

# Progress and Challenges towards a Right to Breaks from Caring Scotland

## **The Independent Review of Adult Social Care – February 2021**

*“Carers need better, more consistent support to carry out their caring role well and to take a break from caring with regular access to quality respite provision. Carers should be given a **right to respite** with an amendment to the Carers Act as required, and a range of options for respite and short breaks should be developed”*

## **The National Care Service Bill – June 2022**

*“A new duty on local authorities to provide the support that a carer needs to enable the carer to take **sufficient breaks from providing care** for the cared-for person. and ensure that this duty is not subject to local or national eligibility criteria.”*

Sufficient breaks means “breaks from caring which enable a carer to have enough rest, leisure and time to:

- a) prevent negative impacts from their caring role on their health and wellbeing; relationships with others; and life balance; and
- b) help them to achieve their personal outcomes; and
- c) help foster and maintain a positive relationship with the cared-for person.