form of service or assistance which enables the carer(s) to have sufficient and regular periods away from their caring routines or responsibilities. Their purpose is to support the caring relationship and promote the health and well-being of the carer, the supported person, and other family members affected by the caring situation. This information hopefully provides some feedback on the ideas that were shared on the day.

Respite

VAS operate the Respite scheme. The idea is for hospitality providers to make a 'gift' for a full-time unpaid carer and a companion. For example; an overnight stay, a day-pass to a leisure club or spa, dinner, afternoon tea ... Unpaid carers can have a short break away from their demanding caring responsibilities and time to recharge their batteries. One carer explained how her motor bike ride had been a brilliant opportunity for her to relax and make memories.



Shared Lives

Ben from Shared Lives came up to explain how this scheme works in other areas of Scotland. The scheme is a family based, paid for, regulated form of care where the paid Shared Lives carer provides some of the care and support required from within their own home, sharing their home and family life. For some people this might be a long term live-in arrangement, for regular short breaks, day support or a mix of all of them.

Here is a short video of how it works.
<https://www.youtube.com/watch?v=Zx02T23F8II&feature=youtu.be>

Although we haven't got this scheme in Shetland at the moment, there was a lot of interest following the meeting and people are following up how this can be taken forward

Shared Care Scotland Directory

The directory holds information on short break and respite services covering all forms of service including, for example: home-based and residential based respite, family placements, befriending, holiday breaks and accessible guest houses and hotels.
<https://www.sharedcarescotland.org.uk/>



VAS Carers Support

Shetland Care Attendant Scheme

The majority of their current service is offering a person (care attendant) to go in to a carer's home to look after their loved one or dependent so that they can have a well deserved break from their caring role.

SCAS are looking at some new services and if people are interested they may be able to offer the following:-

Pop in and check service

Domestic service / shopping service

Over night respite service

Badaguish Trip

May & Dylan came along to tell us about their trip to Badaguish Holiday Care Lodge in Aviemore, and the Calvert Trust. Both providers offer fun, sociable and safe short respite breaks for children and adults who have a learning disability and those with more complex care and support requirements. They provide a varied programme of outdoor activities (put together based on individual choice and ability) and have any care and support requirements provided 24 hours a day by qualified and experienced staff. May said " We had always gone on holidays before as a family, and Dylan was a part of that, participating when he could. When we went to Calvert Trust, everything was set up for Dylan and it was magical to see him being able to take part in everything they had to offer from swimming, canoeing, and carting, to doing his first ever zip-wire!"



Gaada



Gaada offer 2 'trial' workshops at their art studio in Burra where people come along and see if they like it, then they sign up to a monthly 'subscription' where they are booked in for a few months of workshops. You need absolutely no previous experience and they say don't worry if you were bad at Art at school - often these people produce the best things! They very much believe that art is for everyone and there is no such thing as 'bad at art.'

What next?

These are just a few ideas of what people can do to make a short break interesting and worthwhile for both the carer and the person that they are caring for. Would now be a good time to look at something different for your situation? We are looking for 5 or 6 families who may want to try something different (Jan / Feb time). We would like to work with them to plan what a short break would look like for them and offer them a small budget to try it out.

Interested ?

If you are interested in any of the ideas that are shown here or want to be one of the 6 families who could be supported to plan a short break then please contact Karen or Kirsten at Voluntary Action Shetland. Email: carers@shetland.org or Tel: 01595 743923