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Welcome

Welcome to *Breaking News* the newsletter of Shared Care Scotland.

Shared Care Scotland is a registered charity with a unique remit to promote the development of short breaks and breaks from caring for carers and cared for people within all sections of society.

This newsletter is aimed at all those with an interest in this area of work including service users, carers, practitioners, providers and policy makers.

With the newsletter we aim to keep people up-to-date with recent policy and legislation affecting carers and service users, and generally share views, news and information on the development of short break and respite services.

The next edition of *Breaking News* will be published in the Autumn. If you are reading someone else's copy of *Breaking News* and would like to receive your own then send us your name and contact details.

Young Carers Residential Project 08

On a very snowy April week, eleven young carers from across Scotland came together at the Badaguish Centre near Aviemore to take part in a week long programme of outdoor activities and media skills training. YCR08, as it became known, was the result of a three-way partnership involving Shared Care Scotland, Scottish Young Carers Services Alliance and the Edinburgh based communication training company, Media Education. Funding was provided by Youthlink Scotland's Opportunities Fund.

The aim of the week was to give a group of young carers aged 16-18 a break from their caring responsibilities, and at the same time provide the opportunity to develop new skills and enjoy new experiences.



Expressive arts and drama were used throughout the week to explore some of the challenges facing young carers. The group was also introduced to media skills which culminated in a visit to the local radio station and a live interview! The group plan to use these skills to raise awareness of young carers issues locally and they have been invited to help with media and communications at the first Scottish National Young Carers Festival in September 2008.



We are now putting the final touches to a DVD, created by the group, which can be used to raise awareness of young carers issues. Anyone interested in receiving a copy should contact Shared Care Scotland. A small charge will be made but any proceeds will be shared out amongst the young carers groups involved.

Many thanks to the group leaders who helped throughout the week, especially Ann Marie from the Edinburgh Young Carers project, and Neil and Fiona from Media Education.

Concordats, Single Outcome Agreements & Respite Care

Update on national policy developments

Following the Comprehensive Spending Review and Scotland Budget announcement in February, the Scottish Government has repeated its commitment to making progress towards an additional 10,000 weeks of respite care provision over the next three years. In volume terms this amounts to almost a 30% increase in the services currently available, based on annual return figures to the Accounts Commission. The target will also be coupled to new Scottish Government Respite Care Guidance which is due out later in the summer. The Guidance, targeted at local authorities and their community planning partners, aims to improve the quality of planning for respite care, emphasising the importance of moving towards alternative, more flexible, person-centered services.

"At a time when respite provision is set to expand it is particularly important that the updated respite guidance provides service planners and providers with clear advice about the value of respite care and short breaks."

*Shona Robison MSP, Minister for Public Health
Presentation to Shared Care Scotland/COCIS event, November 07*

These are encouraging developments but questions remain about the means of delivery and performance measurement. We have little information about what additional resources will be available to achieve the extra 10,000 weeks, and there is no requirement on local authorities to protect, or indeed enhance, their budgets for short break services. However the Government has made it clear, through its Concordat with local authorities, that there should be much closer public involvement and scrutiny at all stages of local

decision making. The processes for achieving this should be clearly stated in their local outcome agreements and action plans. Carers and users of services can therefore expect to be much more involved in determining the services that will support them, and monitoring the delivery of these services to ensure they achieve the benefits intended.

In England we see a different picture. £370 million has been specifically allocated by the Westminster Government for the development of short break services for children with disabilities and their families. This is an unprecedented level of investment. Enfield Council in north London, which has approximately half the population of Edinburgh, will, for example, receive £2.8M to spend on service improvements over the next three years. It is disappointing therefore that there appears to be little sign of similar investment here in Scotland. Furthermore, there are now moves to introduce a statutory duty on local authorities to provide short break services for children and their families assessed as requiring these services.

Perhaps now more than ever Scotland's carers, and those who work on their behalf, need to raise their voices. We need to connect directly with our elected councillors many of whom will be new to local government. The message we need to convey is clear. Carers are essential to the effective delivery of health and social care in your local area. Carers need support to continue caring. Short breaks are universally recognised as an essential form of support preventing the breakdown of caring relationships. Use your leadership to support carers and give them, and the people they care for, an improved quality of life through access to regular, reliable and appropriate short breaks. Make this a win win situation.



Link to clip of Shona Robison's video intro to Shared Care Scotland/COCIS consultation event: <http://tinyurl.com/3fv8no>

A Little Break Would Be Nice...

