

Time to Live Grants

Time to Live (TTL) grants help carers take short breaks from caring.

You can decide what type of break you want to take, for example, it might be a weekend away, therapy sessions or driving lessons. The average TTL grant awarded is £200.

To apply for a TTL grant you must:

- meet certain conditions
- apply through Borders Carers Centre

Who can apply?

You can apply for TTL grant for a short break if you live in the Scottish Borders and:

- you are a carer for someone aged 21 or older
- you are a young carer (up to the age of 18) who cares for children or adults
- you haven't had a TTL grant within the last 12 months

TTL can't be used:

- for breaks that should be provided by statutory services
- for breaks that have already been booked or taken
- if you are a carer for children, or have been in the Forces - call us on 01896 752431 for information about other grants that may be available to you

Applying for Time to Live

If you meet the conditions to apply for a TTL grant, please complete the application form that starts on the next page.

If you need any help with your application, please call us on 01896 752431.

Your completed application form can be emailed or posted to us:

- email to admin@borderscarers.co.uk (please put 'TTL application' in subject line)
- post to Borders Carers Centre, Brewerybrig, Low Buckholmside, Galashiels, TD1 1RT

What happens next?

Once we receive your application we will:

- check that you are eligible for a TTL grant
- check that we have all the information we need from you
- contact the referee you have named in your application
- forward your application to the TTL panel for a decision on awarding the grant

Please note that there is a limited amount of money in the TTL fund. The TTL panel therefore gives priority to carers who have not already had funding for a break, and the panel's decision is final.

If your grant is approved by the TTL panel, we will contact you for bank details so that we can transfer the money into your bank account. At that time we will tell you when you can expect payment.

Time to Live Application form

1. Information about you, the carer

Please tell us your:

Name	
Address	
Post code	
Telephone number	
Date of birth	

Please tick one of the following options:

- I am a carer for someone aged 21-64
- I am a carer for an older person aged 65 or over
- I am a young carer (up to the age of 18) who cares for children or adults

Your caring role:

Please tell us about your caring role and how it affects your life?

2. Information about the person you care for

Please tell us about the relationship between you and the person you care for – eg husband, partner, sister, friend, child.

The person I care for is my: _____

What is their date of birth? _____

Does the person you care for live with you? **Yes / No**

How many hours a week do you care for them? _____

Does the person you care for have any of the following conditions?

Please tick one or more boxes:

Physical disability	
Sensory impairment	
Mental illness (excluding dementia)	
Dementia	
Learning Disability	

Alcohol or substance addiction	
Autism	
Long-term illness, disease or condition	
Other condition - why do they need care?	

3. Information about your break

TTL grants are only given if you cannot fund a break from caring. Please tell us why you can't fund this break yourself?

Please tell us about your break from caring:

Why do you need a break? _____

What will you do? _____

Where will you be? _____

How long will you be away? _____

How will the person you care for be supported while you are away?

Please tell us how the break will help you:

Improve your physical and emotional well-being?

Improve the physical and emotional well-being of the person you care for?

Help you sustain your caring role?

Help you to better balance your caring role with a life outside of caring?

Help you to deal with the effects caring has on your other relationships?

Please tell us the total cost of your break and provide a breakdown of the total cost:

Total cost £ _____

Breakdown of total cost: _____

4. Information about your referee

To ensure that all applications are genuine, we contact a referee. This must be someone who knows you in a professional capacity eg a support worker, GP, nurse, social worker.

Please tell us about your referee:

Referee's name	
Job title and organisation	
How do they know you?	
Telephone number	
Email address	

Your referee must complete this section:

How long have you known the carer?	
Have you applied for other funds for this break?	Yes / No
- If <u>yes</u> , please say where and what the result was	
- If <u>no</u> , please say why not	

5. Agreement to Terms and Conditions

I, the carer, confirm that the information I have given is correct. I give my permission for it to be shared with the TTL panel.

If the TTL panel awards my grant, I agree to complete a review of my break to demonstrate how it has helped me in my caring role.

We may phone you to ask whether you would be willing to share your story so that other carers understand how TTL might help them. We can tell your story without naming you if necessary, for example to protect a child's identity.

If my plans change, I will contact Borders Carers Centre to discuss this. I am aware that I may be asked to return the funds if they are not used as agreed by the TTL panel.

Name: _____

Signature: _____ Date: _____

6. Data protection statement

The information collected on this form will only be:

- used to process your TTL grant application
- shared with those involved in processing your application

If you are not already registered as a carer with Borders Carers Centre, we may contact you to ask whether you would like to be registered with us.