A screenshot of a cell phone

Description generated with very high confidence 

**2020/21 CRITERIA FOR SHORT BREAKS GRANTS**

1. The applicant is currently caring for someone who is 21 years or older.
2. The applicant is doing a significant amount of caring, which is having an impact on their own health and wellbeing.
3. The break will benefit the carer’s wellbeing.
4. Applicant can only receive one grant per year and if more than one carer in the family, one per household (this excludes young carers who can apply in additional to another from the same household).
5. Details of the intended break to be provided, along with a costing.
6. Applicant has not received a short break grant from another source eg Alzheimer’s Scotland
7. Other forms of support have been taken into account eg SCAS, local authority respite, care at home
8. If the fund is oversubscribed, priority will be given to carers who have not previously applied to the fund in the last grant period.

**On receipt of your short break grant application, VAS Carers Support Workers will talk with you about your Health and Wellbeing and measure your scores in certain areas. These will also be taken into consideration by the panel when the applications are being assessed.**

**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 problems themselves

**Notes about application process**

1. Grants will be allocated four times per year at short break panel quarterly meetings. During the pandemic, meetings will be held more regularly. Our final two panel meeting dates for this grant year are 24th March 2021 and 14th April 2021. Applications that are time critical can be assessed at the panel’s discretion in between meetings. Applicants will be advised within one week of the meeting the outcome of their application.
2. Any grant awarded will reflect a contribution towards the break, subject to a maximum amount of £150.
3. Carers may be invited to meet with VAS Support Worker to discuss their application if further information is required.

**Other Short Break Option - Respitality**

We also offer short breaks through our Respitality Scheme and these can be offered to carers who aren’t eligible for Short Breaks while carers can also apply to both Short Breaks and Respitality. Where appropriate Respitality breaks can also compliment the Short Break grants.

The Respitality Scheme is where short breaks which have been gifted to us by local businesses are passed onto carers who are registered with the Scheme. You can find out more information at <https://www.shetlandcarers.org/support/breaks/respitality> where there is also an online application form.