

GIVE US A BREAK

CARERS SHORT BREAK DEMONSTRATOR SITE

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What the project has offered

- A Social Activity
- Peer support/networking with other carers
- Practical help – replacement care and transport
- Activities which can involve both the carer and the cared for
- Interests outside of caring role
- Enhanced skills



Outcomes Sought

- Carers are enabled to live a life of their own through a range of short breaks that interest them, suit their lifestyle and fit with their future goals
- Carers' physical and mental health and wellbeing as reported by them is improved through opportunities for active leisure, creative leisure, music, arts therapy, and learning.
- The barriers faced by carers which prevent them accessing such opportunities are removed.



Objectives

- To target carers who may not have previously been in touch with services.
- To address the transition needs of carers in the age group of 19-25 years.
- To have a consortium of providers to deliver a range of services, which meet the carers identified needs, and offer opportunities for regular breaks.



Project Operation

- Carer Involvement - a panel of carers involved in how the programme of opportunities and the operating of the project evolves.
- The development of a menu of leisure and learning options in collaboration with a consortium of providers.
- Information, advice and brokerage
- An individualised grant scheme to allow a carer to pursue an activity beyond the extent of the activities in the programme.



Early Learning

- We have 309 members
- 75% of members have accessed a break
 - 60% GUAB activity/opportunity
 - 40% Own Choice.



Early Learning

- Branding and access route have proved successful
- Regular contact through a dedicated project Brokerage Officer
- Single point of access
- The need for constant reinforcement in order to secure success and public awareness



Early Learning

- Reported improvements in general health and well being.
- Low average cost of self selected break activities
- Low requirement for replacement care
- Empowerment of carers



Feedback

How would you rate your overall health and well being before and after the activity/activities you have attended?

	BEFORE	AFTER	DIFFERENCE
Very good	10.8%	14.9%	+4.1%
Good	32.4%	68.9%	+36.5%
Adequate	44.6%	14.9%	-29.7%
Poor	12.2%	1.4%	-10.8%



Early Learning

- Reported improvements in general health and well being.
- Low average cost of self selected break activities
- Low requirement for replacement care
- Empowerment of carers



Feedback

How would you rate the Activities you have attended overall?

Very good	71.2%
Good	28.8%
Adequate	0.0%
Poor	0.0%



Feedback

Would you recommend the Give Us a Break project & activities?

Yes	95.8%
Possibly	4.2%
Don't know	0.0%
No	0.0%
