

Time for a break?

A guide to our short break support





We have been providing good quality, person-centred support to young people and adults with disabilities for over 30 years. We support people in their own homes and also to enjoy what communities have to offer.

What we offer

We provide a range of flexible, person-centred short break support, from planned regular short breaks of just a few hours to up to a few weeks. Short breaks can be community based or we can support people in their family home. We can also offer short breaks at times of crisis or an emergency.

We are passionate about providing flexible support that is tailored to what you and your family want to get from your short break.

To make sure this happens we will:

- Get to know you and your family well
- Involve you and your family in planning your short break
- Work alongside any other professionals and people important in you and your family's life
- Build upon your existing support plans and risk assessments to maintain consistency.

How you can use your short break

There are many creative ways to use your short break:

- Try new interests
- Enjoy social activities
- Learn skills for life
- Go on holiday.

Short break outcomes

Some of the things you can achieve with a short break:

- A break from routines
- Time to rest and recharge
- Meet new people as well as maintain friendships
- Time for personal interests, leisure or social activities
- Experience new things
- Greater independence.

Find out more

To discuss any of the information in this leaflet in more detail or to explore how we can support you and your family, please get in touch. We will arrange for one of our local managers to meet with you at a time and place that suits you.



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