 

**2025 CRITERIA FOR RESPITALITY BREAKS**

1. The applicant’s caring role is having an impact on their own health and wellbeing.
2. The break will benefit the carer’s wellbeing.
3. Applicants can only receive **ONE** Respitality break 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.
4. Applicants should also complete a health and wellbeing survey.

**Priority will be given to:**

* Carers who have not received a break from another source
* 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

**We will use a panel to award Respitality breaks and a shortlisting form will be completed for each applicant. This will also take into consideration your Health & Wellbeing survey scores. Breaks will be offered immediately to carers deemed as higher priority. Breaks may be offered at a later date to carers deemed as lower priority.**

**Some points to bear in mind:**

* The offer of a Respitality break is for the carer and **one** companion where relevant, and cannot be passed on to anyone else. These are usually not suitable for families.
* You may need to bring photo ID to show you are the person to whom the break has been allocated to.
* If you find that you are unable to take up your Respitality break for any reason, please get in touch as soon as possible so that we can allocate it to another carer.
* Carers are responsible for arranging alternative care for their cared for person, should it be required. If you find making arrangements difficult, let us know and we will try to advise you.
* Carers must make their own arrangements for any travel required to get to the venue. Please get in touch if you have difficulty making travel plans and we will help you look over the options.
* Although Respitality breaks are offered to carers without charge, the range of facilities included in the offer vary according to the provider and carers are responsible to meet any costs that fall outside that of the offered break.

If you would like to apply for a Respitality break please either complete the online application form at <https://www.shetlandcarers.org/support/breaks/respitality> or we can send you a paper version – email carers@shetland.org or telephone 01595 743923.

**Please note, you should not contact the Gift Providers directly to discuss Respitality.**If you require more information on the Respitality services offered by these providers, please get in touch with us.