

## Time to Live Guidelines – for 2024 to 2025 award

Please find below some guidelines to assist you with the completion of your Time to Live Application. The maximum grant which can be applied for is **£350**. ***However, in exceptional circumstances higher amounts may be considered if it can be demonstrated there is a need and at the discretion of Angus Carers Centre Management team.***

The writing in bold refers to the section of the form that the guidance relates to.

### Are you an unpaid carer?

- This fund is open to all carers\*, registered or unregistered with Angus Carers Centre who reside in Angus.
- Should you indicate on your application that you wish to register with Angus Carers Centre we will contact you.

\*Who we can help:

- ***ALL unpaid carers, including parent carers of children with a disability and Young People***

\*Who we are unable to help:

- *Kinship carers of children with disabilities*

### Have you had a break from your caring role in the last 12 months?

Priority will be given to those ***who have not had a break in the last 12 months.***

A Time to Live grant ***may be applied for once in a 12-month period and by one adult carer per household.***

### Referred By/Professional Details

This section will be applicable if you are not registered with Angus Carers Centre and do not wish to do so, also if we have not had contact with you for over 12 months.

- This section of the form must be completed with the full details of the professional who we will contact to confirm your caring role. By professional we mean someone who knows you such as your GP, carer support worker, health care professional, guidance teacher.
- Any applications received without this information provided will not be able to go forward as it will be classed as incomplete.

### About your caring role and how it impacts on you?

- **Health:** By this we mean - does your caring role impact on your physical and mental health?
- **Socially:** By this we mean – does your caring role impact on your social life? Does it stop you going out or doing things for yourself?
- **Financially:** By this we mean – does your caring role have an effect on your finances?
- **Other:** By this we mean – any other relevant information about your caring role and how it affects you.

## What can the grants be used for?

Anything that supports a break from caring and promotes wellbeing can be funded. It can also be for things like:

- Kindle, tablets, laptop, mobile phone
- Fitness equipment
- Books, magazine subscriptions
- Arts and Crafts equipment, hobby equipment
- Gaming subscriptions and equipment such as game consoles and games
- Golf clubs, lessons and club membership
- Hot Tub
- Board games, garden games
- Netflix & movie channel subscriptions
- DVD's
- Music subscriptions to Spotify, Apple Music, etc
- Musical Instruments
- Music/Art therapy sessions
- Power tools
- Baking equipment/mixer
- BBQ and equipment
- Afternoon tea delivery
- Aromatherapy Diffuser & Oils
- Photography equipment, courses, lessons
- Garden furniture, shed, fire pit
- Camping equipment
- Online games, training, classes, courses
- Walking equipment/gear
- Driving lessons
- Bicycle, including electric bikes

### GRANTS CANNOT BE USED FOR:

- General living expenses e.g. house rent/arrears, food, clothes, bill payments, beds and mattress
- Household appliances such as white goods/electrical items
- Item that has already been paid for or purchased
- Breaks that have already been paid for or pre-booked.
- Debt/loans/mortgage repayment

***With regard to costs, we do appreciate that costs can fluctuate between completion of the form and the progression of the application.***

Please note that any incomplete applications or if further information is required a worker will be in touch with you. This may also delay your application going forward.

### **Please tick all that apply – A break will ....**

❖ *This section is important as it will help us to come to a decision regarding your application.*

***Please read the Terms & Conditions carefully and ensure that you are aware that we will require receipts in respect of any award made to you as well as contacting you to request feedback from you on how you found your break. Failure to provide receipts which evidence you have used your Time to Live as stated within your application, may impact on your ability to apply for future funding from this fund.***

We would aim to contact you either by email, post or telephone within one month of your break taking place or items purchased, to gather feedback.

These guidelines are subject to change at any point.

***Please ensure that you sign, date, and return your completed application form.***

## **What happens next?**

A panel will review applications, once a decision has been reached, we will be in touch to advise you of the outcome. The email or phone call will advise you of the following:

- How much has been awarded to you
- The way in which we will pay the award.
- We will ask you to confirm whether you wish to accept the award.
- Once this has been received and if payment is to be made directly to yourself, we will contact you to discuss how we pay it.

If we were unable to make a decision and require further information a worker will contact, you regarding this.