Carers from Clackmannanshire research local short break provision

Congratulations to Jeanette Fisher, Susan Macnab, Joyce Milne and Isobel Thomson, four carers from the Clackmannanshire Learning Disability Carers Group on their impressive research paper into the respite needs of carers of adults with learning disabilities living in the family home. The research was carried out with support from Rachel Hunter at the Alloa Carers Centre and with funding from the Scottish Community Action Research Fund. Research mentor Iyaah Warren provided guidance and training to the group on research methods, ethical guidelines, interview skills, data collection and report writing. The report was launched in Alloa in March 2008 at an event attended by Keith Brown MSP.

The report examined provision across the Clacks area. The main conclusions were:

- The need for a more consistent approach to providing information on respite options and entitlements
- Better planning and preparation leading up to a break with better communication between the carer and service provider
- The need for more choice in respite provision, and more purpose built, accessible provision
- Better pay and conditions and staff training to achieve continuity and higher standards in paid care services

For more information please contact Alloa Carers Centre:
 alloaoffice@centralcarers.co.uk, tel; 01259 219288

Respite...in other words

Relaxing Experience Saving Premature Institutional Treatment for Exhaustion

Rush around or is there a better way to
Experience the possibilities of life? To
Savour special moments? To
Put myself first for once? To find
Interests that have lain dormant?
Time to share moments with someone else?
Everyone should have the chance.



(Thanks to Philip Bryers and Elspeth Murray for these. Produced at the Board Away Day, April 2008.)

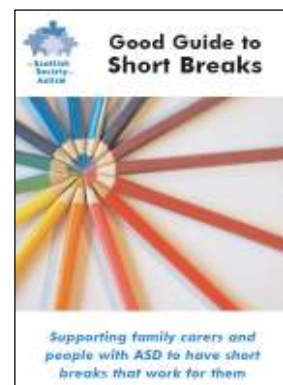
Good Guide to Short Breaks

Supporting family carers and people with ASD to have short breaks that work for them

On the 22nd May, the Scottish Society for Autism will be launching their good practice guide to short breaks. The launch will take place at the New Struan Centre for Autism in Alloa at an event for service planners and commissioners, co-hosted with Shared Care Scotland.

The guide has been written to provide advice to family carers and adults with Autistic Spectrum Disorder (ASD) on finding and planning short breaks. It suggests ideas for what needs to be in place to develop good short breaks and to help people access these.

The guide will also be useful to Community Care, Learning Disability and Carer Partnerships and will assist with the effective planning of their short break services.



For further information please contact Chris Whelan at the Scottish Society for Autism: chris.whelan@autism-in-scotland.org.uk

Praise for The City of Edinburgh Council's Short Breaks Team



A recent social work performance inspection of The City of Edinburgh Council's health and social care services commended the work of the Short Break and Opportunities Team. The Team offers a range of alternative breaks for people with learning disabilities and older people including supported holiday breaks and befriending services. The inspection report praised in particular the imaginative and person-centered approach to service planning.

With regard to other respite services, inspectors did express concern at the lack of capacity and choice across the Council area as a whole, recommending action to improve home care provision, increasing access to respite services for young people with learning disabilities and services for people in transition between children and adult services. A review of short breaks and respite care is now underway to identify steps to address these areas.

Link to SWIA Report: <http://tinyurl.com/69qofo>

Link to Edinburgh Short Breaks Team: <http://tinyurl.com/5h97ao>

Something To Look Forward To

New DVD resource to help carers make the most of their short breaks

This DVD has been commissioned by Shared Care Scotland to provide advice and encouragement to carers and care recipients who are considering using short break or respite services, perhaps for the first time.



The DVD is also aimed at those who plan or provide services and, we hope, it will contribute to the wider campaign to improve the quality, choice and flexibility of short break services available.

In 'Something To Look Forward To', carers and service users share their experiences of using respite care, and offer advice on how to plan and prepare for a successful break. Additional resources include a 'Glossary' of the different types of break, case study examples of alternative breaks and contact details for organisations that can provide further information and support.

The DVD costs £15.00 and can be ordered from Shared Care Scotland. An order form can be downloaded from www.sharedcarescotland.com

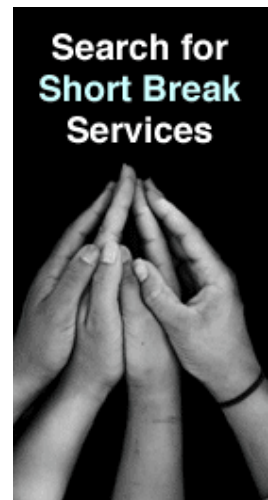
See a short clip from STLFT here: <http://tinyurl.com/3fv8no>

OSBIS launches June 2008

New online short break information service from Shared Care Scotland

On June 9th, to coincide with National Carers Week, Shared Care Scotland will be launching an Online Short Break Information Service, believed to be the first of its kind in the UK. OSBIS will be located on a new website www.carebreaksscotland.com.

