

Short Breaks Duty Statement

2018/19

All local authorities are required to provide short breaks for children with disabilities. This is called the short breaks duty.



What are short breaks?

Short breaks form part of a range of services, which support disabled children and their families to give:

- Disabled children and young people enjoyable experiences away from their primary carers, contributing to their personal and social development and reducing social isolation
- Parents and families a necessary and valuable break from caring responsibilities
- Families with disabled children support to enable them to do more things together as a family

For eligibility and how to access short breaks see page 3

What is the short breaks duty?

Since 1 April 2011 all local authorities have been required to provide short breaks for disabled children. This is called the short breaks duty.

Please see page 8 for full details of our short breaks duty statement produced in partnership with local parents, voluntary, community and statutory organisations.

An illustration of a woman with long dark hair, wearing a purple top and dark pants, standing next to a child with blue hair wearing a green shirt. The child is sitting on a large orange ball. A large orange speech bubble is positioned above them, containing text.

Short breaks give young people more opportunities to take part in group activities

Our aim is to ensure that families with disabled children have the support they need to live 'ordinary lives' as a matter of course. Disabled children and their families have the same human rights as others, including the right to the same quality of life as those who do not live with disability.

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.

It is also important to note that whilst we know that short breaks are a priority for families with disabled children, they should be delivered as part of a much broader package of family support services; including sleep support and help with parenting issues that arise specifically because of a child's disability.

We are committed to:

- listening to all disabled children, acting on their views, and providing them with choices
- supporting disabled children and their families to take part in and enjoy local community life
- ensuring that parents and carers are supported to become equal partners in making decisions about service development and priorities

To find out more about short breaks services or for more information about other support for children with disabilities visit our website:

www.cambridgeshire.gov.uk/disability-social-care-0-25

How You Can Access Short Breaks

- Complete a self-assessment because your child receives high rate Disability Living Allowance (DLA) care component or enhanced rate Personal Independence Payment (PIP) – phone 01480372767
- Your child has had a social work assessment that indicates they are eligible for Early Help or Early Help Plus funding
- Your child has had a social work assessment which concludes the child or young person is eligible for social work support but there are no current social work tasks to be completed. The parent/carer and social worker agree that the child's needs can be best

The full eligibility criteria and how to request support is detailed on pages 9&10

Disabled Children's Early Help Coordinators

The Disabled Children's Early Help Coordinators enable disabled Children and young people to develop the skills to prepare for adulthood, to access community activities, to increase independence skills and to enable parents/carers to have a short break. This is achieved through an allocation of a Personal Budget.

The Early help Coordinator will:

- Agree a support plan and budget with you
- Ensure that you have all of the information you need and that arrangements are in place for you to manage the money on behalf of your child
- Provide information about activities and short breaks
- Look to support young people age 16+ to access volunteering or work experience opportunities

Our working description of disability is:

"The needs of the disabled child or young person are beyond those of a non-disabled child of the same age and means they are likely to require lifelong support in the future from statutory services".

If a child's needs do not meet the eligibility criteria we will always offer advice.

If we cannot provide direct support, we will tell you about other organisations that may be able to help.

Short breaks offer children and young people the opportunity to do things they enjoy, learn new things and be part of their community.



What services are provided through the short breaks duty?

Our aim is, that as much as possible, disabled children and their families should be able to choose the way in which they receive a short break.

Group based support

Includes specialist and inclusive provision

- Holiday play schemes
- Clubs
- Sports groups

Individual short breaks

- Individual day time support provided or funded through Disability Social Care 0 – 25 Service
- Support from complex health/ palliative care teams
- Care in the family home
- Befriending, sessional worker or sitters helping severely disabled children and young people to access local provision
- Day time Link Foster Care or childminders

Overnight breaks

For a small number of children and young people, usually aged 8 and over, an overnight break can be an important part of a support package.

These can include:

- Stays with a family Link foster carer
- Regular overnight provision in specialist Residential settings
- Support in the home

To receive overnight short breaks you will need to have had a social care assessment that identifies this as an assessed need.

To find out more contact

The Disabled Childrens Referral & Access Team

01480 372767

**DisabledChildres.Referral&AccessTeam
@cambridgeshire.gov.uk**

Short Breaks have given opportunity for our son to learn a new skill and also some free time to ourselves



How can I receive my short breaks allocation?

Families can choose to take their allocation as a cash payment through direct payments and manage it themselves. Alternatively, they can ask Disabled Social Care 0–25 to organise their short breaks for them either through services provided directly by us or bought from another organisation (commissioned service).

