



Information for carers



The ultimate aim of Respitality is to provide a short vital break for unpaid carers in Scotland when they need it most.

This is achieved by connecting carers' organisations with hospitality, tourism and leisure businesses who are willing to donate a break free of charge.

Respitality is a Scottish Government supported initiative, is delivered locally by approved Respitality Delivery Partners and coordinated nationally by Shared Care Scotland.

Is Respitality the short breaks option for you?

We understand how important regular and short breaks are for carers health and wellbeing. And there's a few reasons why Respitality breaks are so beneficial to unpaid carers...

It's affordable

Breaks donated to Respitality are free of charge.

Enjoy your break with whoever you like

You are welcome to bring the cared for person on the break if you wish.

Leave the paperwork and calls to us

The planning and booking of the break is coordinated entirely by the local carers organisation, therefore there is no pressure on you to plan your break.



“Getting quality time away together as a family is really refreshing because when you’re at home, you’re cooking, you’re cleaning, you’re doing all the other things that you do. It’s nice to just get away with the three of us somewhere different.”

Carer who took a short break with Respite

What positive impact could a Respite break have?

Thanks to the unique experience that Respite breaks can offer, there are many positive ways that unpaid carers can benefit:

- ▶ It can be a break from the daily caring routine and an opportunity to explore new experiences
- ▶ It can be a chance to relax and be taken care of
- ▶ It may be an opportunity to foster relationships with others
- ▶ You may feel recognised and appreciated for your role as an unpaid carer
- ▶ A break like this can be a driver to return to the caring role with renewed energy



What type of breaks are available through Respitality?

The great thing about Respitality is that the type of breaks that are offered and taken can take shape in a variety of ways.

Some of the breaks we have seen over the years include:

- ▶ A day out at a visitor attraction, such as a wildlife centre
- ▶ Dinner out at a restaurant
- ▶ Getting a cut and blow dry at a hair salon
- ▶ An overnight stay at a hotel or self-catering lodge
- ▶ A cup of coffee and slice of cake at a nearby cafe
- ▶ Tickets to a football match or a trip to the cinema
- ▶ Physical activities such as gym passes, canyoning or hiking

It is worth noting that the availability and quantity of breaks on offer may differ between different regions based on tourism engagement and staff capacity.

I have savings. Does this mean I am not eligible?

Respitality breaks are not means-tested, therefore your income and savings are not taken into account.

However, other factors may be considered by your local carers organisation to determine priority (for example, when you last had a break).

Visit respitality.org.uk to find out if Respitality is available in your region, or contact our team at Shared Care Scotland for more information.

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