



Short Breaks Duty Statement October 2011

EssexWorks.
For a better quality of life

Parents say: 'Short breaks are important to families who have a child with a disability. The challenges and complications that accompany a child with disabilities can be very wearing. Day-to-day activities can be much more complicated and tiring. Short breaks give the family members – parents/carers, brothers and sisters, a chance to have a break from their caring responsibilities. The family members are then able to continue their care refreshed and with renewed energy'.

This information has been developed to help families and practitioners know more about the Short Breaks and Support available in Essex.

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FACE - Families Acting for Change Essex, The Aiming High for Disabled Children's programme team and members of the Children with Disabilities Multi-Agency Strategy Group, have been involved in developing Short Breaks and in preparing this Short Break Duty Statement.

What is a Short Break?

- ❖ Short Breaks have been designed because it is recognised that there is an impact on everyday life if a child has a disability. This impact is as individual as each child and their family is unique
- ❖ Short Breaks offer a wide range of opportunities, activities and support so families have choices
- ❖ Short Breaks have been developed to offer children, young people and their families support, opportunities and activities
- ❖ Short Breaks are a part of everything else in the lives of children and young people with disabilities and their families
- ❖ Short Breaks can be anything from a couple of hours to overnight stays
- ❖ Short Breaks offer children and young people with disabilities the opportunity to have fun and take part in enjoyable experiences that contribute to their personal and social development away from their parents.
- ❖ Short Breaks help children and young people with disabilities to develop new interests and take part in different activities
- ❖ Short Breaks give opportunities for children and young people to have something to do – especially at weekends and during the school holidays. They can see their friends, make new friends
- ❖ Short Breaks enable parents and families to have a break from their caring responsibilities.
- ❖ Short Breaks help families catch up with everyday activities such as sleep, cleaning, shopping as well as having more time with their other children, their friends and hobbies.

Parents say: Having short breaks makes a big difference to our lives. A choice of Short Break opportunities which provide an enjoyable, stimulating, safe environment for our children has meant we feel we are 'living' and not just 'existing'.

Who are Short Breaks for?

Short Breaks are for children, young people aged between 0 and 18 years old with disabilities and their families living within the administrative boundaries of Essex County Council.

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How do we define 'disability'?

The Children with Disabilities Strategy Group has defined disability as:
'A child or young person who has substantial difficulty, either permanent or temporary, in achieving his or her full potential in areas of personal or social development, emotional or physical health, family life, education or employment due to:

- Sensory impairments
- Learning disabilities
- Communication difficulties
- Physical impairment
- Chronic or life limiting health condition or
- Complex health care needs

There are some children and young people with disabilities who are our priorities when planning our short breaks and support services.

These include children and young people with Autistic Spectrum Disorder who have severe learning disabilities or behaviour which is challenging; children and young people whose challenging behaviour is associated with other impairments and

Children and young people with complex health care needs and/or who require palliative care and/or have associated impairments and/or have specialist equipment needs.

Families told us - We want there to be a wide range of different opportunities for our children so we can choose which ones are right for us. We need choice so we can plan our short breaks to meet our own, individual needs.

Families can select the most appropriate Short breaks to meet their needs.

1. There are Short Breaks that children, young people and their families can contact directly and where additional assessments are not required. This is called the **Local Offer**.
2. There are Short Breaks and Support where there is a need for additional assessment and referrals. This is mostly assessments and referrals required from the Children with Disabilities Social Care Teams. There may be some specific healthcare support that requires special assessments from Health.

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Children, young people and their families can use the range of Short Breaks and Support including those from the Local Offer and those where additional referrals from the Children with Disabilities Social Care teams and/or health are required. Planning for short breaks and support should be about meeting the individual needs of families.

What is the Short Breaks Local Offer?

The Local Offer is Short Breaks that can be used by all children and young people with disabilities and their families, regardless of the child's support needs and including those who are our priorities, without any need for further assessments and referrals. The services will work with families to ensure they know about the individual needs of their child.

