

## **Short Breaks Statement for Disabled Children and Young People in Derbyshire**

### **Section One – Introduction**

#### **What is a Short Breaks Statement?**

Local authorities are required to publish a Short Breaks Services Statement. The regulations relating to this duty came into force on 1<sup>st</sup> April 2011 and require each local authority to produce a Short Breaks Services Statement so that families know what services are available, any eligibility criteria for these services and how the range of short breaks are designed to meet the local needs of families with disabled children.

This statement is a guide to the services offered by Derbyshire County Council. This statement tells you what short breaks are available to support Derbyshire families and how to find suitable services.

#### **Legislation and Guidance**

The legislation that relates to the duty to provide short breaks services for disabled children and young people requires local authorities to take into account the needs of carers who would:

- be unable to continue caring for their child unless breaks from caring were given
- or, who would be able to give more effective care if breaks were given to allow them to, for example, attend educational classes or work, meet the needs of other children in the family, or carry out necessary day-to-day tasks in the household

#### **1. Definition of Short Break Services**

Short breaks are different from child care, education or universal provision, which anyone in the community can access, eg local leisure centres. Short

break services are a range of services, which support disabled children and their families. Short breaks are provided to give:

- disabled children and young people enjoyable experiences away from their primary carers, thereby contributing to their personal and social development and reducing social isolation
- Parents and families a necessary and valuable break from caring responsibilities.

## **2. Types of Services**

Local Authorities must, so far as is reasonably practicable, provide a range of services sufficient to meet the needs of carers to care, or care more effectively, including:

- Day care in the child's own home and elsewhere
- Overnight care in the child's own home and elsewhere
- Educational or leisure activities for children outside their own home
- Services in the evenings, at weekends and during school holidays

## **Who is the Short Break Statement for?**

The information contained in this short break statement is intended for Derbyshire families who have a disabled child aged 0 to 17 and volunteers, staff and others working with them.

## **3. Definition of Disability and Information about the Number of Disabled Children and Young People in Derbyshire**

The general definition of disability used is that in the Equality Act 2010:

'A person has a disability if he/she has a physical or mental impairment and the impairment has a substantial and long-term adverse effect on a person's ability to carry out normal day to day activities'

This describes about 6% of the population, so there are approximately 12,841 disabled children and young people in Derbyshire.

#### **4. Vision and Priorities for Short Breaks in Derbyshire**

All children have the same rights. In Derbyshire we want to be sure that disabled children grow up with the right support that will give them the same opportunities as other children, including accessing services in their local communities and being able to lead fulfilling lives.

A key priority in Derbyshire County Council's Plan 2014-2017 is to:

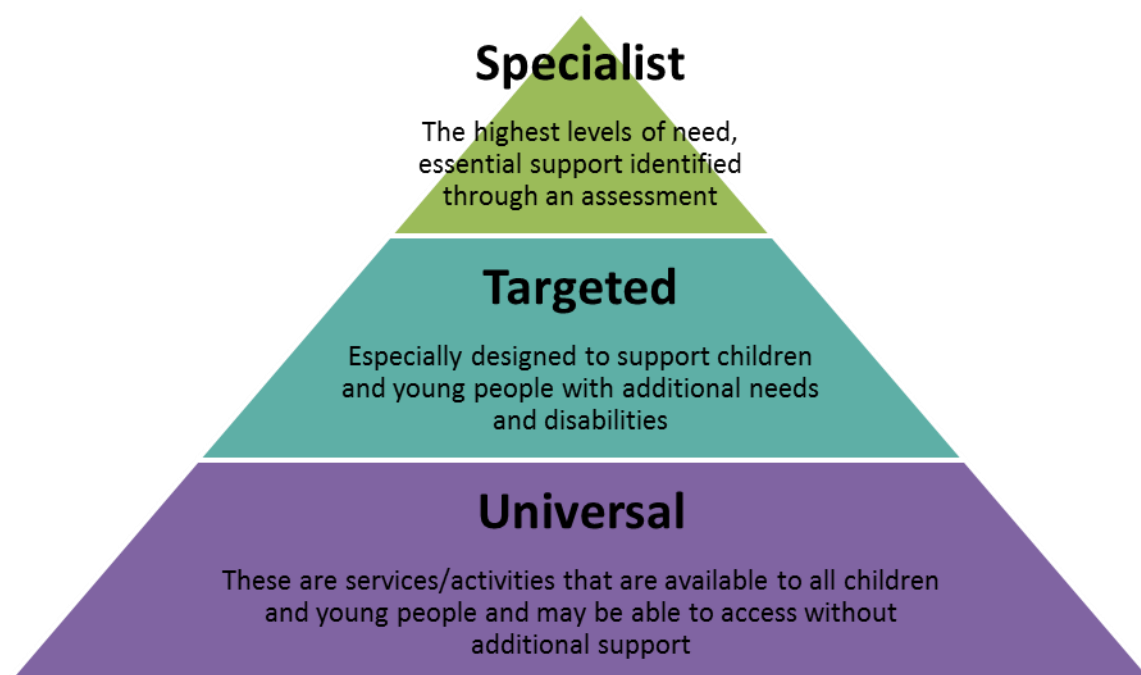
**“Provide children and young people with additional needs and disabilities access to the support and services they require.”**

