

Short breaks can take many forms and last from a few hours to several days or longer:

- Day trips
- Specialist respite
- Staying in the home of another individual
- Supported access to clubs and activities
- Holiday breaks

Benefits of innovative short break include:

- Improved health & wellbeing of everyone in caring relationships.
- Time for personal interests, leisure and cultural activities.
- Greater independence.
- Time to rest and recharge batteries.
- Meet new people and maintain friendships.

Grampian **Opportunities**  
*Finding the way forward*



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Leaflet update: 10 February 2012

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## Short Breaks Project



Aiming to provide information and choice to promote a better quality of short break for people with disabilities, long term conditions and their carers.

We will help you conduct searches in order to plan your short break.

- Accommodation
- Transport
- Equipment
- Care agencies
- Other requirements

We will help you to source information about short breaks to meet your needs.

Target people

- Long term conditions
- Physical disability
- Mental health problems
- Carers

We research from start to finish suitable options and provide information on appropriate short break alternatives.

We have a referral process with an easy-to-complete questionnaire.

Our volunteers are happy to meet with you, by appointment, to discuss your specific needs.

We will produce a package of options that best match your short break request.



For many of the options suggested, we will have been given relevant feedback from individuals or groups who have already used the facilities.

We may provide you with other useful information about alternative sources of support.

The Short Breaks project was created by Grampian Opportunities when it was found there were difficulties organising accessible holidays for various people.

At the same time as Shared Care Scotland was delivering a programme of inspiring break workshops it was decided that more work on short breaks was needed locally.

Following this, Grampian Opportunities gained funding to develop this short breaks project.

