

for your mental health and wellbeing

MY short break toolkit





important
information

This toolkit is not designed to be in place of professional advice. It is designed to help you explore and plan a short break in Scotland for your health and wellbeing. For immediate help contact your GP, A&E or 999.

[more information
and contacts](#)

[Q&A](#)

contents

short break:
you

SDS
process

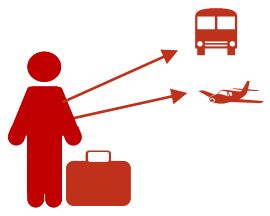
short break:
carers

Short Breaks: for you

what is a short break and what can it offer you?



I need support
or someone I know needs support



Short break
You could explore and plan a short break



click icon for more information

legislation
The Social Care (Self-directed Support) (Scotland) Act 2013 helps people explore and access care and support through their local council



health and wellbeing
Short breaks can help people who have a mental, physical and other health problems



who can access a short break?
Children and adults in Scotland



click icon and find number '17'

funding a break
You can explore Self Directed Support (SDS) funding to help you pay for a short break.
See 'SDS process' in this toolkit for more information



click icon for more information

plan your break
Make a plan about what you want from a break and how this will support you and your outcomes



click icon for more information

search for a break
Find short break services in Scotland that support health and wellbeing

SDS process

how do I get Self Directed Support (SDS) and what is the process?



click icons for video or guide

be informed

Start by exploring SDS and what this could mean for you e.g. through information videos and guides to help you



click icons for real SDS stories

real stories

It can be useful to hear or read about peoples' real experiences of SDS and how they used it to meet outcomes



click icon for a support plan

make a plan

It is a good idea to make a plan about what matters to you - about your needs, hopes and outcomes
what is an outcome?



click icon for council contacts

contact for an assessment

Contact your local council and ask for a SDS outcomes assessment



click icon to read about the assessment

SDS outcomes assessment

A social worker will come out to meet you. They will listen to you and explore your ideas and solutions to achieve your hopes



click icon to read about eligibility

eligibility

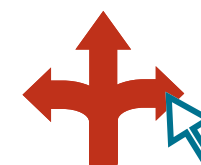
Social work will also assess your needs against an eligibility criteria, and do a financial assessment to see if you are eligible for a SDS budget.



click icon to read about the options

support plan and 4 options

You will create and agree a support plan with social work. You will be given 4 options on how you want to manage your SDS.



click icon to search supports

support

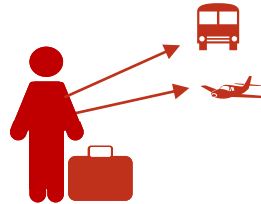
Depending on how you manage your SDS, you might choose a PA, groups or short break.

Short Breaks: for carers

what is a short break and what can it offer carers?



I care for someone
with a support need



Short break
You could explore a short break or respite for your health and wellbeing



click icon for more information

legislation
The Carers (Scotland) Act 2016 helps carers understand their rights and aims to support health and wellbeing



health and wellbeing
A short break or other supports may be offered to carers through the local council to support their health and wellbeing



click icons for video or information

information
Watch a video of a carer's experience of using short breaks; and read more information on short breaks



click icon for more information

funding a break
You can explore Self Directed Support (SDS) and other funding to help you pay for a short break.



click icon for more information

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