Direct payments

A direct payment is a cash sum of money paid to a disabled young person or a parent on behalf of their disabled child to purchase agreed support services and short breaks. This gives families more choice, control and flexibility over their short break allocation. A direct payment is an alternative to receiving a commissioned service.

Managing direct payments

We provide access to The Direct Payment free Support Service delivered by *Purple*.
www.wearepurple.org.uk

Purple and other organisations offer payroll and holding accounts, as well as recruitment support.

Transport

Parents are responsible for transporting their children to events and activities or make arrangements for this to happen.

Families who get mobility allowance through Disability Living Allowance should use this to support their child's transport needs. However, in exceptional circumstances, following a social care assessment, reasonable transport costs may be paid.

Using the Local Community

It is important that universal services in local communities are able to meet the needs of disabled children and young people.

Together with the city and district councils, who are responsible for many of the local leisure amenities, we are making facilities more accessible for disabled children and young people.

Short breaks funds have also been used to make mainstream leisure facilities more accessible.

For more information about **direct payments** visit

[www.cambridgeshire.gov.uk/
disability-social-care-0-25](http://www.cambridgeshire.gov.uk/disability-social-care-0-25)



Preparation for Adulthood

Some short breaks have been developed specifically for young people over 14 years old. They are intended to give disabled young people opportunities to try out new activities, extending their independence and life skills including:

- Learning how to keep safe in the community
- Developing decision making skills
- Learning and practicing aspects of money management
- Learning to travel independently
- Improving social interaction skills
- Leading ordinary lives, enjoying and contributing to everyday activities

Some of the young people who receive short breaks funding may need some support from Social Care as adults. Social care support for adults is provided the Care Act 2014 legislation. Young adults who, following an assessment, are eligible will be supported through self-directed support once they are aged 18. This assessment will begin around the age of 16 to ensure that young people and families know in plenty of time. We will support eligible young people and their families to move to self-directed support in advance of this so the transition is a smooth process.

If a young person is supported through a Disabled Children's Early Help Plan and is not eligible for social care support under the Care Act as an adult their short break offer will end on their 19 birthday.



Short Breaks Duty Statement for Children and Young People with Disabilities

Since 1 April 2011 all local authorities are required to provide short breaks for disabled children.

This is called the short breaks duty.

The Breaks for Carers of Disabled Children Regulations 2011 require every local authority to write a short breaks statement which tells families about the range of short breaks services available, any eligibility criteria they use to decide who is entitled to get short breaks, and how the range of short breaks is designed to meet the needs of local families with disabled children. The short breaks duty is also implemented in the context of the Equality Act 2010 that aims to protect disabled people and prevent disability discrimination.

This short breaks duty statement forms the basis of Cambridgeshire County Council's short break commissioning plans, not only what we buy, but also what we provide. Disabled young people and parents have been involved in the commissioning and play a key role in how we choose providers and what we ask them to do.

Feedback from children, young people, families and carers helps us to monitor and review services and influences what we decide to keep or change. It also influences how budgets are allocated. Families are increasingly telling us that instead of us buying or providing services, they would rather have the funds themselves to decide what works best for their family.

This annual process will enable Cambridgeshire County Council and its partners to co-ordinate future consultation, service planning and commissioning. This is important as services change and develop and national guidance evolves; such as getting better at inclusion, and the growing emphasis on personal budgets.

'Every local authority (England and Wales) shall provide services designed to assist individuals who provide care for such children (disabled) to continue to do so, or to do so more effectively, by giving them breaks from caring'. (The 1989 Children Act (paragraph 8 of Schedule 2)).

Short Breaks Duty Statement for Children and Young People with Disabilities – continued

In addition to achieving individual outcomes for disabled children and young people there are also overall outcomes we wish to achieve with them that inform the short breaks statement

Community presence- ensuring that disabled children and young people are present in the community by supporting them to be active members of their local community.

Choice - ensuring disabled children and young people are supported in making choices about their lives. Helping them to act in their own interest in everyday issues but also in important ones such as who to live with and what work to do.

Independence - develop independence by learning and using a broad range of life skills.

Respect- developing and maintaining positive and respectful relationships across all aspects of their lives.

Community participation - enable participation in the community by supporting disabled children and young people to form natural relationships with families, friends and neighbours and to widen their network of relationships.

For any feedback or comments please contact:

Sasha Long

Head of Service

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The contents of this statement reflect a continuous process of participation and feedback across the year. This is supported through the Council commissioning voluntary sector organisations to support the voice of children, young people and parents ensuring that their views are reflected at all times.

