

Carers' respite and breaks: Call for practice

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CARERS' RESPITE AND CARERS' BREAKS IN ENGLAND CALL FOR PRACTICE EXAMPLES

The [Social Care Institute for Excellence \(SCIE\)](#) and [Carers UK](#) are developing good practice guidance for commissioners and providers of carers' respite and carers' breaks in England.

We are seeking examples from commissioners *and* providers of carers' respite and carers' breaks to include within the guidance and to support our research. The examples should refer to adults who care for adults or young people transitioning from children's to adults' services in England. We are also interested in examples that support young carers as they turn 18 and become adult carers.

We are interested in both well-established and evaluated practice, and promising commissioning and service models across health and social care, including statutory, private and not-for-profit sectors.

To submit an example, please complete this survey by **Tuesday 29 January 2019** or to discuss alternative ways of submitting your example, contact james.anthony@scie.org.uk.

Data protection

Carers UK and SCIE will store the information that you send to us for the purposes of this project only (unless you indicate otherwise). We will analyse and select examples for inclusion in the guidance and related dissemination activities. We may need to contact you for further details and to discuss your example. If your example is selected for inclusion in the guidance, we will contact you to agree the final copy.

You can access SCIE and Carers UK's full data protection and privacy statements here:

[Carers UK privacy policy](#)

[SCIE's privacy policy](#)

1. Name of example/project/service

2. Type of example

- Commissioning or planning carers' respite and/or breaks
 Direct delivery of carers' respite and/or breaks

Is your example about commissioning and planning, or is it about direct delivery of carers' respite or breaks?

3. Organisation name (submitting this example)

4. Contact details

We will use this information to contact you for further details and/or to discuss publishing your practice example

Name

Job title

Email

Tel

5. Organisation type (If this is a partnership project/example, select the organisation type of the lead partner)

- Local authority
 Clinical Commissioning Group
 NHS Trust

- STP or Integrated Care System
- Private sector
- Not-for-profit (e.g. charity, social enterprise)
- Community sector
- Carer and/or service user-led organisation

Other (give details) :

6. Where is this organisation based?

City/Town

County

7. What types of respite or breaks services do you provide or commission? Tick all that are relevant to the example you are submitting.

- Residential care
- Day or night sitting
- Day care
- Holidays
- Technology
- Leisure activities (e.g. cinema trips, day trips, gym etc)
- Befriending
- Carer groups/networks
- Advice and information on respite and breaks
- Support with education or training

Other (give details) :

8. Description

Please include information about: Why the service/commissioning practice was started (e.g. was it based on evidence/demand etc) Aims and objectives What does it involve? Number of people support (carers and the people they support), plus no of volunteers or staff involved in delivering the service Organisations involved Dates when operational Is it a pilot or fully established?

9. Outcomes and lessons learned

Please include findings from any evaluation. Measures could include: carer/service user outcomes (e.g. health, wellbeing, engagement, satisfaction); service outcomes (e.g. reduced hospital/residential care admissions); cost benefits. Please include any lessons learned that might benefit others commissioning or providing a similar plan or service.

10. Co-production

Has this service or commissioning plan been co-produced with carers and/or people who use services?

- Yes
- No

11. How was the service/commissioning approach co-produced with carers or service users?

12. Related weblinks

Please include any weblinks about the service/commissioning practice that you would be willing to share with others

13. Target groups

Who does your service/commissioning programme support? Select all that apply

- All carers
- Carers of older people
- Carers of people with dementia
- Carers of young people in transition from children's to adults' services
- Carers of adults with mental health problems
- Carers of adults with physical disabilities
- Carers of adults with sensory impairments
- Carers of adults with learning difficulties
- Carers of adults with autistic spectrum disorders
- Carers of adults with other long term health conditions
- Carers of adults with alcohol and/or substance misuse problems
- Young carers as they turn 18 and become adult carers

Other (give details) :

14. How many carers does this project/practice support per year?

- Under 100
- 101-300
- 301-500
- 501-1,000
- 1,001-5,000
- 5,001-10,000
- Over 10,000

15. Diverse groups

Is your practice example specifically designed to support carers with these 'protected characteristics' under the Equality Act? Tick all that apply

- Age
- Disability
- Race
- Gender
- Gender identity
- Sexual orientation
- Religion or belief

16. Diverse groups - details

Please provide more information about which groups/communities of carers you specifically support

17. Budget

What is your budget for this service or commissioning plan? Please indicate if this is per annum or other (and give details)

18. How is the service funded? Select all that apply

- Local authority
- Clinical commissioning group
- Integrated care system
- Mental health trust
- National government fund (give details)

Other (give details) :

19. You have indicated that your example is funded by a national government fund. Please give details (e.g. Better Care Fund).

20. What areas are covered by this commissioning or practice example? Tick all that apply

- East of England
- South West
- South East
- London
- East Midlands
- West Midlands
- North East
- North West
- Yorkshire and the Humber
- England - all

21. What kinds of locations does your example cover? Please select all that apply

- Rural
- Town
- City
- County wide
- Region
- England

Other (give details) :

22. Keeping in touch and consent

In order to consider your practice example for inclusion in the carers' respite and breaks guidance, we will need to contact you to discuss it. Before you submit your example, please give us your consent to do this by ticking the first option.

You may also wish to be kept up to date about this project, or added to SCIE or Carers UK's regular ebulletins. You can amend or remove yourself from these lists anytime by clicking on the Unsubscribe/Amend links in any emails that we send you.

- SCIE or Carers UK can contact me about this practice example
- SCIE or Carers UK can contact me about the Carers' Respite and Carers' Break project generally
- Add me to SCIE's ebulletin (SCIELine)
- Add me to Carers UK email list