



### Is there a charge for a short break?

You will normally be expected to pay something towards the cost of your break and a financial assessment will be carried out to decide the amount of your contribution. If you decide to take a more expensive break than the Council usually provides, you will be expected to cover the extra cost.

If you are not eligible for financial assistance but simply want information about places to go, the Short Breaks Bureau may still be able to help with finding a suitable break for you.

For more information or to arrange a short break contact the Short Breaks Bureau at

Oldmeldrum Business Centre

Colpy Way

Oldmeldrum

AB51 0BZ

Tel: (01651) 871251

Email: [shortbreaks@aberdeenshire.gov.uk](mailto:shortbreaks@aberdeenshire.gov.uk)





## What is a short break?

Short breaks offer a carer and the person they care for a break from their normal routine and the often stressful demands of their caring situation.

Short breaks are sometimes described as respite care and are an essential part of the overall support that families and carers need to help them care for a family member, partner or friend.

Short breaks can involve either time apart or time together with extra support and can vary from several hours to a few weeks. They can be provided on a planned basis, as a holiday or in emergencies.

Short breaks offer opportunities and experiences tailored to your needs.

Some examples of short break services are

- Care homes and other specialist residential places
- Short break flats within very sheltered housing
- Activity centres
- Holiday cottages and hotels
- Home support services
- Befriending services

To access short break services, you will need to have a single shared assessment or carers' assessment to find out what you need and how often, and whether you are eligible for financial support.

To ask for an assessment contact your local social work or care management office.



## What is the Short Breaks Bureau?

The Short Breaks Bureau is a dedicated service, set-up by Aberdeenshire Council, to help you to find the most suitable short break.

The aim of the service is to make sure that you can access information about a wide range of short break options, including the kind of accommodation that you would like and the care and support that you will need during your break.

We recognise that where you go and the kind of support you receive is important to ensure that you have a good experience during your break.

## How can the Short Breaks Bureau Co-ordinator help you?

Once you have had a single shared assessment or carers' assessment, your details including an agreement on the amount of short breaks you have been assessed for, will be passed to the Short Breaks Bureau Co-ordinator who will help you arrange a break away from home. The Local Area Co-ordinator or Care Manager will continue to help you to access short breaks at home.

The Short Breaks Bureau aims to meet your needs and your carers by arranging a break which is a positive experience for everyone. The Co-ordinator will assist you to try and find a short break which will meet your needs and include the kind of activities you enjoy.

You can take your break on your own or with family, friends or carers. Aberdeenshire Council can offer help towards your costs, but not those of the people you go with.

Breaks can be arranged locally or further afield as long as there is agreement that the break will not put you at risk of harm.

