

# Respite Care, Scotland, 2008-09

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**ISBN:**

## 1. Introduction

This Statistics Release presents respite care services provided or purchased by Local Authorities in Scotland. Respite Care is a service intended to benefit a carer and the person he or she cares for by providing a short break from caring tasks.

The figures used in this publication were originally collected and published by each Local Authority in Scotland. Local Authorities are required to collect and publish information on **respite nights** in a Care Home and **respite hours** provided at home as part of their Statutory Performance Indicators (SPIs). In this publication, the information has been presented and converted into **respite weeks** to allow presentation of an estimate of the **total number of respite weeks** provided each year in Scotland.

Please note that all figures in this release are provisional, and will be subject to further validation before publication of final figures, scheduled for February 2010.

**This release presents the results for the last three years to give a picture of:**

- The total number of respite weeks provided by each Local Authority in Scotland
- The amount of daytime and overnight respite provided

## **2. Important information on the collection of the data**

**2.1** This data is provided to Audit Scotland by the Local Authorities as one of the Statutory Performance Indicators (SPIs). The information is collected and published locally by each council in Scotland. Audit Scotland publishes information about the comparative performance of councils across Scotland in a compendium of all the data. This will be published later in December 2009 and will be available from [www.audit-scotland.gov.uk/performance/index.php](http://www.audit-scotland.gov.uk/performance/index.php)

**2.2** For the purposes of this data collection respite care is defined as follows:

“Respite care is a service intended to benefit a carer and the person he or she cares for by providing a short break from caring tasks. The break is made possible through alternative care arrangements. Breaks provided to people without carers are excluded from this performance indicator which is intended to measure a key element in support for carers. This indicator only concerns respite care provided or purchased by the Council, or by Voluntary organisations funded for this purpose by the Council.”

**2.3** A copy of the complete Audit Scotland guidance to councils on how to complete this return is included in Annex 4 of this publication.

**2.4** In order to provide an estimate of total respite provision across Scotland, respite nights and respite hours have been converted into respite weeks. In order to calculate this, seven respite nights equal one respite week and 52.5 hours equal one respite week. This standard method was agreed by CoSLA and the Scottish Government.

**2.5** Initial validation checks of this data reveal that some of the increases in daytime hours of respite in 2008-09 are due to better reporting of respite care rather than a genuine increase in respite. Some of the main issues raised are:

- Local Authorities have reviewed data collection systems and identified that respite data has been omitted in previous years. This has caused undercounting within daytime services and across a number of Local Authorities.
- Creation of new services/initiatives hidden due to undercounting in previous years.
- Possible misinterpretation of guidelines which has caused double counting of provision to clients.

### 3. Total number of respite weeks provided: Scotland

This statistical release presents the number of respite weeks provide to all age groups within Scotland.

#### 3.1 Respite weeks provided to all ages

Table 1 shows that the total number of respite weeks provided in Scotland has increased each year. In 2006/07, 164,000 respite weeks were provided, this increased by 6% to 174,000 in 2007/08 and by 11% to 193,000 in 2008/09. This is an overall increase of 18% from 2006/07 to 2008/09.

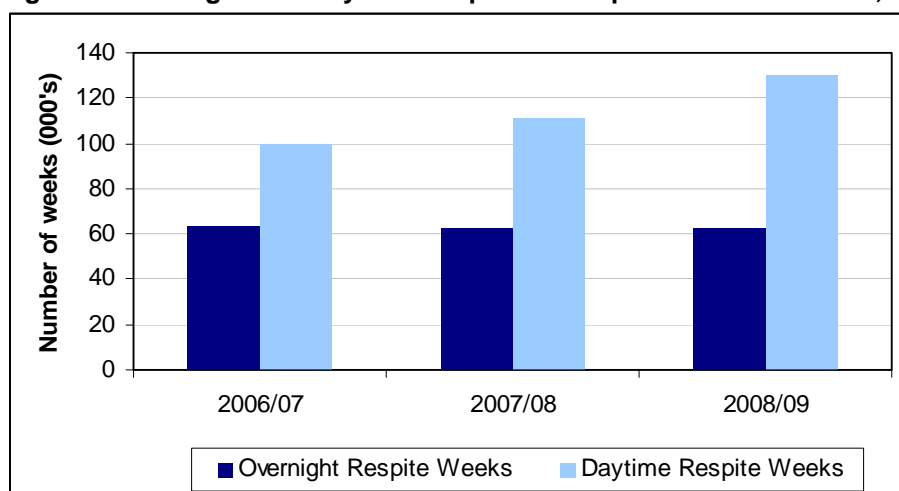
It should be noted that a proportion of this increase is due to improved reporting in councils and not a genuine increase in respite provision. Further work will be carried out over the next two months to try and determine how much of this increase is due to new services being provided.

