



# Short breaks for service users and their carers

## What is a planned short break?

A planned short break is a break from the routine of caring. It is planned in advance and is not the result of an emergency or crisis in the home, or because of illness of the carer. A short break is usually to give the carer a break from caring.

Some examples of services that provide a short break are:

- residential and nursing homes
- dedicated short break units (e.g. run by the Council)
- the Shared Lives short break scheme
- respite at home ('sitting' services) provided by Home Care agencies

More creative arrangements are possible as well, for example:

- a carer might take the person they care for away on holiday, and use County Council funding to pay towards support costs of the service user in the holiday location (excluding accommodation and food costs which remain the responsibility of the service user).
- the service user's usual Personal Assistant (PA) might be paid to look after the person at home.

## How do I find out if I am eligible for short breaks support?

To access short breaks, the person who is being cared for needs to have a care and support assessment from the County Council. The person who is their unpaid carer needs to have a carer's assessment.

The person who is cared for must live in Nottinghamshire County (not including Nottingham City).

These two assessments together are used to identify the needs of the cared for person and the impact that caring has on the carer's health, well-being and quality of life.

If caring is having an impact on the carer, they may be eligible for short breaks support to purchase a number of weeks paid care to enable them to take a short break. The number of weeks depends on the impact that caring is having on the carer.

The maximum cost of the care provided will depend on the needs of the person who is being cared for. This will be used to decide the maximum amount that can be used to purchase each week of care.

## How are short breaks provided?

If you are eligible for short breaks support, it will include two elements:

- NHS Personal Health Budget. This is funded by the local NHS Clinical Commissioning Groups.
- A further amount which is provided by Nottinghamshire County Council,

These two elements add up to the total amount of short break support that you are eligible for.

The NHS Personal Health Budget is only available if both the carer and the cared for person are registered with a GP in one of the Nottinghamshire Clinical Commissioning Groups. If this is not the case, then all of the short breaks funding is provided by Nottinghamshire County Council.

## Do I have to pay for short breaks?

There is no charging for the NHS Personal Health Budget.

The County Council planned short breaks are provided to the person who is being cared for. Any contributions towards the cost of short breaks is covered by the Personal Budget guidance. The income of the cared for person receiving direct support is assessed to determine if they need to contribute payment for short breaks.

## How do I arrange a short break?

If you have a carer's assessment, the worker who completed this will talk to you about this.

Carers and the person being cared for who are eligible for planned short break services will be offered a personal budget for provision of planned short breaks. This can be taken as a managed service or direct payment. It cannot be spent on any other form of service unless that is to give the carer an agreed additional break.

The NHS Personal Budget is administered by the NHS and they can arrange payment to any provider within the Nottinghamshire Care Directory, or you may be able to have a direct payment to arrange alternative care (if you are in Bassetlaw, you will always have a direct payment).

## What if I have to cancel my break

If you need to cancel a short break, please let us know as soon as possible. This is to ensure the Council does not lose money unnecessarily.

## What is the short breaks policy?

A new policy began on 1 March 2016 outlining the County Council's approach to managing how we fund planned short breaks.

The policy ensures that people are treated fairly and that all carers and the people they care for have their needs assessed in a similar way. They can then be provided with the support that they need. The policy also makes sure that best use is made of County Council funds by providing support where it is needed most.

## How do I find out more about short breaks?

To find out more or to request a carer's assessment:

E: [enquiries@nottsc.gov.uk](mailto:enquiries@nottsc.gov.uk)

T: 0300 500 80 80

You can find out about support available in your community by using:

[www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)

Nottinghamshire Carers Hub provides a range of personalised information, advice and support for all carers:

W: <https://www.tuvida.org/nottinghamshirehub> or

T: 0115 824 8824

E: [nottinghamshirehub@tuvida.org](mailto:nottinghamshirehub@tuvida.org)

## Contact information:

Phone: 0300 500 80 80

E: [enquiries@nottsc.gov.uk](mailto:enquiries@nottsc.gov.uk)

W: [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk)

Deaf / hard of hearing:

- Text relay service: Dial 18001 0115 9774050 from your textphone or the Relay UK app.
- Download the SignVideo app to communicate with Nottinghamshire County Council in British Sign Language via an interpreter. Visit [www.nottinghamshire.gov.uk/contact-us](http://www.nottinghamshire.gov.uk/contact-us) for more information.

Emergency Duty Team: 0300 456 4546

Mon – Thurs: 5pm – 8.30am

Operates 24 hours at weekends from 4.30pm on Fridays to 8.30am on Mondays.

Operates 24 hours during all public holidays.

Phone 0300 500 80 80 if you need the information in a different language or format.

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<https://www.nottinghamshire.gov.uk/global-content/privacy>

