

Time to Live Application and Guidelines 2026-27 for Adult, Parent and Young Adult Carers

Time to Live grant funding helps carers access short breaks helping to support time away from their caring responsibilities. These breaks can be taken with, or without, the cared for.

Time to Live is designed to offer the flexibility to choose the type of break which best suits your needs, whether this is a one-time activity, a short trip or regular time to yourself. You might choose to relax at home, attend a course, start a new hobby, spend time in your garden, enjoy a day out or plan an overnight stay.

How much can I apply for? First application: up to £500
Second & subsequent applications: up to £400

Please note that these grants are dependent on availability of funds and cannot be guaranteed.

Time2Live funding **cannot** be used for:

- ✗ Applications will not be considered where the short break has already been booked, purchased or has taken place previously, or, where **any component** of the said break, has already been booked or purchased.
- ✗ Any item(s) that has already been paid for or purchased.
- ✗ Alcohol (even if part of a hotel deal or part of a meal).
- ✗ General living costs (food, clothing, bills, Wi-Fi or appliances).
- ✗ Cosmetic (plastic/aesthetic) surgery, procedures or tattoos.
- ✗ Rent, debt, loans or mortgage payments.

Terms and conditions:

- All information is true and correct at the time of signing.
- You must live within Perth and Kinross.
- If you are not registered with PKAVS, your application must be supported by an independent professional (not a relative or friend).
- PKAVS Carers Centre reserves the right to ask for additional information.
- All applications will be reviewed by the panel and their decision is final.
- Priority will be given to those who have not applied to this, or any other fund, in the last 12 months.
- Applications will only be accepted once within any 12 month period.
- Only one application will be accepted per household and per "cared for" in any 12 month period.
- You must spend the award (i.e. purchase items or book your break/course) within 90 days of the award.
- Payment will be made to the carer/applicant who **must** provide receipts.
- **Failure to provide receipts will impact on the carers ability to apply for future funding.**
- **Screenshots from banking or other online applications will not be accepted as proof of spend.**
- The panel will meet regularly, and carers/applicants will be notified of the outcome.
- Successful applicants must be willing to be contacted to complete a short online evaluation form following the break/or receipt of their chosen items.
- Carers are responsible for arranging replacement care for their cared for, if necessary.

How to apply

Download an application form from our [website](#), or contact the Short Breaks Team, using the details below to request a form.

All sections must be completed fully and provide a clear plan for your break.

Need help or advice?

Contact the Senior Carers Short Breaks Officer at PKAVS Carers Centre on 01738 567076 or by emailing carersshortbreaks@pkavs.org.uk.

Examples of previous microgrants awarded

gym membership	sewing machine
tablet computer	French lessons
spa break	swing dance classes
driving lessons	rail card
garden furniture	poly tunnel
short hotel break	art classes
walking boots	tv streaming service
complimentary therapies	bicycle / e-bike & helmet
cinema pass	caravan stay
garden centre voucher	flying lessons
city theatre break	kindle
fishing permit	museum pass
audio books	tent
crafting retreat	magazine subscription
ski's / snowboard	arts & craft classes & materials
afternoon tea deliveries	home exercise equipment

These are only examples of how some carers have used their Time2Live grant.

You do not need to restrict yourself to these examples, indeed, we actively encourage carers to be as creative as possible when considering what would be the ideal break for them.

If you would like advice about your idea for a short break, or want to chat it through before applying, please get in touch with the Senior Carers Short Breaks Officer at the Carers Centre, via the contact details shown on page 1 of this document.

Time2Live Application Form 2026/27

The questions in this form are designed to give panel members a picture of the needs of the cared-for person(s), the level of support provided by the carer and the impact this has on you. Please answer as fully as possible.

Section 1 - Information about you, the Carer					
Full Name					
Address including postcode					
Contact number		Email address			
Date of birth/age		Ethnicity			
Are you registered as an unpaid Carer with the Carers Centre?			Yes ☐	No ☐	
If not, would you like more information about our service?			Yes ☐	No ☐	
Have you applied for a Time2Live grant previously?			Yes ☐	No ☐	
If yes, when?		Reference No:			
Is this application within 3 months of a referral to the carers centre?				Yes ☐	No ☐

Please tick which is the most appropriate criteria for your caring responsibilities	
I am a parent carer (the person you care for is under 18 yrs)	☐
I am a carer for someone aged between 19 and 64	☐
I am a carer for an older person aged 65 or over	☐
I am a young adult carer aged between 18 and 24 years	☐

INCOMPLETE APPLICATIONS WILL NOT BE PROCESSED AND WILL BE RETURNED

Section 2 - Your Caring Role

The questions in this section are designed to give the panel members a picture of the needs of the cared-for person, the level of support provided by the carer and the impact this has on you as a carer. If you care for more than one person, you should complete a separate sheet for each cared for. Please answer as fully as possible.