Families can:

- ❖ Make direct contact with the Short Breaks listed under the **Local Offer** which they think their child would like and would best meet their need
- ❖ Talk to the practitioners who know them well and they can support by making direct contact
- ❖ Make the most of any existing meetings such as their Child's Special Education Needs Annual Review, or their Team around the Child meeting to discuss Short Breaks and how to go about using them

Short Breaks Local Offer
All the Clubs – weekend, after school and weekends as listed in the comprehensive list of all the Short Break Services attached as Appendix ii.
Short breaks at mainstream childcare provision - such as with childminders or after school/holiday clubs
Support for children and young people with disabilities to take part in their chosen recreational, leisure, sport and hobby activities
Building friendships – there are opportunities for young people with disabilities to join in social activities through peer support, friendship groups or supported involvement in activities
Day time support - a few hours not necessarily regular or frequent -from an individual carer who comes to your home and either looks after your child at home or takes your child out in the local community. From April 2012, this type of support is likely to be up to 28 hours over six months.
One to one signing support so children and young people can take part in their chosen recreational, leisure, sport and hobby activities – this service is for deaf children.

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When families (or practitioners on their behalf) make contact with the services, the services will explain what they offer. Parents, children and young people can decide whether it is right for them or not. The services will then work with families to ensure they know about the individual needs of their child.

Short Breaks and Support that require additional assessments and referrals.

If the short breaks and support considered are in addition to the **Local Offer**, parents (or any practitioner supporting the family) should telephone Contact Essex 08457430430 directly to seek advice about whether or not they are able to have a Children with Disabilities Social Care assessment.

Short Breaks and Support that require additional assessments and referrals
Individual day time care and support that is regular and frequent
Funding support to enable children and young people with disabilities to participate in local community opportunities such as school holiday clubs and other activities that are organised for all children. The funding may enable additional carer support
Support from specifically trained carers for a short length of time to help families support their child to achieve a special target such as being able to sleep better, keep calm if there is a queue, go to different places without getting distressed
Holiday overnight stays
Over night stays in a children's home especially designed for children and young people with disabilities and/or complex healthcare needs
Overnight stays in the child's own home
Shared foster care (care in another family's home) during the day and/or overnights
Arrangements regarding transport to help ensure that getting to and from short breaks is supported where there is an assessed need.

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The assessment by the Children with Disabilities Social Care Team will help determine the support needs of the child, young people and their family. These may be a combination of both Local Offer short breaks and short breaks and support that require assessment and referrals.

The Guidance for Threshold of Need and Intervention Criteria for Children's Services (Supplementary Guidance for Children with Disabilities)

is used by the Children with Disabilities Social Care teams as a guide to help them make decisions as to whether there is a need for services and support from Social Care. Where there is an assessed need for services and support, the document has been designed to help determine what levels of service and support are required. This document is attached as Appendix i.

Direct Payments

If the assessments identify that families have needs for short breaks and support that require a service to be commissioned by the Children with Disabilities Social Care Team, there is the option of receiving Direct Payments instead. Direct Payments are a specified amount of money paid to parents to buy their own support services to meet the assessed need. Often this is used by parents to employ a carer/personal assistant who can look after their child either at home or out and about for the agreed number of hours.

One parent has said - Since having direct payments for my son we have been able to plan ahead, he has attended clubs when it suits us as a family; we have been able to pay for a personal assistant to come on days out with us.

Individual Budgets

In the future there may be the opportunity to have an Individual Budget. An Individual Budget is an alternative to support provided by the Children with Disabilities Teams such as Direct Payments. Families' needs are accessed and they receive a budget for the year which they can choose how best to spend to meet their child's needs. The outcomes for the child and how the money will be used to meet these needs are contained in a support plan. It is a more flexible approach for families. The family and child have greater control over meeting their needs within the requirements of the agreed support plan. Creating the Support Plan helps with identifying what would be really helpful. At present a small pilot scheme is running which is being evaluated.

One parent said- We are part of the Essex Individual Budget Pilot. The funds we received for my daughters Individual Budget enabled us to purchase an adaptation which attaches to her Dads bike. She is loving being outside and riding around our neighbourhood- it is great we can now all go out on a family bike ride.

