

PE1499/G

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Public Petitions Committee
T3.40
Scottish Parliament
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If calling please ask for
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Our Ref JT/JM
Your Ref
Date: 13 March 2014

Dear Andrew

Petition PE1499: Creating suitable respite services for younger disabled adults with life-limiting conditions

Thank you for your correspondence dated 20th February 2014 inviting comments on Petition No PE1499. This was forwarded for my attention by the Chief Executive of Dundee City Council.

I would want to start by advising that Dundee City Council agrees with the content of the response provided by COSLA. We do believe that with the introduction of Self Directed Support and Direct Payments there is a move away from the use of dedicated facilities and buildings to more flexible forms of support and alternative solutions to the need for respite arrangements.

Dundee City Council, in line with other local authorities, has an agreement with CHAS and makes a financial contribution. We were assured by CHAS when they were introducing their changes that they would review the needs of individuals as part of their transition planning. I am due to be visiting CHAS shortly and will be covering this issue during my discussions.

As a Council we would always endeavour to be responsive to the needs of all of our citizens and work with partner organisations and all stakeholders to provide a range of respite options to meet individual and carer/s personal outcomes. This does not automatically translate that we would be supportive of creating a specific adult version of the respite services provided currently through CHAS, for children and younger adults with life limiting conditions. We already have adult specific resources where we might be able to provide (or are already providing) the level and type of care that CHAS provide in their respite resources.

As a Council we fully recognise the positive benefits respite breaks can have, for not only the person seeking a respite break, but also how this can support carer/s. We also acknowledge and accept that respite breaks offer a kaleidoscope of opportunities for individuals to participate in new activities, to step out of their "normal day to day routines" to meet new people and form life long friendships.

As noted above in Dundee we do have specific resource based respite services for adults with long term and degenerative conditions based at the Mackinnon and White Top Centres.

We also support individuals by making the following available:

- Dundee Carers Centre, through their adult care support service and their young carers service, provide a range of services and supports that give respite to carers and young carers of young disabled adults.
- Adult carers respite opportunities include:
 - One –to –one and group support (including support in loss and bereavement)
 - Befriending
 - New ‘Time 4 U’ short breaks service and ‘On the spot’ funded by Scottish Government short breaks
 - An annual Carers Pampering Day
 - Regular group activities such as walking groups
 - Day trips to places of carers choice
 - Small group holidays e.g. to Carlogie House, a hotel for carers
- For Young Carers 8-18 (whose parent or sibling may be a young disabled adult) there are opportunities to receive information and discuss issues that affect them and get some time away from their caring responsibilities. Services include:
 - One-to-one support
 - Weekly group activities offering respite
 - Various activities are also during the holidays and occasional residential trips
- For Young Adult Carers 15-30 (Partners, friends, siblings caring for a young disabled adult) help is offered to avoid the negative effect caring responsibilities can have a on their lives including poor social contact and feeling or on their own.
 - Upbeat project supports young people through one-to-one and small activities together.

- Family Support Services meet the requirements of each family (with children) they work with including providing information and identifying appropriate supports including helping secure respite and short breaks as required.
- National organisations (including organisations for specific conditions e.g. Cystic Fibrosis, Profound and Multiple Learning Disability etc.) offer Short Break/Respite opportunities accessed by carers and/or the young disabled adult and carers and adults are supported and sign posted to access these. These are often very specific to each individual's needs. Some of these opportunities are listed in The Shared Care Website and some of them are supported by the Scottish Government Short Break Funding.
- NHS offer Macmillan day care and in-patient care if anyone over 18 years requires 'symptom management' for their longer/life shortening condition.

I hope this response will reassure you that, while we do not necessarily support the creation of a national resource, we do take the issue of respite, care and support of people with life shortening conditions seriously.

Yours sincerely

Jennifer G Tocher
Director of Social Work