Name of Cared For:	
Date of Birth:	
The Cared For is my:	
Does the Cared For live with you?	
What are the Cared For's health condition(s) (e.g. dementia, autism)	

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Tell us about the nature of the condition(s) and the issues that affect the person you care for. How does this affect their day to day life?

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How does the care you provide affect you? (e.g. mental wellbeing is under strain, no free time for social and/or leisure, relationships are strained)

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How long have you been providing care?	
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On average, how many hours a week do you spend caring or providing support?	
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How many carers are there in the household (excluding yourself)?	
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Do you, or the Cared For, receive support from any other organisation?	Yes ☐	No ☐
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If yes, please give us details of who, and what support they provide.

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Section 2 - Your Caring Role – Cared for person number 2

The questions in this section are designed to give the panel members a picture of the needs of the cared-for person, the level of support provided by the carer and the impact this has on you as a carer. If you care for more than one person, you should complete a separate sheet for each cared for. Please answer as fully as possible.

Name of Cared For:		
Date of Birth:		
The Cared For is my:		
Does the Cared For live with you?		
What are the Cared For's health condition(s) (e.g. dementia, autism)		
Tell us about the nature of the condition(s) and the issues that affect the person you care for. How does this affect their day to day life?		
How does the care you provide affect you? (e.g. mental wellbeing is under strain, no free time for social and/or leisure, relationships are strained)		
How long have you been providing care?		
On average, how many hours a week do you spend caring or providing support?		
How many carers are there in the household (excluding yourself)?		
Do you, or the Cared For, receive support from any other organisation?	Yes ☐	No ☐
If yes, please give us details of who, and what support they provide.		

Section 3a - Details of break/desired item

Note: Please provide as much detail as possible about the planned break and how you intend to use the funding. Time2Live funding is not limited to short breaks - please see the Guidance Notes for examples.

The priority is that carers can access the type of break that benefits them most, and we aim to be flexible. If you are unsure what break would be best, please contact us before proceeding.

Applications without a clear plan for the break or item will be deemed incomplete and returned.

Are you applying for a break or an item?	Short break ☐	Item ☐	
Is the Cared For person going with you?		Yes ☐	No ☐

If no, how will the Cared For be supported in your absence?

Tell us what you would like to do with the funding, and if appropriate, when.

For short breaks, please give details of the location and name of your chosen accommodation

The following table shows the results of the regression analysis. The dependent variable is the number of hours per week spent on household production. The independent variables are age, gender, education, income, and marital status. The coefficient estimates are shown in parentheses.

Section 3b - Cost of the break / item

Please enclose with your application, a quotation which shows the likely costs of your break (e.g. a quote from a travel agent/internet service; a price list for complementary therapies, quotes for equipment, courses etc.

Applications will not be considered if the break, or any part of it, has already been booked, purchased, or has taken place.

What is the total cost of your break/item? You should provide a breakdown of costs (ie: cost of item/accommodation/travel/petrol/tickets/meals/fees)

	£
	£
	£
	£
	£
Total cost of break / item	£
Total amount requested from Time2Live	£
How will any difference be covered?	

Section 3c - Break outcomes

Please describe how you feel this break/item will help you as a carer.

[illegible]

Is there anything else that you would like to tell us?

[illegible]

Section 4 - MUST BE Completed by Carer

I confirm all information provided on this form is accurate and true and I give permission for it to be shared with the panel.

7

I understand that the panel may seek additional information from me and that their decision is final.

7

I confirm the break/item has not been booked, paid for or purchased yet.

7

If successful, I will submit proof of purchase/receipts for the full amount of the award.
I understand that screenshots from banking apps or other online services will not be accepted.

5

I agree to complete a short breaks feedback form.

7

Carer's signature

Date _____

Unregistered carers only: Section 5 should be completed by a professional who has supported the carer and/or the cared for. Failure to have this completed will deem your application incomplete.

Professionals must not be related to the Carer/Cared For or be known to them in a personal capacity.

Section 5 - Referring/Supporting Professional			
Name			
Organisation			
Job Title/Position			
Tel No.			
Email			
How long have you supported the Carer?			
In what capacity?			
Statement :			
I have reviewed the information provided in this form, added my comment above and confirm that it is an accurate reflection of the carers circumstances.			☐
I understand that the panel may seek additional information from me.			☐
I have completed this application on the Carers behalf and confirm they are fully aware of the conditions applying to this grant.		Yes ☐	No ☐
Signature of Professional		Date	

Applications can be submitted at any time. The panel will meet on a regular basis and applicants will be informed of the outcome as soon as possible after the meeting.

All applications will be considered alongside the scheme rules and are subject to funds being available.

Data Protection statement: The information collected on this form will only be used to process your T2L grant application and shared with those involved in supporting and processing your application.

Completed application forms should be sent to:

By email: carershortbreaks@pkavs.org.uk

By post: The Short Breaks Team, PKAVS Carers Centre, Lewis Place, Perth, PH1 3BD