The purpose of OSBIS is to develop a comprehensive directory of all forms of short break and respite care services across Scotland, from home based to residential type breaks. People will be able to search the directory according to type of break, age requirements, care needs catered for and location. Service providers can upload and maintain their own records once they have signed up as a provider with Shared Care Scotland.



"Easy access to reliable, up-to-date information on all forms of short break and respite services has been high on carers list of support needs for a long time. With the launch of OSBIS we are taking a major step forward to making this a reality," said Don Williamson, Chief Executive of Shared Care Scotland. "In time, we hope that OSBIS will become a one-stop-shop for carers, care recipients and health and social care staff searching for suitable breaks which meet individual needs and circumstances."

Service Providers...We Need You!

If you are a provider of short breaks or respite care services please contact us for details about how to publish your information on the online directory.

Canvas Holidays and Shared Care Scotland

Don't forget that we have teamed up with Canvas Holidays to bring you a superb range of camping and mobile home holidays ... and Shared Care Scotland members can claim an additional 10% of all brochure offers.



"Wake up to the Canvas experience. Resort-style holidays in Europe's most desirable locations; where freedom, fresh air and first-class leisure facilities combine with spacious accommodation and the comforts of home. Three generations of camping connoisseurs have chosen our style of holiday since the 1960s. Now we invite you to relax and enjoy the freedom of a Canvas holiday in 2008."

For further information please see our website:
www.sharedcarescotland.com/news/canvas_holidays.php

New Directors for Shared Care Scotland

Shared Care Scotland is delighted to welcome three new Board members, Esplin Chapman, James McCafferty and Margaret Petherbridge.

Esplin is the owner manager of the Castle Campbell Hotel in Dollar. Before this Esplin spent 25 years with the NHS latterly as Head of Operations for a large hospital trust in London. James has recently retired from the Scottish Ambulance Service where he was General Manager in the NHS Lothians and NHS Borders area. Margaret Petherbridge is from Falkirk Council and has experience



of working within Community Care Services and in particular the implementation of Direct Payments Policy and managing a Short Breaks Bureau which arranges breaks for adults with disabilities.

The Board is also very pleased to welcome back Philip Bryers who served on the Board until 2005. Philip retired from local government in 2001 after over 20 years in social work posts in the West of Scotland, latterly as Head of Community Care in North Ayrshire. Most recently Philip was National Coordinator of the Scottish Dementia Working Group.



Shared Care Scotland has entered into a three year joint-working agreement with the Coalition of Carers in Scotland.

The purpose of this agreement is to bring together the expertise within Shared Care Scotland and the Coalition of Carers in Scotland, with the aim of improving the planning and delivery of respite and short break provision.

Creative Models of Short Breaks for People with Dementia

New fact sheet from the Care Services Improvement Partnership

The aim of this fact sheet is to provide commissioners, providers and planners with information on a variety of innovative models of short breaks. It also aims to inform commissioning decisions by:

- Stimulating debate and understanding of the concept of short breaks in the context of the current policy agenda to provide 'personalised' services.
- Reviewing available evidence on short breaks services.
- Suggesting principles that will enable the outcomes specified by service users and their carers to be met.

- Providing information on a range of innovative models of care, as alternatives to the traditional 'one or two weeks in a care home' model.

Copies of the fact sheet can be downloaded from

<http://www.sharedcarescotland.com/publications/index.php>

Young Carers Festival 2008

500 Young Carers from all across Scotland will come together for the first time on the 13th and 14th of September 2008 to decide the future format of a National Young Carers Forum.

The Festival will allow the Young Carers to come together and discuss issues which are important and relevant to them. There will be opportunities for the Young Carers to engage with MSP's and other key decision makers, raising awareness of Young Carers issues and sharing their caring experiences.

For more information please contact Lorna Goodwin, Festival Coordinator on 0141 285 7935 or lgoodwin@carers.org

Looking Ahead



What's coming up over the next few months?

May

22nd May - Shared Care Scotland/Scottish Society for Autism: Short Breaks for People with ASD, New Struan, Alloa

June

9th-13th June – UK Carers Week

9th June – Launch of Shared Care Scotland's Online Short Break Information Service

11th June – Launch of 'Finding the Balance: Promoting Positive Health'. A carers' resource guide to health and well being, Carers Scotland

17th June – Shared Care Scotland Directors Meeting, New Struan Centre for Autism, Alloa

July

Date TBC – publication of Shared Care Scotland's Practice Guide to Setting Up a Short Break Bureau

Date TBC – publication of Scottish Government's Respite Care Guidance

September

13th-14th September – Scottish Young Carers Festival, West Linton