

# Short Breaks Scheme evaluation 2022-25

## Key findings from the quantitative data: September 2025

- **The SBS is providing breaks for carers who would not otherwise have access to a break:** 82.3% of carers had not accessed a break elsewhere in the last 12 months
- **The SBS is reaching those carers most in need of a break:** 65.2% of carers who received a break are providing 50+ hours of care per week
- **The SBS is often identifying many carers' needs for a break for the first time, where statutory services have yet to identify that need or offer that support:**
  - Only a third (34.9%) of survey respondents were aware they had been offered a Carers Needs Assessment (Half of carers (49.7%) who accessed a break had not been offered a Carers Needs Assessment)
  - Of those who had received an assessment, only a third (32.4%) had discussed taking a break
- **The SBS is delivering the range and variety of breaks carers want:**
  - 46.6% of carers *requested* an overnight break and 44.5% *received* an overnight break, 19.4% *requested* a day trip and 17.5% *received* a day trip, 31.0% *requested* an alternative form of break (microgrant, for example) and 34.1% *received* an alternative.
- **The SBS is providing a range of breaks to sustain the caring relationship**
  - Roughly half (52.1%) of all breaks were taken by the carer with the person they care for or as part of a break for the whole family (28.6% whole family breaks, 23.5% carer and cared for person)
  - A quarter (25.0%) of breaks give carers some much needed 'me time' by taking a break on their own
  - Almost a quarter (23.0%) of breaks allow carers to connect with friends and family without the cared-for person
- **Short Breaks provided by the SBS are impactful: they are demonstrating statistically significant improvements in carers' wellbeing, quality of life, and alleviating loneliness**
  - Carers accessing a break are demonstrating statistically significant improvements in a measure of quality of life (p<.001)
  - Carers accessing a break are demonstrating statistically significant improvements in a measure of wellbeing (p<.001)
  - Carers accessing a break are demonstrating a statistically significant decrease in a measure of loneliness (p<.001)

The significance values of  $p < .001$  indicate a very low probability that the results are due to chance, indicating the high likelihood that the SBS has led to the improvement.

**The quantitative findings confirm that the Short Breaks Scheme is supporting the implementation of Welsh Government national priorities for carers into practice.**

Data shared with permission by Dr Diane Seddon and Dr Jen Roberts

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