Looking more closely at Table 1 and the type of respite provided it is clear that the majority of respite provided is daytime. In 2006/07 daytime respite accounted for 61% of all respite provided, this has increased each year and now accounts for 67% in 2008/09.

Table 1 also shows that the number of daytime respite weeks has increased each year. In 2006/07, 100,000 daytime respite weeks were provided, this increased by 11% to 111,000 in 2007/08 and by 17% to 130,000 in 2008/09. This is an overall increase of 30% from 2006/07 to 2008/09. At the same time, overnight respite has decreased each year, from 64,000 in 2006/07 to 63,000 in 2008/09, a reduction of less than 2%.

Further information on respite weeks provided in each Local Authority in Scotland is available in the Annexes to this publication.

**Figure 1: Overnight and Daytime Respite weeks provided in Scotland, 2006/07 to 2008/09**



Source: Audit Scotland SPI

**Table 1: Number of respite weeks provided in Scotland, 2006/07 to 2008/09**

|                         | Number of respite weeks provided <sup>1</sup> |                |                |
|-------------------------|---|----------------|----------------|
|                         | 2006/07                                       | 2007/08        | 2008/09        |
| Overnight Respite Weeks | 64,000  | 63,000         | 63,000         |
| Daytime Respite Weeks   | 100,000                                       | 111,000        | 130,000        |
| <b>Total</b>            | <b>164,000</b>                                | <b>174,000</b> | <b>193,000</b> |

Source: Audit Scotland SPI

<sup>1</sup>All figures rounded to the nearest thousand.

## **4. Background information on the collection of the data**

### **4.1 Data Sources**

#### **Audit Scotland**

This data is provided to Audit Scotland by the Local Authorities as one of the Statutory Performance Indicators (SPIs). The information is collected and published locally by each council in Scotland. Audit Scotland publishes information about the comparative performance of councils across Scotland in a compendium of all the data. This will be published later in December 2009 and will be available from [www.audit-scotland.gov.uk/performance/index.php](http://www.audit-scotland.gov.uk/performance/index.php)

### **4.2 Understanding the Statistics in this Report.**

All information in this Statistics Release is based on a year from 1<sup>st</sup> April to 31<sup>st</sup> March.

As mentioned in 2.5, some Local Authorities are showing large increases in daytime respite in 2008-09. Where we have identified issues for particular councils in relation to this data these are detailed below. Further validation will take place of all councils in Scotland and revised figures will be published in 2010 which will aim to present more comparable data between 2007-08 and 2008-09.

The following issues relating to changes between 2007-08 and 2008-09 have been identified:

#### **Angus Local Authority**

- latest year includes respite provided in day centres
- have introduced new services which includes home based short breaks for older people.

#### **East Ayrshire Local Authority**

- latest year includes daycare provided to under 65's
- have increased daytime respite provision for older people by increasing investment in Homecare, Telecare, etc.

#### **Fife Local Authority**

- latest year includes respite provided in adult day centres

#### **Inverclyde Local Authority**

- have undertaken extensive work to ensure that all respite data is captured consistently
- addition of homecare services within daytime respite provision
- have introduced new services or extended services this includes the creation of a short breaks bureau to ensure a more effective use of resources.

#### **North Lanarkshire Local Authority**

- have been re-designing services towards a more community-based approach. This has caused undercounting in previous years due to accounting inaccuracy during the transition of services.

#### **Orkney Local Authority**

- latest year includes respite provided through direct payments, voluntary sector and a summer play scheme.

### 4.3 Further information

Further details and analysis of the data presented in this Statistics Release are available on request from the address given below. The Statistics Release is available on the Internet by accessing the Scottish Governments web site: –

<http://www.scotland.gov.uk/Topics/Statistics/Browse/Health/Publications>

Information at local authority level is shown in the annex to this Statistics Release.

