

Cyflwynwyd yr ymateb i ymgynghoriad y [Pwyllgor Iechyd a Gofal Cymdeithasol ar Gwella mynediad at gymorth i ofalwyr di-dâl](#)

This response was submitted to the [Health and Social Care Committee consultation on Improving access to support for unpaid carers.](#)

UC07: Ymateb gan: Diane Seddon; Darllenydd mewn Gofal Cymdeithasol / Cyfarwyddwr Ymchwil Ysgol Gwyddorau Iechyd Prifysgol Bangor | Response from: Diane Seddon; Reader in Social Care/ Director of Research School of Health Sciences, Bangor University

In response to the call for evidence relating to support for unpaid carers, I would like to signpost you to the research at Bangor University that contributes to the international evidence base on short breaks for unpaid carers. This research includes a review of what the evidence tells us about respite and short breaks:

https://pure.bangor.ac.uk/ws/portalfiles/portal/38204280/2021_Short_breaks_for_carers.pdf

 [05615 Shared Care Scotland research report.pdf](#)



There is research evaluating a bespoke short breaks scheme for people living with dementia and their unpaid carers:

https://pure.bangor.ac.uk/ws/portalfiles/portal/48780817/It_was_just_everything_was_normal_outcomes_for_people_living_with_dementia_their_unpaid_carers_and_paid_carers_in_a_Shared_Lives_day_support_service.pdf

<https://research.bangor.ac.uk/en/publications/understanding-the-added-social-value-of-community-based-day-suppo>

There is work looking at short break needs and how these can change over time:

https://pure.bangor.ac.uk/ws/portalfiles/portal/49945529/Final_Main_Document_1_.pdf

https://pure.bangor.ac.uk/ws/portalfiles/portal/38545028/Planning_commissioning_and_delivering_bespoke_short_breaks_.pdf

Work to establish 12 key short break principles informed the development of the National Short Breaks Scheme for Unpaid Carers in Wales:

<https://carers.org/downloads/wales-pdfs/carers-trust-road-to-respite-report.pdf>

The independent evaluation of the scheme demonstrates positive impacts for carers, the people they support and for third sector organisations and staff:

 [DECEMBER 2024 V2 Interim Report.docx](#)



Our work also considers supporting short break conversations:

<https://www.emerald.com/qaqa/article-abstract/24/4/172/358535/Exploring-the-use-of-images-to-support-short-break?redirectedFrom=fulltext>