

Carers Agency Partnership: Short Breaks Service

What is the Short Breaks Service? The Short Breaks service will provide a personalised, flexible break from caring. Support to the cared for person can be delivered in the home, supporting them to take part in activities in the community or providing support to both the Carer and cared for to participate in activities, short breaks can also provide help with light domestic tasks. Eligibility for this service is aimed to prioritise carers not receiving other forms of support.

Who are carers? A Carer is anyone who cares, unpaid, for a friend or family member who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support.

An Adult Carer or Young Adult Carer in Transition aged 16+ (caring for someone 18+) could be eligible for a CAP Short Break if they need to have this support on a one off or short term basis only.

What is the Eligibility Criteria (who can get a short break):

- Breaks are for adult carers and young adult carers in transition (aged 16-24) who are caring for someone over 18 years old
- Breaks are available for carers (including self-funders) **who do not receive a breaks service paid for by Social Services or Children's Services either directly or through a Personal Budget for themselves or the person they care for** and in the case of young adult carers are not 'children in need'

How many Short Breaks can I access? Carers can receive up to 30 hours of care in any one year. This is the maximum and not an entitlement or allocation. Not all Carers accessing the CAP service will be offered a CAP short break and it will be rare that a Carer receives the maximum 30 hours.

How can I book a Short Break? Telephone or email the CAP Helpline on 0808 808 9876 or cap@carersagencypartnership.org.uk (new dedicated Short Breaks number coming in 2016). You can also contact us on social media Facebook: CAP Norfolk Twitter: @nCAPNorfolk **Breaks should be booked with no less than two days-notice and no more than one month in advance.**

Examples of needs met by a CAP Short Break might include (not an exhaustive list):

- Short period of Carer ill health / for the Carer to attend an occasional health appointment or to receive one-off or very short term treatment or therapy (maximum of 6 sessions in a course of therapy)
- Family Emergency
- To have a one off break where the caring arrangement is under strain and may be at risk of breaking down.
- To help organise and/or attend an important family event / attend a community event or to explore other community based support
- To attend a one- off appointment or event related to their employment, training or education
- A short holiday or a break at home where the caring arrangement has been under strain and would be at risk of breaking down otherwise (maximum is a weekend of 4 days)
- To attend a short course (especially if a Learning Grant has funded it) of up to 6 sessions. Longer courses are not eligible and it would be appropriate to look at Carers PB or alternate funding with the CAP Funding Support Service.