Community Care Statistics  
Basement Rear  
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This statistics release was published on 15<sup>th</sup> December 2009.

## **5. ANNEX**

The Annex provides more detailed information:

Annex 1 – Total respite weeks by Local Authority, 2006/07 to 2008/09.

Annex 2 – Overnight respite weeks by Local Authority, 2006/07 to 2008/09.

Annex 3 – Daytime respite weeks by Local Authority, 2006/07 to 2008/09.

Annex 4 – Audit Scotland guidance on Respite Services SPI.

## Annex 1 - Total respite weeks by Local Authority, 2006/07 to 2008/09

| Local Authority                | Total respite weeks provided |                |                |
|--------------------------------|------------------------------|----------------|----------------|
|                                | 2006/07                      | 2007/08        | 2008/09        |
| Aberdeen City                  | 4,200                        | 6,100          | 4,300          |
| Aberdeenshire                  | 4,900                        | 5,600          | 6,000          |
| Angus <sup>1</sup>             | 1,900                        | 1,900          | 3,500          |
| Argyll & Bute                  | 3,700                        | 3,600          | 3,600          |
| Clackmannanshire               | 1,000                        | 3,300          | 3,300          |
| Dumfries & Galloway            | 2,400                        | 2,300          | 2,000          |
| Dundee City                    | 4,900                        | 5,800          | 5,700          |
| East Ayrshire <sup>1</sup>     | 3,300                        | 3,900          | 6,200          |
| East Dunbartonshire            | 5,900                        | 6,500          | 6,900          |
| East Lothian                   | 1,500                        | 1,700          | 1,700          |
| East Renfrewshire              | 5,100                        | 5,000          | 4,400          |
| Edinburgh, City of             | 22,400                       | 21,200         | 21,300         |
| Eilean Siar                    | 1,000                        | 1,000          | 1,100          |
| Falkirk                        | 3,400                        | 3,300          | 3,300          |
| Fife <sup>1</sup>              | 7,700                        | 8,300          | 18,700         |
| Glasgow City                   | 26,100                       | 25,200         | 23,000         |
| Highland                       | 4,400                        | 3,900          | 3,900          |
| Inverclyde <sup>1</sup>        | 3,000                        | 7,000          | 10,800         |
| Midlothian                     | 2,800                        | 3,100          | 3,400          |
| Moray                          | 2,400                        | 2,100          | 1,900          |
| North Ayrshire                 | 5,200                        | 4,500          | 4,900          |
| North Lanarkshire <sup>1</sup> | 9,600                        | 10,000         | 12,800         |
| Orkney Islands <sup>1</sup>    | 1,300                        | 1,500          | 1,900          |
| Perth & Kinross                | 4,400                        | 4,900          | 5,100          |
| Renfrewshire                   | 4,300                        | 4,200          | 4,400          |
| Scottish Borders               | 1,800                        | 1,600          | 1,900          |
| Shetland Islands               | 1,500                        | 1,600          | 1,600          |
| South Ayrshire                 | 3,000                        | 3,200          | 3,200          |
| South Lanarkshire              | 10,000                       | 10,700         | 11,600         |
| Stirling                       | 1,800                        | 1,900          | 1,600          |
| West Dunbartonshire            | 7,500                        | 7,400          | 7,400          |
| West Lothian                   | 1,600                        | 1,600          | 1,700          |
| <b>All Scotland</b>            | <b>163,800</b>               | <b>174,000</b> | <b>193,000</b> |

Source - Audit Scotland SPI .

All figures rounded to the nearest hundred.

<sup>1</sup> Figures for these councils are not comparable between 2007-08 and 2008-09.

For further details see section 4.2.