Eligibility for Short Breaks and Social Care Support Children and Young People with Disabilities

Disabled children have the same rights as other children. We want to be sure that they grow up with the right support that will give them the same opportunities as other children, including accessing universal services and being able to lead fulfilling lives.

There is a range of funding and support available to help this to happen.

This funding is available for disabled children who have particular needs as detailed below.

Our working description of disability is:

The needs of the disabled child or young person are beyond those of a non-disabled child of the same age and means they are likely to require lifelong support in the future from statutory services.

Eligibility criteria agreed by Cambridgeshire County Council

On 21 April 2009, the Cabinet of Cambridgeshire County Council agreed that there would be several ways that disabled children and their families could receive support as detailed below.

This eligibility will be applied consistently and any substantive changes will be subject to the agreement of elected members of Cambridgeshire County Council.

1. Cambridgeshire's short breaks offer for children with disabilities through self-assessment

For a child or young person who has high rate Disability Living Allowance (DLA) Care Component there is an indicative personal budget of up to £2,000, if they are not already receiving short breaks support from social care, early years, after school access funding, or NHS.

High rate DLA will remain in place for children aged up to 16. Young people over 16 will transfer to Personal Independence Payments (subject to eligibility after a medical assessment). The local short breaks offer will be for those with Enhanced Rate PIP for Daily Living Activities.

Contact for more information:

Disabled Children's Referral & Access Team

01480 72767

DisabledChildren.Referral&AccessTeam@Cambridgeshire.gov.uk

Eligibility for Short Breaks and Social Care Support Children and Young People with Disabilities - continued

2. Support through assessment

Under the definition of disabled children in the Children Act 1989, all disabled children are children 'in need' and are entitled to an initial assessment. If on assessment the child or young person's disability is likely to lead to lifelong support from statutory social care services, early help and social care funding support will be offered as follows:

- If assessment identifies need at level 2 or more on the needs grid below Early Help funding support will be offered for the local social care short break offer.
- If assessment identifies need at levels 3 or 4 on the needs grid below social care support will be offered.

Level	General position	Disabled child's needs	Sibling's needs	Parent's / carer's needs	
1	Child requires support to access services to broaden experiences and/or prevent build up of stress in family.	Child's level of need limits their participation in community activities and their development would benefit from additional social and leisure activities.	Child's needs are restricting sibling's opportunities.	Child's needs are impacting on parent's personal or social lives.	
2	Early help funding	Child requires services to prevent impairment of health or development and/or alleviate stress in the family which may lead to risk in 3 or 4.	Child's level of need results in them being unable to participate in community activities which increases impairment.	Child's needs significantly restrict sibling's personal or social lives.	Parents need to provide significant care to other dependants who would otherwise be at risk OR child's needs are significantly impacting on parent's personal or social lives.
3		Early Help/ Social care support	Child very vulnerable to risk of significant impairment of health or development OR the need for long term accommodation.	Child's level of need results in lifelong impact with likely lifetime support from statutory social care services.	Child's needs are impacting on well-being and development of siblings.
4	Services required to prevent immediate risk of significant impairment which might directly affect child's growth, development, physical or mental well-being OR to prevent the need for long term accommodation.		Child's essential care or medical needs or need for emotional development and stimulation cannot be met.	Sibling's essential needs cannot be met because of disabled child's needs.	Neither child's nor parent's essential needs are being met.

There is a range of services that can be made available to meet the assessed needs. The support that is offered, however, should address the needs identified in the assessment. It is also recognised that needs change over time for disabled children and their families. These needs will be considered in reviews and re-assessments as appropriate but families may also wish to ask for a new assessment if their circumstances change.

Contact for more information:

Disabled Children's Referral & Access Team

01480 72767

DisabledChildren.Referral&AccessTeam@cambridgeshire.gov.uk

Further Information

For any questions or feedback on this statement please contact

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If you would like a copy of the text in this leaflet in large print, Braille, audio tape or in another language, please call Trish Lenton on 01480 379444.

We have worked in partnership on this document with

Voiceability – www.voiceability.org

Pinpoint - www.pinpoint-cambs.org.uk

Local Offer (SEND) Information online

The local offer sets out all the services and support available for children and young people with Special Educational Needs and/or Disabilities (SEND) from birth to age 25 and their families in Cambridgeshire.

Please visit:

www.cambridgeshire.gov.uk/localoffer