However we recognise that all families are different, so they will need different levels of support and different types of short breaks depending on the age of their child; some families may need more support because of their family circumstances, this may be for a short period of time or it may be for longer.

### **Section Two – Derbyshire Short Breaks and Services**

#### **5. Range of Services**

The level of support that will be required will be different from child to child and in some cases there may be a need for an assessment to determine what support would be the most appropriate. The range of services available in Derbyshire have been described as Universal, Targeted and Specialist.



An overview of services currently available can be found at **Appendix A** of this statement. A full comprehensive guide to all services on offer can be found in Derbyshire's Local Offer. The following short guide to the service categories can be used to help access to short breaks services.

## 6. Universal Services

Disabled children and their families told us that they wanted to be able to use local universal services, sometimes as a family or for the disabled child alongside their friends or siblings and to be confident that staff can meet their individual needs.

These are services/activities that are available to all children and young people and may be able to access without additional support. Access is by self-referral but it is important that the level of need is discussed with the provider so that they are able to understand what additional support may be required. These services include:

- Leisure centres
- Libraries
- Youth Groups/clubs
- Brownies/Guides/Scouts
- Activity centres such as Lea Green
- Children centre groups.

## 7. Targeted Services

The majority of disabled children and young people will be able to access Universal provision. A small number of disabled children and young people will, at times, require a more targeted approach. 'Targeted services' are designed to support children and young people with additional needs and disabilities. Sometimes these are inclusive groups and sometimes focused on activities for disabled children and young people. Most of these are 'open access' so can be accessed directly without an assessment. Some children and young people accessing targeted services may also be able to access universal and specialist services with the appropriate support in place. These services include:

- Specialist sports clubs
- Play schemes
- After school clubs
- Music groups
- Specialist youth groups

## **8. Specialist Services**

There are several levels of support and families can move between levels over time as their needs change and as services and communities become more inclusive. If families need more support than the Universal and Targeted Services, higher levels of support including overnight breaks can be provided following a comprehensive assessment the nature and level of support required.

For those with the highest levels of need, Social Care provide or fund essential support to families of children identified through statutory assessment and who, without this support, would not be able to look after their disabled child. The majority of these young people will be supported by the locality social care teams however a specialist safeguarding disabled children's team supports the most complex cases

### **Criteria for specialist safeguarding services**

Derbyshire County Council updated the eligibility for the safeguarding specialist disabled children's team in September 2016. This was to ensure that it was user friendly and to widen the criteria to include those young people who have high functioning autism but challenging behaviour.

#### **8.1. Types of Specialist Services or Funding**

The following types of short break support can all be provided subject to an assessment of needs:

### **a) Individual and group based short breaks**

These include:

- Care in the child or young person's home to provide support to family carers
- befriending, sessional worker or sitters assisting severely disabled children and young people's access to local provision including groups
- day time link care or community child minder

For some young people, this support may only be needed for a short period whilst they settle into a new activity and make new friends.