**Annex 2 - Overnight respite weeks by Local Authority, 2006/07 to 2008/09**

| Local Authority     | Overnight respite nights provided |                |                | Overnight respite weeks provided |               |               |
|---------------------|-----------------------------------|----------------|----------------|----------------------------------|---------------|---------------|
|                     | 2006/07                           | 2007/08        | 2008/09        | 2006/07                          | 2007/08       | 2008/09       |
| Aberdeen City       | 14,600                            | 15,100         | 12,900         | 2,100                            | 2,200         | 1,800         |
| Aberdeenshire       | 21,900                            | 20,700         | 21,900         | 3,100                            | 3,000         | 3,100         |
| Angus               | 9,000                             | 8,300          | 11,100         | 1,300                            | 1,200         | 1,600         |
| Argyll & Bute       | 6,400                             | 7,600          | 6,400          | 900                              | 1,100         | 900           |
| Clackmannanshire    | 6,000                             | 5,400          | 5,900          | 900                              | 800           | 800           |
| Dumfries & Galloway | 9,200                             | 9,300          | 8,500          | 1,300                            | 1,300         | 1,200         |
| Dundee City         | 14,800                            | 14,000         | 15,100         | 2,100                            | 2,000         | 2,200         |
| East Ayrshire       | 11,300                            | 12,900         | 12,400         | 1,600                            | 1,800         | 1,800         |
| East Dunbartonshire | 6,900                             | 7,200          | 6,700          | 1,000                            | 1,000         | 1,000         |
| East Lothian        | 7,600                             | 8,500          | 8,800          | 1,100                            | 1,200         | 1,300         |
| East Renfrewshire   | 12,300                            | 11,700         | 8,400          | 1,800                            | 1,700         | 1,200         |
| Edinburgh, City of  | 33,300                            | 27,500         | 27,500         | 4,800                            | 3,900         | 3,900         |
| Eilean Siar         | 4,400                             | 5,000          | 5,600          | 600                              | 700           | 800           |
| Falkirk             | 13,300                            | 12,500         | 12,900         | 1,900                            | 1,800         | 1,800         |
| Fife                | 27,700                            | 30,300         | 28,000         | 4,000                            | 4,300         | 4,000         |
| Glasgow City        | 47,800                            | 48,500         | 45,700         | 6,800                            | 6,900         | 6,500         |
| Highland            | 19,800                            | 15,000         | 14,900         | 2,800                            | 2,100         | 2,100         |
| Inverclyde          | 5,500                             | 5,900          | 6,500          | 800                              | 800           | 900           |
| Midlothian          | 8,900                             | 6,400          | 7,800          | 1,300                            | 900           | 1,100         |
| Moray               | 9,200                             | 7,400          | 6,600          | 1,300                            | 1,100         | 900           |
| North Ayrshire      | 15,300                            | 16,500         | 18,500         | 2,200                            | 2,400         | 2,600         |
| North Lanarkshire   | 20,800                            | 22,300         | 19,800         | 3,000                            | 3,200         | 2,800         |
| Orkney Islands      | 3,600                             | 3,700          | 3,400          | 500                              | 500           | 500           |
| Perth & Kinross     | 15,500                            | 17,900         | 17,400         | 2,200                            | 2,600         | 2,500         |
| Renfrewshire        | 18,300                            | 17,600         | 18,500         | 2,600                            | 2,500         | 2,600         |
| Scottish Borders    | 9,800                             | 9,100          | 11,400         | 1,400                            | 1,300         | 1,600         |
| Shetland Islands    | 8,600                             | 8,800          | 8,200          | 1,200                            | 1,300         | 1,200         |
| South Ayrshire      | 12,900                            | 12,900         | 13,800         | 1,800                            | 1,800         | 2,000         |
| South Lanarkshire   | 26,400                            | 27,500         | 31,600         | 3,800                            | 3,900         | 4,500         |
| Stirling            | 9,100                             | 9,400          | 7,600          | 1,300                            | 1,300         | 1,100         |
| West Dunbartonshire | 8,100                             | 8,200          | 8,400          | 1,200                            | 1,200         | 1,200         |
| West Lothian        | 8,200                             | 7,800          | 8,300          | 1,200                            | 1,100         | 1,200         |
| <b>All Scotland</b> | <b>446,400</b>                    | <b>440,600</b> | <b>440,600</b> | <b>63,800</b>                    | <b>62,900</b> | <b>62,900</b> |

Source - Audit Scotland SPI.

All figures rounded to the nearest hundred.

