



# Mencap's charter for short breaks

No family should ever reach breaking point

Short breaks for the families of people with a learning disability should be based on respect for their right to family life

Mencap believes that:

- good short breaks are fundamental to the health and well-being of the whole family
- families should have a right to a break
- families with the highest needs should have a break at least once a week

A good short break is one that is:

- regular, reliable, flexible and frequent enough
- responsive to family life and cultural background
- available in an emergency
- enjoyable for the person with a learning disability

Families should have:

- independent information about the full range of support available to them
- a carer's assessment and a short break action plan – which is carried out
- the right to choose when, where, and how short breaks are provided

## MENCAP

*Understanding learning disability*