

Short Breaks Strategy

Disabled Adults 2023-2028

Easy Read



What is the Short Breaks Strategy?

It is a plan for short breaks services for disabled adults who are cared for by an unpaid Carer or a Shared Lives Carer.



Who is the strategy for?

- disabled adults
- Carers (and Shared Lives Carers)
- practitioners and social workers
- providers of care and support
- local communities



Time

What is a short break?

It can be a few hours or a day.



It can be overnight, a few days, or a week or longer.



A short break gives a Carer a time to rest.



It also gives the disabled adult they care for a chance to do something they want to. Such as learning a new skill.

How did we make the strategy?



We talked to Carers and the people they care for.

We also talked to people providing services.



What did Carers tell us?

Carers value and need breaks to stay well and stay in touch with family and friends.



Breaks can help people to be more independent and develop skills

What else is important?

Making sure everyone is included and knows about breaks

Making sure different services are there for people that need them

Making sure that community services are planned better and are accessible



What will we do?

We have set out 6 key themes

1. Vision

Support to develop skills and independence.

A positive, enabling experience for disabled adults

Trusted by Carers.

2. Choice

A range of options for real choice

Noting disabled adults' different needs and Carers' different circumstances.

3. Quality

High quality support

Continuous improvement.





4. Positive experience

Enjoyable Short Breaks services for the cared for person

A trusted, positive, reliable experience for the Carer.



5. Booking and access

An easy to use and understand booking system



6. Information

Clear easy to find information

People know what is available and who is eligible



How will we achieve these aims?

We will coproduce a list of things to be done called an Action Plan.

We will meet regularly to look at the Action Plan and check what has been done.

A Carer (or Carers) will work with us to look at the Action Plan.

The Coproduction Boards will also look at what has been done.



Where can I find out more about the Action Plan?

The Action Plan and more details about the strategy are in the Short Breaks Strategy document.

Find at

www.hertfordshire.gov.uk/strategies

