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Care Inspectorate

Coalition of Care and Support Providers in Scotland

Shared Care Scotland

3 August 2020

Dear Colleagues,

This letter provides an update on national actions to support local re-establishment of respite and day care services and sets out next steps in the wider reopening of adult day centres and residential respite for both children and adults.

We are acutely aware of the value of these types of support to individuals with support needs and their unpaid carers, and the frustration many people have felt while many building-based services have remained closed. It is important to ensure people have access to day care and respite support in all forms, including some building based services, where it is safe to do so. We appreciate the creative ways in which providers and statutory agencies have worked together over the last few months to ensure people can access adapted respite and day care supports.

In that context, I want to emphasise that respite support at home, outdoor activities and children's day care can all continue in line with existing infection control guidance. [Non-statutory guidance for school age childcare providers](#) in the local authority, private and third sectors was initially published on 3 July, and updated on 30 July, to support a safe re-opening of these settings from 15 July onwards.

Our [guidance](#) on how to administer option one and option two of self-directed support during the pandemic, issued on 14 May, also aims to support local social care systems and services to continue to respond appropriately and flexibly – including for alternative breaks and day support.

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We have also worked with our third sector partners to ensure that more carers can access equipment and subscriptions to give them a break at home through the Short Breaks Fund and the [Young Scot package](#) for young carers. We fund Shared Care Scotland to provide public information on short breaks which includes [ideas and resources](#) for activities at home. Shared Care Scotland has also published [case studies](#) from services that have adapted for reopening to assist other providers and commissioners.

### Adult day centre services

Officials wrote to Health and Social Care Partnerships, Chief Social Work Officers, Care Inspectorate and others on 17 July 2020 about adult day centre services. That [letter](#) noted that because of their critical needs, some people have been receiving important building based support which has been adapted and risk assessed in line with relevant guidance and approaches agreed with local NHS Boards' Health Protection Teams and the Care Inspectorate. The letter confirmed that this critical support could continue.

We will be issuing comprehensive guidance on adult day centre services as soon as possible, expected late August. In the interim, all registered adult day centre services that wish to reopen can do so, subject to agreement of their approach by the local Health Protection teams and the Care Inspectorate, prior to reopening.

Registered day care services must be adapted and risk assessed in consultation with the Care Inspectorate and local health protection teams, taking account of all relevant guidance which includes:

- [COVID 19 Care Inspectorate Notification Information \(Care Inspectorate\)](#)
- [Coronavirus \(Covid-19\) Phase 3: Staying Safe and Protecting Others Guidance](#)
- [Coronavirus \(Covid-19\) Physical Distancing](#)
- [National Infection Control Manual \(Health Protection Scotland\)](#)
- [COVID-19: PPE access for social care providers and unpaid carers \(Scottish Government\)](#)
- [Hand Hygiene Resources](#)
- [Covid-19: Contact Tracing in Complex Settings](#)
- [Test and Protect Guidance](#)
- [Health Protection Scotland non-healthcare settings guidance](#)
- [Guidance on individual risk assessments](#)
- [HSE guidance on ventilation systems](#)
- [Guidance on opening of public and customer toilets during the coronavirus pandemic](#)

It may also be useful to refer to the aforementioned [Non-statutory guidance for school age childcare providers](#) as a helpful guide.

The core public health measures that underpin the reopening of services are:

- enhanced infection control measures including hand hygiene and cleaning practices
- appropriate use of Personal Protective Equipment (PPE)
- limiting contacts both indoors and outdoors [in line with the household rules for the general public](#)
- maximizing the use of outdoor spaces
- physical distancing
- active engagement with Test and Protect

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## Residential respite for children and adults

While very many residential respite facilities have remained closed since March, we are aware that some services have remained open for very limited support such as a carer being admitted to hospital or where there are other serious breakdowns in a care.

We will be updating existing guidance on residential care homes as soon as possible, also expected late August, to include residential facilities that provide respite/short breaks only. In the interim, all registered stand-alone residential respite services that provide respite/short breaks only<sup>1</sup>, can reopen where approaches have been first agreed with both local NHS Boards' Health Protection Teams and the Care Inspectorate<sup>2</sup>, and they have been adapted and risk assessed, again taking account of the guidance listed above and the following additional guidance:

- [National Clinical and Practice Guidance for Adult Care Homes in Scotland during the COVID-19 Pandemic Updated 15 May 2020](#) (Scottish Government)
- [Coronavirus \(Covid-19\) Residential Childcare- Updated 17 June 2020](#) (Scottish Government)
- [Covid-19 Information and guidance for care home settings](#) (HPS)
- [Covid-19 Information and Guidance for Social, Community and Residential Care Settings](#) (HPS)

We will continue to keep you updated with important information and developments.

Thank you again for everything you are doing to support individuals and their unpaid carers at this time.



**JEANE FREEMAN**



**MAREE TODD**

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<sup>1</sup> This refers to dedicated residential respite and does not include respite services within long-term care facilities for older people.

<sup>2</sup> Where registered with the Care Inspectorate.

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