

Creative Breaks Application Form

Creative Breaks is an initiative to improve the range and choice of short breaks for carers and the people they care for.

1. Information about you – the carer

Date of Birth

 / /

You must be over 16, or over 18 if in full time education

Gender

F M

Y N

If yes, when?

2. Is the Fund for me?

Do you care for someone aged over 21 years?

Y N

As funds are limited we can only consider applications if you have answered yes to every question.

Does the person you care for live in Midlothian (outwith a residential care setting)?

Y N

Priority will be given to people who have not been given funding in the past.

Are you unable to finance the break yourself?

Y N

Will this break give **you** a break from caring?

Y N

Have you spoken to someone (e.g. Social Worker, OT, Carer support worker) about your break?

Y N

You are not applying for something that should be provided by NHS or Local Authority.

Y N

We can't pay for breaks that should be provided by statutory services or pay for your financial contribution.

3. Information about the person you care for

Relationship to you

Date of Birth

/ /

They must be over 21 years old

Ethnicity

Do they live with you?

Y N

Reason they require care

How long have you cared for them?

How many hours a week do you care for them?

Please describe your main caring role

Please include:
· any formal help you receive,
· any informal help you receive

4. Information about your break

Please complete with the person you have spoken to about your break

What are you applying for?



You can apply for anything that will give YOU a break from caring.

This could include:

- A weekend away
- Outdoor clothes to join a walking group
- A 'sitter service'

We can't fund breaks that have already been booked or taken.

How will the person you care for be supported while you are on your break?

When will you have your wee break?

Where will you have your wee break?

How much will your wee break cost?

Please provide an approximate breakdown

You can apply for up to £500 (only 1 application per year can be made)

Examples of amounts awarded:

- £250 for a complimentary therapies
- £500 for a 'sitter service' for 6 weeks
- £250 for a long weekend
- £500 for driving lessons

Please describe the difference your wee break will make to you.



If you are taking the person you care for with you on your break, you must demonstrate why it will give you a break.

Consider what you have said when you describe your caring role, and consider what will be different on this break.

People who have benefited from breaks before have reported improvements in their health, stress levels, family relationships, and caring situation.

5. Who have you spoken to?

Name	
Where they work	
Email	
I have checked this form, added my comments to section 4 (or attach a copy of our outcomes conversation) and can confirm it is accurate and true.	Y <input type="checkbox"/>
Practitioners signature	
How did you/they hear about this fund?	



In order to ensure all applications are genuine you **MUST** have spoken to someone about your break and how it will benefit you. e.g. a GP, nurse, OT, Social Worker.

Agreement to terms and conditions

- The information above is correct and I give permission for it to be shared with the panel.
- I agree to complete a review of my break.
- I will only use the grant for the break described above.
- I will return receipts for my break. **Any money not accounted for will have to be returned.**

Signature:

Date:

Data Protection Statement:

The information provided in this form is stored on VOCAL's secure online carer system. This enables us to provide you with individual support and to let you know about events, training and other relevant opportunities. We may occasionally contact you by telephone. If you have provided an email address we will add your details to VOCAL's carer e-bulletin list. We will not share any personal information with a third party unless required to do so and will always seek to obtain consent first. Information is regularly checked to ensure it is accurate and up to date. If you wish to view the information we hold about you or if you wish your details to be removed, please contact VOCAL on 0131 663 6869.

Please tick here if you do not want VOCAL to do this ___