An Individual Budget meant for the first time we enjoyed a family holiday away together. We paid for my daughter's personal assistant to come with us to France. It was fantastic to see our son and our daughter enjoying the holiday, being able to have a real rest; away from home altogether- none of us felt the usual stress and strain.

What happens if children have complex health care needs?

If children have a complex healthcare need, there are some services that require a specialist healthcare assessment. These include some healthcare specialist carer support for individual day time support. The referral for such assessments is through the healthcare practitioners who are already involved with the family.

There is also the Specialist Healthcare Task Training Service which supports children with complex healthcare needs who require specialist healthcare task support to be able to participate in the short breaks of their choice. There is now specific training available for short breaks providers. The short break providers have all the details about how to arrange this training and support.

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Is there a cost to families?

- ❖ Families are expected to pay the same as anyone else for all the general leisure activities, sports clubs, hobby-based activities, out of school activities, art and drama clubs and uniformed groups like Scouts. **Families will not have to pay for any additional support** their child receives to help them participate in their chosen leisure activity.
- ❖ Families are expected to pay the same ordinary childcare rates as anyone else receiving childcare. **Families will not have to pay for any additional support their child may require.**
- ❖ Families may be asked for a financial contribution for some of the clubs and holiday activities. Some organisations charge an hourly fee or request a voluntary contribution. Please contact the clubs or activities directly for further information
- ❖ **Families will not have to pay** for the day time support from an individual carer who comes to your home and either looks after your child at home or takes your child out and about if this is as an assessed need and referral from the Children with Disabilities Social Care Teams. **Families will not have to pay** for the day time support that is a few hours, not necessarily regular or frequent, from an individual carer who comes to your home and either looks after your child at home or takes your child out and about for up to 28 hours over six months. Families will have to pay for the cost of any activity for their child – such as going swimming.

Designing and developing Short Breaks and Support.

Families have told us what sort of short breaks and support would make a difference to their lives.

Families told us they preferred having a wide range of choice and variety so they could choose what would suit their individual needs the best. The on-going feedback highlights how much children, young people and their families enjoy their short breaks and how they positively impact on their lives.

We have listened and, working in partnership with FACE, Health, Social Care and the voluntary sector through the Children with Disabilities Strategy Group, have planned our current Short Breaks and Support Services and are continuing to design and develop them for the future.

The views of children, young people and their families are invaluable to us. The regular feedback we receive from short break providers and families are helping us to continue to develop the sort of short breaks and support services that make the positive difference.

Families told us - we wanted our short breaks as near to their home as possible, so our children could mix with their friends from school and still be part of the community and also nearer to home short breaks means that siblings do not have to spend ages in the car'.

Young people told us – we want to spend time our friends and do things like go shopping, go to the park and trips to the zoo.

Young people told us – we want to do the same things as our peers.

Children and young people told us – we want to play sport and go swimming and do things without our parents

Families told us - 'we wanted to be able to plan our summer holidays well in advance and we gained comfort from knowing our children had something to do'.

Families told us - 'disabled children want to do the same things as other children. We just need to make it safe, appropriate, timely and available'.

Families told us - 'our children did not mind going to their 'schools' for a summer scheme as their friends would be there and it was NOT going to school everyday that some children found difficult i.e. change of routine'

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Essex buys and provides a range of Short Breaks and Support services.

In summary - these include:

- Having a carer for some time during the day that suits the individual families' needs to either look after their child at home or take them out in their local community.
- A wide range of different activities during the school holidays evenings, weekends and after school. These are mostly clubs and are spread across the county.
- Support to help children and young people join in their chosen leisure activities such as Scouts, Majorettes, sport-related activities.
- Support from specifically trained carers for a short length of time to help families support their child to achieve a special target - such as being able to sleep better, keep calm if there is a queue, go to different places without getting distressed.
- Holiday over night stays
- Overnight stays in the families own home.
- Overnight stays for allocated number of nights per year where children and young people stay away in a short break residential home.
- Having the opportunity for children and young people to have short breaks by being cared for in another family's own home – day time and possible overnights stays by approved Shared Foster Carers
- From April 2012, Essex hopes to be able to offer some life skill development activities as part of its Short Break activities.

There is a comprehensive list of all the Short Break Services and their contact details in Appendix ii.

