**VOCAL Wee Breaks Planner**

Short breaks are an important part of the overall support that carers need to help them sustain their caring role and provide support to a partner, family member, friend or neighbour.

Time away from caring can come in many forms and can be planned around particular needs and circumstances of the carer and the person(s) they care for. Some carers may choose to have a break that allows them to get away for a few days, others may prefer to attend a club, leisure activity or social outing on a more regular basis, while some carers may want to purchase a piece of equipment which will make their caring role easier or more manageable.

Carers are encouraged to think creatively and organise time away from caring that is most beneficial to them and compliments their caring situation.

The Wee Breaks planner is designed to help you reflect on your caring role and consider what you would need to be put in place to create your ideal break.

VOCAL’s Carer Support Team will help you plan your break, find funding, apply for grants and share ideas on the type of breaks you may enjoy. The planner allows our Carer Support Team to identify the resources, services and support that are necessary to create the right type of break for you.

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| **Carers Name: Date:** |

1. **What would you like to get out of your time away from caring?**

* To rest, relax and recharge my batteries
* Getting out the house and away from my daily routines for wee while
* Protecting my health and wellbeing
* Spend some time with family or friends
* Catch up with things at home
* Pursue new sports, leisure or cultural activities
* Keep up my interest in hobbies and interests
* Be more confident and independent

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| Other (please specify) |

1. **Would you prefer to have your short break on your own, with the person you care for or with others?**

* I would like to have my break on my own
* I would like to have my break with the person(s) I care for
* I would like to have my short break with other family members or friends
* I would like to have my short break with a group/ other carers/peers

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| Other (please specify) |

1. **If the break does not include the person that you care for, who would provide care while you are taking your break?**

* Respite care
* Existing care package
* Family, friends or neighbours
* Sitter services
* Not required

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| Other (please specify) |

1. **Is this plan for one short break or a number of regular breaks over a period of time?**

* This plan is for a number of regular breaks from caring
* This plan is for one short break

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| Other (please specify) |

1. **If you would like regular time away from caring, how often would you like the breaks to be?**

* Daily
* Once or twice per week
* Three to four times per week
* Weekly
* Monthly

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| Other (please specify) |

1. **Would you want to go away or stay at home in order to get some time away from caring?**

* Stay at home
* Go away

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| Other (please specify) |

1. **If your break from caring is going to be away from home ideally how long would you like the break to be?**

* 1 - 2 days
* 3 - 4 days
* 5 - 6 days
* 1 week
* 2 weeks

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| Other (please specify) |

1. **Is there anything that might prevent you from getting the most out of your time away from caring?**

* Replacement care
* Specialist accommodation, equipment or clothing
* Financial constraints to support essential parts of the break
* Suitable transport
* The person I care for is reluctance for me to have time away from my caring role

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| Other (please specify) |

1. **My ideal short break would involve the following:**

* Sports, leisure or well-being services
* Meals, outings and days trips
* Purchasing a piece of specialist equipment
* Education or learning activities
* Accessing personal or specialist support for the person I care for
* Holidays and overnight stays

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| Please provide a brief description of your ideal break. Please see the attached sheet, which provides examples of how other carers have organised their break. |