



Time for a break?

A guide to short breaks with  
Key Stranraer.



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 their communities have to offer.



## What we offer

We provide a range of flexible, person-centred short break supports, 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 your life.



## How you can use your short break

There are lots of creative ways to use your short break, this could be things like:

- Trying new interests
- Enjoying social activities
- Learning skills for life
- Going 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 and maintain friendships
- Time for personal interests, leisure or social activities.

## What people say about their short break support

*“My son has had a lovely day and is already looking forward to his next visit to short breaks on Friday!”*

Parent

*“It is lovely for us to see how happy he is and he responds positively when we ask him about his time at short breaks.”*

Parent

*“The feedback we have received from the family around the short break planning has been very positive. Mum was impressed and reassured by everyone in the team and feels they will work well with her daughter.”*

Social Worker

## Accessing short breaks

To access a short break you should speak to your social worker to agree that this type of support is the best option for you and your family.

Once you have an agreement in place please do get in touch with us to talk over how we can support you or if you would like to visit the short break accommodation.

To find out more please contact Allison or Lorna on 01776 705496 or email [stranraer@key.org.uk](mailto:stranraer@key.org.uk)



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