**Annex 3 - Daytime respite weeks by Local Authority, 2006/07 to 2008/09**

| Local Authority                | Daytime respite hours provided |                  |                  | Daytime respite weeks provided |                |                |
|--------------------------------|--------------------------------|------------------|------------------|--------------------------------|----------------|----------------|
|                                | 2006/07                        | 2007/08          | 2008/09          | 2006/07                        | 2007/08        | 2008/09        |
| Aberdeen City                  | 111,900                        | 207,500          | 126,300          | 2,100                          | 4,000          | 2,400          |
| Aberdeenshire                  | 93,200                         | 137,400          | 148,600          | 1,800                          | 2,600          | 2,800          |
| Angus <sup>1</sup>             | 29,800                         | 39,400           | 102,600          | 600                            | 700            | 2,000          |
| Argyll & Bute                  | 145,800                        | 130,700          | 142,100          | 2,800                          | 2,500          | 2,700          |
| Clackmannanshire               | 7,700                          | 133,300          | 129,200          | 100                            | 2,500          | 2,500          |
| Dumfries & Galloway            | 55,000                         | 51,900           | 40,100           | 1,000                          | 1,000          | 800            |
| Dundee City                    | 147,500                        | 200,000          | 187,900          | 2,800                          | 3,800          | 3,600          |
| East Ayrshire <sup>1</sup>     | 89,000                         | 110,300          | 231,700          | 1,700                          | 2,100          | 4,400          |
| East Dunbartonshire            | 256,200                        | 288,500          | 314,500          | 4,900                          | 5,500          | 6,000          |
| East Lothian                   | 22,100                         | 28,000           | 22,800           | 400                            | 500            | 400            |
| East Renfrewshire              | 173,600                        | 176,300          | 166,400          | 3,300                          | 3,400          | 3,200          |
| Edinburgh, City of             | 923,800                        | 908,000          | 911,700          | 17,600                         | 17,300         | 17,400         |
| Eilean Siar                    | 19,700                         | 15,500           | 15,500           | 400                            | 300            | 300            |
| Falkirk                        | 80,500                         | 77,300           | 78,200           | 1,500                          | 1,500          | 1,500          |
| Fife <sup>1</sup>              | 195,800                        | 211,000          | 770,300          | 3,700                          | 4,000          | 14,700         |
| Glasgow City                   | 1,009,900                      | 959,900          | 862,700          | 19,200                         | 18,300         | 16,400         |
| Highland                       | 83,500                         | 90,000           | 90,600           | 1,600                          | 1,700          | 1,700          |
| Inverclyde <sup>1</sup>        | 116,600                        | 322,600          | 517,800          | 2,200                          | 6,100          | 9,900          |
| Midlothian                     | 80,400                         | 114,000          | 119,800          | 1,500                          | 2,200          | 2,300          |
| Moray                          | 55,600                         | 56,100           | 48,500           | 1,100                          | 1,100          | 900            |
| North Ayrshire                 | 159,500                        | 112,300          | 117,700          | 3,000                          | 2,100          | 2,200          |
| North Lanarkshire <sup>1</sup> | 346,800                        | 359,000          | 524,500          | 6,600                          | 6,800          | 10,000         |
| Orkney Islands <sup>1</sup>    | 43,300                         | 50,800           | 71,600           | 800                            | 1,000          | 1,400          |
| Perth & Kinross                | 113,700                        | 120,900          | 138,000          | 2,200                          | 2,300          | 2,600          |
| Renfrewshire                   | 85,700                         | 89,000           | 92,100           | 1,600                          | 1,700          | 1,800          |
| Scottish Borders               | 20,000                         | 16,900           | 16,200           | 400                            | 300            | 300            |
| Shetland Islands               | 16,500                         | 17,700           | 22,800           | 300                            | 300            | 400            |
| South Ayrshire                 | 60,800                         | 68,600           | 65,600           | 1,200                          | 1,300          | 1,200          |
| South Lanarkshire              | 328,100                        | 354,300          | 371,100          | 6,200                          | 6,700          | 7,100          |
| Stirling                       | 28,200                         | 31,100           | 28,800           | 500                            | 600            | 500            |
| West Dunbartonshire            | 331,600                        | 327,500          | 323,700          | 6,300                          | 6,200          | 6,200          |
| West Lothian                   | 20,800                         | 25,400           | 29,400           | 400                            | 500            | 600            |
| <b>All Scotland</b>            | <b>5,252,700</b>               | <b>5,831,000</b> | <b>6,828,700</b> | <b>100,100</b>                 | <b>111,100</b> | <b>130,100</b> |

Source - Audit Scotland SPI.

