

Dundee Carers Centre's Icelandic Adventure

Christine and Adele from the Dundee Carers Centre travelled to Reykjavik, Iceland on Monday 8th October to the International Short Breaks conference.



Alongside colleagues from the Scottish Government, Alzheimer Scotland, and Carers centres in Lanarkshire, Falkirk and Clackmannanshire their aim was to raise awareness of the extent of unpaid caring in Scotland and recent developments in legislation to support Carers.

The theme of the conference was "Opportunities and Co-creation" and Adele and Christine shared with delegates from around the world the changing approach to short breaks planning and provision in Scotland – what is driving this change and how this is overturning traditional ideas about what a short break is.



Their session was very well attended and delegates were interested to hear about the flexibility and choice the Scottish system offers to both the carer and the person they support. They enjoyed meeting with like-minded people from around the world and hearing how other countries deal with short breaks.

They also had an opportunity to experience walking to and from the Conference held in the third windiest country in the world. They weren't surprised to learn that the first and second windiest countries in the world were uninhabited.