

Short Breaks Scheme

EASYREAD Guide for Young People



What is a Short Break?

	<p>Some people get money from the NHS or their local council to help pay for care and support.</p>
	<p>If you have a disability, live in Rutland and are aged between 5 and 25 years old you may be able to get some money through the Aiming High Short Break Scheme.</p>
	<p>Short Breaks give you opportunities to enjoy fun activities and to socialise with friends.</p>
	<p>It also gives your parents/ carers 'a break' and helps you to improve independent skills by going out with a Personal Assistant.</p>

What is a Personal Assistant (PA)?



A personal assistant (PA) is someone you pay to help you to be as independent as possible and also gives your main carer a break.



They can support you to do activities like bowling or swimming. They can also help you learn everyday things like cooking or using the bus.



You can choose your PA. It might be someone you already know or it could be someone off the PA List.



To keep yourself safe you need to check your PA:

- Has a DBS
- Has insurance
- Is ideally self employed





Rutland
County Council

If you are unsure or have any questions, you could contact Aiming High or the Direct Payments Support Officer.



Useful information and Contact details

 <p>RUTLAND AIMING HIGH</p>	<p>Aiming High:</p> <p>01572 758 390</p> <p>aiminghigh@rutland.gov.uk</p>
 <p>Rutland County Council</p>	<p>Direct Payments Support Officer:</p> <p>01572 720 958</p>