All figures rounded to the nearest hundred.

<sup>1</sup> Figures for these councils are not comparable between 2007-08 and 2008-09.

For further details see section 4.2.

## Annex 4: Audit Scotland guidance on Respite Services SPI

### ASW 5: Provision of respite services:

- a) Total overnight respite nights provided
- b) % overnight respite nights not in a care home
- c) Total hours daytime respite provided
- d) % daytime respite hours provided not in a day care centre

### Definitions

**Respite care** is a service intended to benefit a carer and the person he or she cares for by providing a short break from caring tasks. The break is made possible through alternative care arrangements. Breaks provided to people without carers are excluded from this performance indicator, which is intended to measure a key element in support for carers. This indicator only concerns respite care provided or purchased by the Council, or by voluntary organisations funded for this purpose by the Council.

**A carer** is an adult, young person or child who provides a substantial amount of unpaid care on a regular basis for a partner, parent or child, other relative, friend or neighbour who is unable to manage at home without help because of physical or mental ill health, age or disability. Carers may or may not be living with the person for whom they are caring. Exclude people providing such care as a volunteer working for a voluntary organisation or on any contractual basis. "Substantial and regular care" is not defined in carers' legislation and should be interpreted in terms of the impact of the caring role on the individual carer and their family (Scottish Executive Circular CCD 2/2003).

**A person cared for** is an adult with community care needs, with a carer. Older people (65+) include people with or without dementia, aged 65 and over. Age should be calculated as at 31st March. Other adults (18-64) includes people with learning disabilities, physical disabilities, mental health problems, dementia, HIV/AIDS, drug/ alcohol abuse problems, etc., aged 18 to 64 inclusive.

**Respite care** breaks may last a few hours or a few weeks and may or may not be repeated at regular intervals. The duration of the service episode must allow the carer a break from caring tasks; for this reason a minimum duration of one hour is required for the service episode to count as respite for the purposes of this performance indicator (normally, the duration of the respite episode will be longer).

The carer may use the break for any non-caring activity he or she chooses. Services that provide additional care alongside the care provided by the carer (to the same or another cared-for person) provide assistance but do not provide a respite break.

There is no maximum duration for the respite break episode. Councils should exercise caution in relation to people who are recorded in information systems as having very long respite episodes; it may be that the care episode was originally provided for respite but is now being provided as long-term care.

The following kinds of respite care should be included:

- all respite care where this is part of a care plan or arranged on an emergency basis
- all respite care, whether it has been provided directly by the council, or secured by the council from another source such as a voluntary or private sector organisation
- any respite care, even if this subsequently becomes longer term or permanent care. (N.B. The original provision needs to have been on a respite basis, and it is only this period which should be reported).

The **types of respite care** relevant for the purposes of reporting in relation to this indicator are:

| Row type (Measure)           | Setting        | Service type |  | Definition  |
|------------------------------|----------------|--------------|--|---|
| <b>Overnight</b><br>(nights) | At home        | (1)          | Overnight sitter services at home      | Support provided in cared-for person's normal residence that enables the carer to be absent, if they wish.  |
|                              | Away from home | (2)          | In a care home                         | Accommodated away from home in a registered care home. Excludes respite care in hospital in-patient beds or in supported accommodation.   |
|                              |                | (3)          | In other accommodation with support    | Accommodated away from home in accommodation with support.  |
|                              |                | (4)          | In another's home                      | Overnight respite care with another family or individual. Holiday breaks* involving overnight stays (unless in care homes or supported accommodation).  |
| <b>Daytime</b><br>(hours)    | At home        | (5)          | In cared-for person's normal residence | All respite services provided in the home of the cared for person, except overnight. Includes home care and daytime sitter services.  |
|                              | Away from home | (6)          | In a day centre                        | Day centre attendance (only counted when the provision of a respite care break to the carer is an <i>explicit</i> reason for day centre attendance recorded in the care plan of the carer or the cared-for person). |
|                              |                | (7)          | Day activities not in a day centre     | Day services and activities outside the home providing respite for the carer and not based in a day centre.   |
|                              |                | (8)          | Other day respite                      | Respite care in another family's home in daytime; Holiday breaks* without overnight stay.   |

**Note:** \***Holiday breaks** include opportunities for the carer and cared-for person being supported to go away together, as well as breaks for either carer(s) or cared-for person(s) to go on holiday separately.