Each Short Break is listed with the following information:-

Brief description of the service, activity or opportunity	Local Offer OR Additional assessments and referrals needed	Name of Organisation	Area / District and Contact Number
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Information about Short Breaks and Support for children and young people with disabilities, their families and practitioners.

The Aiming High for Disabled Children's Spring newsletter is attached as Appendix 3. The Aiming High for Disabled Children's Autumn newsletter will be available before the end of November. The newsletters are widely circulated to: FACE; Essex Forum; Special Schools with a copy for each family; Schools through the Special Educational Needs Co-coordinators; Libraries; Children Centres; Children with Disabilities Social Care Teams; Early Years and Childcare; Contact Essex; Child Development Centres; Health Centres; Multi Agency Allocation Groups; All Short Break Providers.

There is the Aiming High for Disabled Children's web-site; <http://www.essex.gov.uk/Health-Social-Care/Care-Children/Aiming-High-for-Disabled-Children/Pages/aiming-high.aspx> as well [Aiming High for Disabled Children](#). This will be regularly updated.

Background to the Short Breaks Duty Statement

Every local authority must provide short break services designed to assist families who have children with disabilities, by giving them breaks from caring. This is now a statutory duty.

Every local authority is required to publish Short Break Duty Statement outlining information for families and practitioners about their short break services.

The underlying principles with regard to Short Breaks are that they:

- are additional to services and support available for all children and their families
- should support parent/carers and be beneficial to children and young people
- should improve outcomes for children and young people with disabilities and their families
- should meet the individual needs of families
- are not just about supporting families in crisis

The coalition Government has allocated £800 million over the next four years through the Early Intervention Grant to enable local authorities to continue to improve the availability of short break services. The funding enables each local authority to set its own spending priorities. However, sufficient resources should be made available to provide a diverse range of short breaks to meet the statutory duty.

Essex has committed £3,446,200 from its Early Intervention Grant for a range of short break services for 2011/12. Other funding also supports short breaks and support services and there is some funding from Health.

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Additional information



Parent Participation

Families Acting for Change Essex [FACE] is a parent led organisation that represents views and experiences of parents and carers of children and young people with disabilities and additional needs to influence the services they receive in Essex.

FACE welcome all families who have a child with a disability age 0-19 years. Family members can be involved within FACE at any level that suits them.

“Working in partnership with Essex County Council we can tell real life stories and help practitioners understand the true impact of having a child with a disability. We provide ideas and solutions to challenges families are facing, as well as helping write information so it’s fully understood by parents/carers.

Do join us and have your say!”

From Tracey Scriven CHAIR of FACE

Essex County Council say that the benefits of working with FACE are huge and include:

- having input and being guided by the experts [the parents!]
- hearing real life stories / seeing through different eyes
- understanding the impact
- confirming what may make the difference / talking through ideas
- having confidence to push out the boundaries / take some risks
- having partners in decision making
- producing information that makes sense

Please contact Tracey Scriven - Chair of FACE –
FACE, Moulsham Mill, Parkway, Chelmsford CM2 7PX
Telephone: 01245 608231 Text or call mobile: 07910 883337
Email: chair@face-essex.org Website www.face-essex.org

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Information for parents



The SNAP Directory 2010 has been compiled, written, researched and produced for the benefit of everyone concerned with the welfare of children and young people with any special need or disability. It aims to provide a comprehensive guide of useful contacts from 30 different categories including diagnoses, equipment, education and sport and leisure, to point parents, carers and professionals in the right direction so that the children and young people receive the best possible help and advice. The SNAP Directory is available in hard copy format and the online version incorporates a useful search facility and is updated daily on the SNAP website at www.snapcharity.org.



Support groups for families with children and young people with disabilities

There are many different types of support groups for families with children and young people with disabilities across the county.

Please contact Essex Forum by email xxxxx.xxxxx@xxxxxxxxxxx.xxx or talk to Kevin Smith-Galer on 07951443224 for more details. Essex Forum is the support for all the groups.