### **b) Personal budgets**

- Direct payments – where a child is assessed to be eligible for support services to meet assessed needs and agreed outcomes, instead of the council providing these services, families have the option ( subject to certain conditions) of a Direct Payment.
- Personal Budget and Personal Health Budget – where a service user gains direct control over the application of funding allocated to them following an assessment. The aim is to provide a more person-centred package of support designed to meet specified outcomes. Personal Budgets could, where appropriate, include funding from Social Care, Education and Health.

We are committed to the Personalisation Agenda and view all these approaches as being a good introduction to working with parents and disabled children and young people around choice and control.

### **c) Overnight Breaks**

For a small number of children and young people with the most significant or complex needs, usually aged between 10 and 17, an overnight break can be an important part of a support package. Access to overnight short breaks is assessed on a case by case basis, and based on assessed need. Overnight breaks are available to young people where they will:

- Support families and carers at the greatest levels of need to have a significant break from their caring responsibilities

- Support families where their disabled child experiences very disturbed sleep pattern
- Support disabled children and young people to enjoy positive activities of their choice
- Support disabled young people to prepare for adult life

**This range of overnight break provision includes:**

- Stays with a foster family (link care)
- Direct payment or personal budget used to fund overnight care
- Regular overnight provision in specialist settings, such as Spire Lodge
- Occasional or one-off activity breaks – e.g. via the voluntary sector
- Supported holidays, with and without family
- Referral to contracted residential provision e.g. Light House

**8.2. The Framework of Providers** – specialist services for disabled children, young people and young adults

Derbyshire County Council maintains a Framework of Providers of specialist services. The Framework comprises a list of providers who have met published criteria and quality standards and each provider has signed a “Framework agreement” to confirm that they accept all of the terms and conditions which are necessary to receive Council funding. The list of Framework providers has been made available to schools, Multi-Agency Teams, Social Care and other agencies within the Children’s and Young People’s Trust. These agencies may use their budgets to “spot-purchase” services from providers on the Framework, e.g. where a young person’s needs cannot be met by other existing services.

Details of the Framework providers have also been made available to families and young disabled people who wish to buy services with Direct Payments or Personal Budgets. People purchasing services in this way are not confined to choosing a provider from the framework, but it can help them to make an informed choice.

## **9. Preparing for Adulthood**

At all levels of provision, we want services to support disabled young people as they prepare for adulthood. As children get older and become young adults, it is important that they are provided with opportunities to take more control over their lives and become directly involved with choices and they should be supported to make decisions for themselves, wherever possible. Universal, Targeted and Specialist Services should provide opportunities for disabled young people to develop their independence and life skills, including decision-making skills and how to manage risk. Preparing for adulthood means preparing for:

- Higher education and/or employment
- Independent living
- Participation in society
- Being as healthy as possible.

The 2016 **Derbyshire Preparing for Adulthood Pathway** document sets out how services should work together to support young people with special educational needs and disabilities to prepare for adult life.

The Pathway can be found on the Derbyshire Local offer website.

## **10. The Local Offer website**

The Derbyshire Local Offer aims to provide information about available services for children and young people with special educational needs, and disabilities, and their families in one place. It includes leisure and activity providers, health and care services, education providers and support groups.

## **11. Future Development of Short Break Services**

In order to develop the short break offer for Derbyshire families we will:

- Continue to collect information about providers of short break services and share this information through future short break statements and the local offer
- Ensure commissioned services are delivered to a good quality and standard which meets needs through regular feedback and monitoring
- Derbyshire is committed to extending the meaningful participation of disabled children and young people across Children's Services who will continue to influence service development



- Will continue to work collaboratively with parents and/or carers of children and young people with disabilities and complex needs.
- Raise awareness of Short Break services currently available in Derbyshire

## **12. Reviewing the Short Breaks Service Statement**

As part of Derbyshire's commitment to working collaboratively with children and young people with special educational needs and disabilities and their families/carers we will regularly review and evaluate services and provisions. The review of the Short Breaks Statement will be conducted annually in collaboration with parent/carer forums to ensure the views and wishes of Derbyshire families will shape the services available and support our vision and priorities reflected in our Short Break Statement.