

Angus Short Breaks Services Statement



Identifying, Valuing and Supporting Carers as Equal Partners

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Background

The Carers Act defines a carer as “an individual who provides or intends to provide care for another individual”.

You may be a spouse, a parent, a partner, a son or daughter, a sister or brother, a grandparent or grandchild, or a friend. You may have the status of “kinship carer”. If you provide someone with help and support to manage their life, as a result of an illness (physical or mental illness and substance misuse), condition or disability, you are also a carer.

The Carers (Scotland) Act 2016, introduced on 1 April 2018 aims to make sure carers are better supported and able to continue to care, if they wish to, and have a life alongside their caring role. The Act requires that local authorities consider whether their duty to support carers should take the form of, or include, a break from caring.

Under the Act every local authority area must produce its own short breaks statement.

This statement has been developed in consultation with carers and carers organisations – our thanks go to everyone who has contributed. It will be regularly reviewed, and we welcome feedback via

[Angus Carer Centre](#) or [Angus Health and Social Care Partnership](#)

1. Purpose

We are committed to supporting carers to access short breaks, recognising that these can have long term benefits.

The purpose of the statement is to help carers and supported people understand:

- What short breaks are
- Who can access them
- The range of options
- How to access short breaks and find further information

Knowing what is out there gives you a more informed choice and more control over what support is right for you.

Angus Health & Social Care Partnership, Angus Council, Angus Carers Centre and other organisations work together to support carers in Angus. They do this in a variety of ways, to sustain carers in their role and prevent them coming to

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crisis. This may include providing short breaks and aiming to ensure that the right type of short break is available at the right time.

The statement should support all carers and supported people who want to plan short breaks. It covers:

- breaks to support carers whose identified needs meet the [local eligibility criteria](#) and
- short break services that are available to all carers.

1. What is a short break?

Short Breaks can be important in sustaining a caring role. Shared Care Scotland uses the following definition:

“A short break is any form of service or assistance which enables the carer(s) to have periods away from their caring routines or responsibilities”.

The type of short break that is right for you will depend on your individual needs and circumstances. It may be a one-off occasion or a regular opportunity to take a break from your caring role and do something different.

For examples, visit the following websites:

[Shared Care Scotland](#) or [Time to Live Fund](#) or [Angus Carer Centre Respite](#)

2. Young Carers

The way that young carers access short breaks is different.

[Angus Young Carers FAQ'S](#)

A young carer is someone aged 18 or under, or 18+ but still at school, who helps to look after or support a member of their family, due to:

- Physical or learning disability
- Mental illness
- Physical illness
- Neurological disorders
- Drug or alcohol problems

- Chronic or terminal illness

The person the young carer looks after might be their mum, dad, brother, sister, grandparent or any other person close to their family. They may look after the person all by themselves or they may help someone else.

Young Carers have the right to have a Young Carer Statement. The Young Carer Statement contains information about their individual circumstances and their role as a young carer. If a child or young person is in school then they should speak to their named person about a Young Carer Statement. If they are aged between 16 and 18 and not in school, they should contact Angus Carers Centre.

[Angus Carer Centre/Young Carers](#)

The Young Carer Statement should include the support available to young carers locally. In circumstances where short breaks have been identified this should be included within the Young Carer Statement and contact made with Angus Young Carers. The Short Breaks team can support young carers to arrange a break from their caring role.

[Angus Carer Centre/Young Carers](#)

3. Eligibility

Like every local authority, Angus has [local eligibility criteria](#) for adult and young carers and thresholds to access different supports. You will need to complete an Adult Carers Support Plan or Young Carer Statement to find out what type of short break you are eligible for.

If you meet the criteria a worker from Angus Health & Social Care Partnership will support you to explore options best suited to your circumstances. If you don't meet the criteria, support may still be available to you and a worker from Angus Carers Centre can guide you on this.

In the first instance, you can speak to your worker if you, or the person you care for, have one. If not you can contact:

First Contact on 01307 475242 or email firstcontact@angus.gov.uk

Angus Carers Centre on 01241 439157 or email enquiries@anguscarers.org.uk

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- Charging

If you have completed an adult carer support plan and meet eligibility criteria; and a short break is being provided as an agreed form of carer support, you will not be charged for this. However, where this is part of the cared-for person's support plan, they may be required to make a contribution. The Angus Policy on Waiving of Charges for Services to Unpaid Carers is currently in development.

Not all aspects of a short break may be funded. You are free to supplement support above the agreed assessed level if you wish, by private arrangement with a provider.

The worker who is supporting you can tell you more about this.

4. Support available locally.

There are a range of local organisations who work together to support carers in Angus. You may come into contact with some of these throughout your time as a carer. These organisations can offer information about supported holidays, "Respite", funding sources to support short breaks, accessible accommodation and support providers in Angus.

Other useful links can be found in the [Angus Carers Information Pack](#):

5. Feedback

This Short Breaks Services Statement was reviewed in July 2025 and will be reviewed annually thereafter by Angus Carers Strategic Partnership Group. Carers and supported people will be formally involved in this review, and we welcome your feedback at any time throughout the year.

To comment on this statement please contact:

Angus Carers Centre

Email: enquiries@anguscarers.org.uk

Call: 01241 439157

Visit: [Angus Carer Centre](#)

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or,

Angus Health & Social Care Partnership

Email: TAY.angushscp@nhs.scot

Visit: [Angus Health and Social Care Partnership](#)

If you require this information in an alternate format, please contact **Angus Health & Social Care Partnership** on TAY.angushscp@nhs.scot