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Childcare for children and young people with disabilities

There is a new information booklet and a DVD that is now available for families and practitioners to support parents who require childcare for their child with disabilities. The booklet includes information on different types of childcare, Ofsted registration and financial support to help pay for childcare and the additional support that is available to families with children with additional needs or disabilities. It is broken down into age groups, to make it easier for parents to find the section that is relevant to them. The DVD includes stories from families who currently use Childcare and Children's Centre Services.

Both the information booklet and the DVD are available free to parents who have a child aged 0 – 19 with an additional need or a disability. Please call the Family Information Service (FIS) on 0800 055 6874 to request a free copy.

FACE were influential in the design and development of both the information booklet and the DVD.



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Play Spaces

Being able to go to the local parks

Parents told us about some of the barriers and challenges of going to the local park with their child with disabilities. FACE were instrumental in seeking the parents' views of what could be changed to make it easier for their children to play in their local parks. Based on all the feedback, FACE wrote a comprehensive report that was circulated to all the local District Councils. FACE then worked in partnership with the District Councils to plan improvements. Some of the Aiming High for Disabled Children's funding was used to development a number of local parks to help ensure that children and young people with disabilities can play alongside their brothers and sisters and their friends.

The parks are:



BRENTWOOD

Bishops Hall Park, Brentwood

CASTLEPOINT

Villa Road Recreation Ground, Benfleet
The Crescent Recreation Ground, Hadleigh

CHELMSFORD

Central Park
Admirals Park
Hylands Park
Jubilee Park
Baddow Hall Park

COLCHESTER

Castle Park

EPHING FOREST

Hillyfields Playground, Loughton
Larsens Playground, Waltham Abbey



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GREAT DUNMOW

The Recreation Ground, Great Dunmow

HARLOW

The Rainbow Young Bus, visits various locations in Harlow

MALDON

Brickhouse Farm, Maldon
Riverside Park, Burnham-on-Crouch

ROCHFORD

Doggetts Playspace, Rochford
Grove Wood Playspace, Rayleigh
Hockley Woods, Hockley
High Street, Great Wakering
Sweyne Park, Rayleigh
Rawreth Lane Recreation Ground, Rawreth
Pooles Lane, Hullbridge.
Fairview, Rayleigh

TENDRING

Rush Green Play Area, Clacton on Sea
Eastcliff Play Area, Holland on Sea
Foots Farm Play Area, Clacton on Sea
Harwich Green Play Area, Hawich
Bathouse Meadow, Walton on the Naze

WITHAM

Witham Town Park, Witham



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Changing Places – fully accessible toileting facilities

Essex Carers Network and FACE told us how the lack of facilities for children and young people with disabilities who have personal care needs that require carer support restricts where, when and how families go out and about.

Do you have a child or young person who has personal care needs that require carer support? Are you fed up with not going to some places because of the lack of facilities?

Changing Places may be of help to you and your family. They have all, except for the Braintree Mencap facility, been developed through Aiming High for Disabled Children funding; partnership working with FACE; Essex Carers Network and designed and built by Essex Cares.

What are Changing Places?

Changing Places are fully accessible toilets and personal care facilities that include:

- adult sized, height adjustable changing benches;
- hoisting equipment;
- enough space for a child/young person, plus two carers;
- centrally placed toilets with room either side for the carers
- privacy screens or curtains around the toilet;
- wide tear off paper roll to cover the bench;
- a large waste bin for disposable pads and a non slip floor.

These have been designed to help meet the needs of children and young people with disabilities, their families and adults with similar care needs. They are recognisable by this logo.



This is where they are in Essex	Information about opening times and how to gain access to them
Braintree – Mencap Charles Leek House, 7, Coggeshall Road, Braintree, Essex, CM7 9DB Tel: 01376 326302	9.00am to 1.00pm Monday to Fridays. Just ask at the office.
Brentwood Leisure Centre Doddinghurst Road, Brentwood Essex, CM15 9NN Tel: 01277 215151	2 facilities – a dry side and a wet side. Just ask at Reception for the dry side facility and the wet side facility is for people using the pool (although could be used by others if required).

