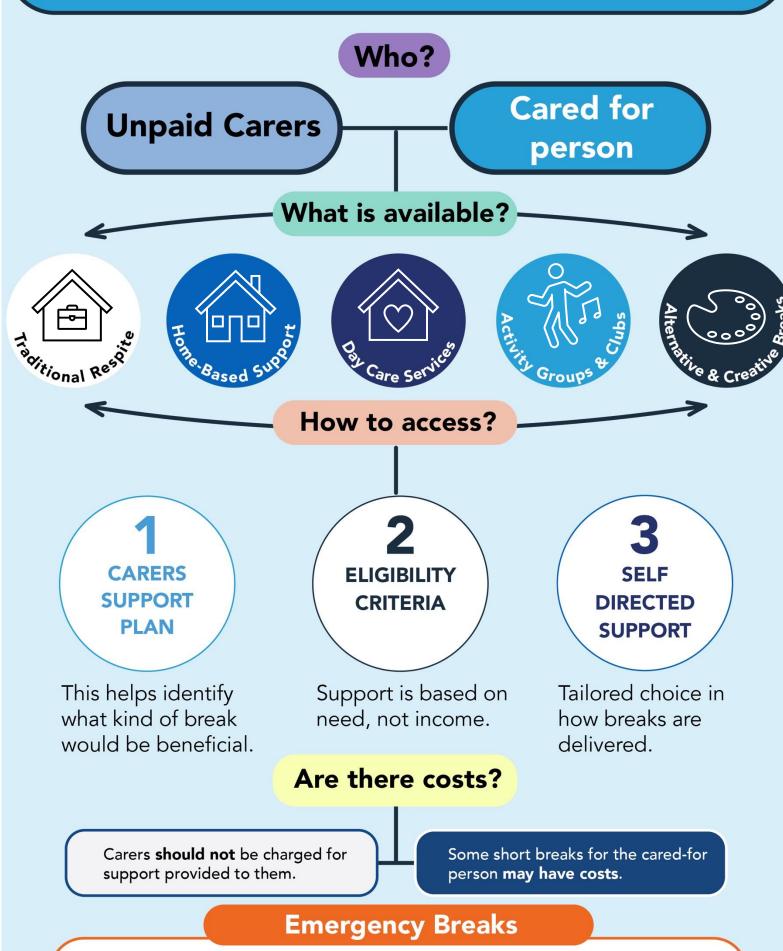
## **A Short Guide to Short Breaks**



If a crisis arises, carers can access emergency support. Planning ahead with an Emergency Plan can help prevent stress in urgent situations.