

Short Breaks Team

ASHA – Alternative Scheme for
Holiday Aspirations

Who are we?

ASHA is part of the Short Breaks Team within the City of Edinburgh Council's Department of Health & Social Care. We introduce people with learning disabilities who wish to go on a holiday of their choice to holiday carers who would like to support them and share a holiday.

Aims of the service

- Develop short breaks which facilitate sharing ordinary places doing everyday things with people.
- Offer an alternative to institutional/building based respite services

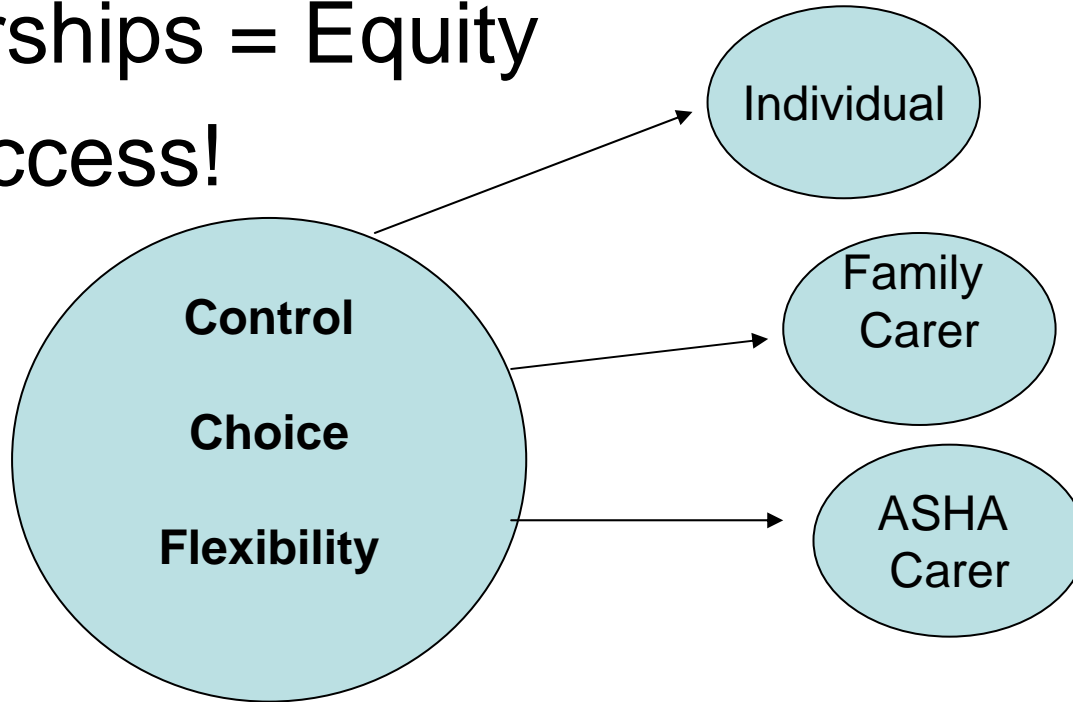
What can we offer?

A holistic, person centred approach in terms of:

- Support & guidance in helping people choose the holiday they want
- Ensuring any necessary supports are available for the holiday
- Matching people with holiday carers
- Supporting everyone involved in organising and preparing for a successful break
- Covering the cost of holiday carers break and their expenses.

The ASHA 'Model'

Partnerships = Equity
and success!



Benefits

- Enables people and their families to make real choices and gain a greater control over their lives
- Offers an opportunity for people to develop real friendships and community connections
- Lessens the huge demand, waiting lists and expenditure for residential services

Benefits

- Enables carers to take a break from caring/have a holiday of their own
- Facilitates breaks which are 'tailor made' and belong exclusively to individuals
- Helps to sustain families thus reducing crisis care/respice situations