In **row (a)** Councils should report the total number of **nights** (for service types 1 to 4 in the table above), and in **row (c)** the total number of respite care **hours** (for service types 5 to 8), received during the reporting year, as rates per 1,000 population, adding up all respite episodes in the year, whether or not the respite care episode started in the previous reporting year or has yet to be completed.

In **row (b)** count the percentage of respite nights in service types 1, 3 and 4. In **row (d)** count the percentage of respite hours in service types 5, 7 and 8.

**Respite is a reason for providing a service**, and often is not a distinctive type of service. Short duration services provided for the cared-for person, for example emergency admission to hospital, or a programme of rehabilitation, provide the carer with a short break in the normal routine of caring as a by-product of the service provided to the cared-for person. Rehabilitation services and skills training for adults with community care needs are of great benefit to their carers in helping to promote independence. However, none of these services are respite care breaks intended to support carers and are excluded from this performance indicator definition.

Day centre services provided on a regular basis to the cared-for person also provide carers with breaks from care tasks. However, they should only be included in this performance indicator if the provision of a respite care break to the carer is an explicit reason for this service recorded in the care plan of the carer or the cared-for person.

Befriending and sitter services should not be included unless they enable the carer to take a break of at least one hour from caring tasks.

Some care homes (and supported accommodation) have beds specifically designated for respite use: exclude any long-stay residents who have been admitted to such beds. Some residents may be admitted for respite which subsequently becomes long-stay. Count the period from admission up to the point when the reason for their continued residency has changed.

Where the short break involves the carer and person cared for remaining together, for example holidays together, the respite hours or bed-nights should be counted for one person receiving the short break, rather than for two.

The contextual information required is the number of respite nights and hours for each of the eight service types defined above. No information is required on the numbers of recipients.

## Sources

Council assessment and care management records and information systems.

Records and information systems used by voluntary organisations providing respite care under Council contract or SLA.

Population data should be based on the mid-year estimates for the year, published by the Registrar General.

## Interpretation

The indicator will be affected primarily by the pattern of need and services required, and by the availability of respite care.

## EC 8: Provision of respite services

- a) total overnight respite nights provided
- b) % overnight respite nights not in a care home
- c) total hours daytime respite provided
- d) % daytime respite hours provided not in a day care centre

## Definitions

**Respite care** is a service intended to benefit a carer and a child or young person with disabilities he or she cares for by providing a short break from caring tasks. The break is made possible through alternative care arrangements. The indicator is intended to measure a key element in support for carers and only concerns respite care provided or purchased by the Council, or by voluntary organisations funded for this purpose by the Council.

A **carer** is an adult, young person or child who provides a substantial amount of unpaid care on a regular basis for a child with disabilities. Exclude people providing such care as a volunteer working for a voluntary organisation or on any contractual basis. "Substantial and regular care" is not defined in carers' legislation and should be interpreted in terms of the impact of the caring role on the individual carer and their family (Scottish Executive Circular CCD 2/2003).

**Children with a disability** are children and young people aged 0-17 (as at 31<sup>st</sup> March) with care requirements arising from learning disabilities, physical disabilities or mental health problems. Children with emotional difficulties should be included only where their difficulties are severe. Do not include breaks provided for children without any disability but who are affected by another's disability, eg a family member.

**Respite care breaks** may last a few hours or a few weeks and may or may not be repeated at regular intervals. The duration of the service episode must allow the carer a break from caring tasks; for this reason a minimum duration of one hour is required for the service episode to count as respite for the purposes of this performance indicator (normally, the duration of the respite episode will be longer). The carer may use the break for any noncaring activity he or she chooses. Services that provide additional care alongside the care provided by the carer provide *assistance* but do not provide a respite break.

There is no maximum duration for the respite break episode. Councils should exercise caution in relation to people who are recorded in information systems as having very long respite episodes; it may be that the care episode was originally provided for respite but is now being provided as long-term care. Councils are required to have regard to the actions required under the *Arrangements to Look After Children (Scotland) Regulations 1996* when overnight respite care away from home involves episodes longer than 4 weeks, or more than 120 days in one year.

