

Taxpayer's money: Trips, tents and trampolines.

How do we justify spending on 'short breaks' for carers in an age of austerity?

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Take a Break

Scotland's Short Break fund for disabled children, young people and their families

Administered by Family Fund

Workshop aims

- The wide ranging wellbeing benefits for carers and their family members
- The way in which this model supports the personalisation agenda
- The benefits of the business model in terms of accessibility, cost effectiveness and ease of administration



Is a short break a luxury?

- Everyone benefits from a break from their daily routine
- Caring has a wide range of impacts



Essential, not a luxury

- Supports the health and wellbeing of all family members
- Helps sustain families
- Supports their resilience
- Can enable them to take a 'risk'
- A necessity to negate the financial impact of caring



Being clear of purpose

- Keeping messages clear of the benefits
- Understand the role of short breaks as part of the 'solution'
- What might happen if we do not support carers?



Anticipation is just the start..

- Planning and researching
- Relaxing or having a break from routine
- Spending time as a family / bonding
- Enjoying activities together as a family
- Siblings being able to have a break and spend time with their parents
- A change of scenery and experiencing a new environment
- Parent carers having a break
- Being in a supportive, safe or disabled friendly environment
- Seeing their disabled child enjoying themselves

Source: Independent Evaluation of TAB (2015)



Benefits for the child

Parent carers report a wide range of wellbeing benefits for their disabled child. They told us:

- They enjoyed themselves
- They have happy memories or enjoy sharing stories
- They are happier or more relaxed
- They had new experiences
- It has improved their confidence or independence
- They were able to socialise
- They are looking forward to going back
- It improved their condition
- It has inspired or stimulated them
- It improved their communication



Take a Break

- Cost effective
- Does not divert resources
- Easy to apply for
- Wide target audience
- Bureaucracy / administratively light
- Technology



Personalisation – what does that mean to families applying to Take a Break?

To reflect personalisation, short breaks must take a wide range of forms.

- A contribution to holiday costs (accommodation, travel, meals, insurance)
- Equipment (specialist, camping, sport and play)
- Contribution towards additional carer costs
- Membership or subscription costs
- Clubs and activities costs
- Days out; weekend breaks, overnights
- Travel/ transport costs



What families and young people want

“Fantastic! We bought an adult swing for our back garden. It has been a HUGE success, bringing our son so much pleasure and enjoyment. The swinging sensation also benefits his sensory needs. Best money ever spent!”

Parent of disabled child age group 12-16: child with autistic spectrum disorders, heart disease and mental health condition



Simon's story

- Simon is a young person with Down's Syndrome
- Has received Take a Break grants for short breaks
- [This is what a short break can look like!](#)
- Demonstrates how Take a Break grants can support other short break provision
- Meets GIRFEC perfectly
- Grants given relate to carer's personal outcomes



Supporting personalisation

- Effective short breaks must be designed to take into account each family's individual circumstances and their desired outcomes
- Effective short breaks can support other Government strategies – play strategy, GIRFEC, carers outcomes, siblings, etc.



Going forward

- Demand
- Expectations
- Longer term aims - expanding age range from 20 years plus?



Key things to take away

- Accessible
- Listen to what people want
- Listen to what people do not want
- Small amount of cash can make a difference
- Get evidence
- Show the benefits (aka what's in it for the funders?)



Question time!