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This is where they are in Essex	Information about opening times and how to gain access to them
<p>Chelmsford – Marsh Farm Country Park Marsh Farm Road, South Woodham Ferrers, Essex, CM3 5WP</p> <p>Tel: 01245 321552</p>	<p>Accessible when the farm is open.</p>
<p>Chelmsford – Market Road Public Toilets Market Road, Chelmsford, Essex CM1 1LH,</p> <p>Tel: 01245 605717</p> <p>There is a designated parking space alongside the parking bays for disabled people by the Shopmobility.</p>	<p>Immediate access can be granted via the Shopmobility bell next to the Changing Place. A unique key can be applied for so that the facility can be used at all times (24hr access). This unique key can be applied for by filling out the relevant form which you can get from the mobility shop. If the child or young person is not with you when applying for the key, you will be asked for some proof of need – such as a DLA form.</p>
<p>Colchester Leisure World Cowdray Avenue, Colchester, Essex, CO1 1YH</p> <p>Tel: 01206 282000</p>	<p>Just ask at Reception.</p>
<p>Maldon Promenade Park Park Drive, Maldon, Essex, CM9 5JQ</p> <p>Tel: 01621 856503</p>	<p>RADAR key required.</p>
<p>Hamelin Trust 19 Radford Crescent Billericay</p> <p>Tel: 01277 653889</p> <p>Parking for the Changing Places is available.</p>	<p>RADAR key required.</p> <p>This is the station end of Billericay High Street and near to Lake Meadows.</p>

RADAR keys can be obtained online, through your local council or through places like ‘Shopmobility’.

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The online link is <http://www.radar-shop.org.uk/Detail.aspx?id=0>

There is a Changing Places national website with information about the location of other Changing Places across the country.

The online link is <http://www.changing-places.org/>

In Essex, there are more Changing Places still in development.
We will let you know as soon as they are fully functional.

FACE and the Aiming High for Disabled Children's team welcome comments about the facilities and also your views on where you feel new Changing Places would be best located to suit your needs.

Please contact: the Aiming High for Disabled Children's team by email:

xxxxx.xxxxxx@xxxxx.xxx.xx

or telephone 01245 436128

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Transition into adulthood

The Transition Pathway Services, Essex Carers Network and FACE work in partnership to ensure services are planned to meet the needs of families.

If you are a parent or carer of a young person with a Statement of Special Educational Needs and/or additional needs you will be supported in their transition into adulthood.

All young people need to plan for the future and if your son or daughter has a statement and/or additional needs their planning for the future starts at 13 (Year 9) with a Transition Review.

Transition Review

Transition Reviews are designed to collect all the information that is important to your son or daughter and then develop a plan to help them achieve their future goals.

The Transition Review will look at everything from hopes, dreams and aspirations to further education, leisure, health, employment and finance.

It is the responsibility of your son or daughter's school to organise the Transition Review.

The review meeting is crucial and you have the right to invite anyone you feel is important in shaping your son or daughter's life, from professionals to friends and relatives.

At the end of your son or daughter's first Transition Review you will receive a Transition Plan, this will need to be reviewed and updated every year.

Support

All young people with a Statement of Special Educational Needs will be allocated a Personal Adviser from Essex County Council. Your Personal Adviser will work with you and your son or daughter's school to offer a free and impartial information, advice and guidance support service. They will attend both year 9 and year 11 reviews.

If you have a Social Worker they will also support you through transition. If eligible the children's social services team will also support you in the referral process to adult social services.

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Useful publications

- [A Transition Guide: For parents and carers of young people with additional needs](#)
- [Quick Guide to Transition: Overview of the Transition process](#)
- [Getting Ready for Transition: Preparing for Transition Reviews](#)
- [Moving On: Post 16 options](#)
- [A Place called home: Housing options](#)
- [Money Matters: Benefits and Personal Budgets.](#)

Contact details:

For more information please contact the Transition Pathway Service on: tel: 01245 433282 or email: xxxxxxxxxx.xxxxxxxxxxxxxxxxxx@xxxxxx.xxx.xx

The information contained in this document can be translated, and/or made available in alternative formats, on request.

FACE - Families Acting for Change Essex, The Aiming High for Disabled Children's programme team and members of the Children with Disabilities Multi-Agency Strategy Group, have been involved in developing Short Breaks and in preparing this Short Break Duty Statement.