

Self-directed support

Short breaks

If you support a disabled person, you probably know the idea of ‘respite’. Often ‘respite’ means going into a residential care home for a short time to give the ‘carer’ a break.

Personal budgets open up some new ways of taking a break. For example, more and more people are taking a holiday with a supporter, rather than spending a week in a care home.



To get more help
contact In Control.
Tel: 01564 821 650
Email In Control
help@in-control.org.uk

Find more fact sheets at:
www.in-control.org.uk/factsheets



LOTTERY FUNDED



This fact sheet was produced by In Control and Mencap as part of In Control and Me, a lottery funded project.
www.in-control.org.uk/icandme

The basic facts

The Government and local authorities have a duty to support carers with their demanding role.

The right kind of short break can help:

- carers to carry on supporting and caring
- carers to maintain good health
- people who need support to develop and maintain skills, relationships and connections in the community.

Everyone and every family is unique.

Everyone has their own idea of what makes a good break. So, it is important that families and people lead the decision about what kind of break to take. It should be their choice.

More information about short breaks

A good break from day-to-day stresses and routines benefits everyone. Regular breaks are a priority for most people.

Breaks are just as important for people who need support and their families.

Everyone is different

Families and individuals are all different and they want to be able to choose the type of break that suits them.

They want a range of options:

- Some people want a weekly break of a few hours – to go shopping, to take part in an activity or maybe just to sleep.
- Some prefer a night or a day out; others need a longer break.
- Most people need different types of breaks at different times.

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Flexibility and choice

People generally want flexibility and choice.

They want to be able to ‘pick and mix’ from a range of options such as:

- holidays in the UK or abroad
- home-based breaks
- help to have a break together as a family
- ‘session’ breaks in the morning, afternoon or evening
- extended opening hours for services already in place
- using ordinary community places and services.

There are a number of things people can do to lead the decision about what kind of break they get:

- A personal or individual budget allows people to be creative – they can use the money to get the break **they** want.
- Doing a person-centred plan or support plan can help people figure out what they want.
- Put together information on holiday breaks – people might discover something they hadn’t thought of before.
- Buy in a ‘session break’ service to provide regular short breaks for one person or a small group.
- Buy in a good support provider that can offer more than ‘care’ – a provider that can use a short break to support people to have a fuller life and activities without relying just on family carers.

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Be imaginative

If you have an individual or personal budget, you should be able to spend money in any way that helps you get the life you want – so long as it's in your support plan agreed by the local authority.

So you really don't have to just take what's on offer as 'respite'.

Some people have even bought a static caravan by the sea. They could show that this would be an affordable way of getting breaks for the whole family – together or separately.

There is a lot of information about self-directed support on In Control's website:
www.in-control.org.uk

Information about short breaks

Direct.gov: www.direct.gov.uk/en/DisabledPeople/TravelHolidaysAndBreaks/

The new and inspiring Rough Guide to Accessible Britain, free to Blue Badge holders: www.accessibleguide.co.uk

Your local authority may have information about short breaks.

About the **In Control and Me** project

A three-year project to produce accessible information for everyone who wants to direct their own support, funded by the National Lottery through the BIG Lottery Fund. You can find out more at www.mencap.org.uk/incontrol or www.in-control.org.uk/icandme

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