

A Short Guide to Short Breaks

Who?

Unpaid Carers

Cared for person

What is available?



How to access?

1

CARERS
SUPPORT
PLAN

This helps identify what kind of break would be beneficial.

2

ELIGIBILITY
CRITERIA

Support is based on need, not income.

3

SELF
DIRECTED
SUPPORT

Tailored choice in how breaks are delivered.

Are there costs?

Carers **should not** be charged for support provided to them.

Some short breaks for the cared-for person **may have costs**.

Emergency Breaks

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