The following kinds of respite care should be included:

- all respite care where this is part of a care plan or arranged on an emergency basis
- all respite care, whether it has been provided directly by the council, or secured by the council from another source such as a voluntary or private sector organisation
- any respite care, even if this subsequently becomes longer term or permanent care. (N.B. The original provision needs to have been on a respite basis, and it is only this period which should be reported).

The **types of respite care** relevant for the purposes of reporting in relation to this indicator are:

| Row type (Measure)           | Setting        | Service type |                                     | Definition   |
|------------------------------|----------------|--------------|-------------------------------------|--|
| <b>Overnight</b><br>(nights) | At home        | (1)          | Overnight sitter services at home   | Support provided overnight in the child's normal residence that enables the carer to be absent, if they wish.  |
|                              | Away from home | (2)          | In a care home/residential school   | Accommodated away from home in a registered care home or residential school. Excludes respite care in hospital in-patient beds or in supported accommodation.  |
|                              |                | (3)          | In other accommodation with support | Accommodated away from home in accommodation with support  |
|                              |                | (4)          | In another's home                   | Overnight respite care with another family or individual. Holiday breaks* involving overnight stays (unless in care homes or supported accommodated).  |
| <b>Daytime</b><br>(hours)    | At home        | (5)          | In child's normal residence         | All respite services provided in child/young person's home, except overnight. Includes home care and daytime sitter services.  |
|                              | Away from home | (6)          | In a day centre                     | Attendance at a Children & Families centre or any other day centre (only counted when the provision of a respite care break to the carer is an <i>explicit</i> reason for day centre attendance recorded in the care plan of the carer or the child/young person). |
|                              |                | (7)          | Day activities not in a day centre  | Day services and activities outside the home providing respite for the carer and not based in a day centre.  |
|                              |                | (8)          | Other day respite                   | Respite care in another family's home in daytime; Holiday breaks* without overnight stay.  |

**Note:** \*Holiday breaks include opportunities for the carer and cared-for person being supported to go away together, as well as breaks for either carer(s) or cared-for person(s) to go on holiday separately.

In **row (a)** Councils should report the total number of **nights** (for service types 1 to 4 in the table above), and in **row (c)** the total number of respite care **hours** (for service types 5 to 8), received during the reporting year, as rates per 1,000 population, adding up all respite episodes in the year, whether or not the respite care episode started in the previous reporting year or has yet to be completed.

In **row (b)** count the percentage of respite nights in service types 1, 3 and 4. In **row (d)** count the percentage of respite hours in service types 5, 7 and 8.

Respite is a reason for providing a service, and often is not a distinctive type of service. Short duration services provided for the child/young person with disabilities, for example emergency admission to hospital, or a programme of rehabilitation, provide the carer with a short break in the normal routine of caring as a by-product of the service provided to the child/young person.

Rehabilitation services and skills training for children with disabilities are of great benefit to their carers in helping to promote independence. However, none of these services are respite care breaks intended to support carers and are excluded from this performance indicator definition.

Day centre services provided on a regular basis to a child with disabilities also provide carers with breaks from care tasks. However, they should only be included in this performance indicator if the provision of a respite care break to the carer is an explicit reason for this service recorded in the care plan of the carer or the cared-for person.

Befriending and sitter services should not be included unless they enable the carer to take a break of at least one hour from caring tasks.

Some children's homes may have beds specifically designated for respite use: exclude any non-respite residents who have been admitted to such beds. Some children may be admitted for respite which subsequently becomes non-respite. Count the period from admission up to the point when the reason for their continued residency has changed. Where the short break involves the carer and child/young person remaining together, for example holidays together, the respite hours or bed-nights should be counted for one person receiving the short break, rather than for two.

The **contextual information** required is the number of respite nights and hours for each of the eight service types defined above. No information is required on the numbers of recipients.

### **Sources**

Council assessment and care management records and information systems.

Records and information systems used by voluntary organisations providing respite care under Council contract or SLA.

Population data should be based on the mid-year estimates for the year, published by the Registrar General.

### **Interpretation**

The indicator will be affected primarily by the pattern of need and services required, and by the availability of respite care.

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| Ref no.       | Title  | Last published   | Price |
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