

## 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

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

Y

N

Can you evidence receipt of a means tested benefit?

Y

N

If not in receipt of a means tested benefit, are you open to discussing your financial situation and providing a full breakdown of household income and expenditure?

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

Priority will be given to people who have not been given funding previously and those who can evidence receipt of a means tested benefit.

Examples of means tested benefits:  
Income-based Jobseeker's Allowance  
Income-related Employment and Support Allowance  
Income Support  
Pension Credit  
Child / Working Tax Credits  
Housing Benefit  
Council Tax Reduction (not single occupancy discount)  
Universal Credit

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

### 3. Information about the person you care for/caring situation

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

Please include all health issues and how they affect the person you care for

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 proposed 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'

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

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

**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 however average grant awards will be in the region of £200-£350. NB only 1 application per year can be made.

Examples of amounts awarded:

- £250 for complimentary therapies
- £150 for a long weekend
- £300 for week long break

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 and wellbeing, stress levels, family relationships, and caring situation.

## 5. Finances

Priority is given to those in receipt of a means tested benefit

Please tick which means tested benefits you are in receipt of:

- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Income Support
- Pension Credit
- Child Tax Credits or Working Tax Credits
- Housing Benefit
- Council Tax Reduction (not single occupancy discount)
- Universal Credit

Evidence of your benefit is required e.g. recent award letter - please attach with your application form.

Do you have more than £5000 savings?

Yes / No (please circle)

Please provide any other financial information that you feel would be relevant.

## 6. Who have you spoken to?

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

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, Carer Support 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.**

### 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 \_\_\_