

**Vale of Glamorgan Council
Social Services Directorate**

Short Breaks Statement 2013/14

**Short Breaks Support for Disabled Children and
Young People and their Families**



Introduction

Welcome to the Vale of Glamorgan Council's first Short Break Statement.

The statement provides information about the short breaks services for disabled children and young people in the Vale of Glamorgan, including:

- who can access short breaks
- how short breaks meet the needs of disabled children, young people and their families
- the range of short breaks available.

Section 25 of the Children and Young Persons Act 2008 requires Local Authorities to provide short breaks for disabled children, their parents and carers. Regulations relating to this duty (The Breaks for Carers of Disabled Children (Wales) Regulations 2012) came into force on 28th June, 2012.

One of the Regulations requires each Local Authority to produce a short break services statement. It must be published on the Local Authority website by the 27th September 2012 and then kept under regular review.

We have aimed to keep our initial statement concise but to include the information which families tell us they most want to know. This includes clear information about entitlement and what is available. The statement also describes how to get more detailed information, if necessary.

Time constraints have prevented us from consulting formally with children and carers about this statement. However, we will be holding a consultation event in March 2013, in partnership with families and agencies, to review and update the statement.

What are Short Breaks?

Short Breaks are sometimes called respite care. A short break allows families to spend time together, with or without their disabled child or children, doing ordinary family things and providing carers with a break from their caring responsibilities.

Short breaks services need to ensure that children and young people are able to:

- enjoy and try new experiences
- take part in activities which help their development
- have fun
- develop friendships
- enjoy greater independence
- know what to expect and feel safe.

Short breaks services need to ensure that parents and carers are able to:

- feel supported
- experience reduced stress from carrying out their caring role
- are confident their child is having a positive experience
- have a range of services from which they are able to make choices
- place trust in the short break provider, knowing that carers are trained, skilled and understand their child's needs
- provide care more effectively after receiving a break from their caring responsibilities

Short breaks services need to ensure that brothers and sisters are able to:

- have time with their parents that is not taken up with caring issues
- know that their brother or sister is enjoying their short break
- have their friends to visit, do homework or have time to themselves without interruption
- join their brother or sister for some short break activities.

Who can access a Short Break?

In the Vale of Glamorgan, we are currently providing a variety of short breaks to approximately 120 disabled children and young people who meet the Child Health and Disability (CHAD) Team eligibility criteria.

To access some short breaks, the eligibility criteria need to be met and an assessment is required. For other short breaks, there is no requirement for an assessment or to meet eligibility criteria. Therefore, we have divided this statement into three distinct areas.

1. **Opportunities which can be accessed by all children and young people locally (referred to as Universal services)**
2. **Opportunities for children and young people who require some additional support (referred to as Targeted services)**
3. **Opportunities for children and young people who require a high level of support (referred to as Specialist services)**

1. Opportunities which can be accessed by all children and young people locally (referred to as Universal services)

All children and young people should be able to access activity and leisure opportunities. These are opportunities which everyone can get involved in such as libraries, sport centres, youth groups and playgrounds. Many of these services provide inclusive recreation, which provides carers with a short break without having to have an assessment. Wherever possible, these opportunities should be explored first. Disabled children, young people and their families are part of their local communities and it is important that they have the opportunity to be fully involved in local activities.

Assessment type / Access to services / Eligibility criteria	Examples of services
<ul style="list-style-type: none"> • No assessment is required. • Services can be accessed via self-referral through contacting the service directly. • There may be a charge for the activity • There are no eligibility criteria, although age restrictions may apply 	<ul style="list-style-type: none"> • Brownies • Cubs • Breakfast clubs • After School Clubs • Child Minders • Parent and Toddler Groups, Playgroups • Play schemes • Youth schemes • Sports clubs

Further information can be obtained from the:

Family Information Service
www.valeofglamorgan.gov.uk/fis
 Telephone: 01446 704704
fis@valeofglamorgan.gov.uk



Sports and Play Development Team
www.valeofglamorgan.gov.uk/sportsandplay
 Telephone: 01446 704793



2. Opportunities for children and young people who require some additional support (referred to as Targeted services)

Some children may require additional support in order to fully participate in community-based activities. Groups and services may need support to provide opportunities for disabled children, young people and their families, which they are required to do by law.

Assessment type/ Access to services / Eligibility criteria	Examples of services
<ul style="list-style-type: none"> • Services can be accessed by self referral through contacting the service directly. • Referrals from health professionals such as the 'Specialist Health Visitor' or education professionals. • Child Health and Disability Team may sign post to these services via the Disability Index www.valeofglamorgan.gov.uk/disabilityindex or • A referral will be made on completion of an Initial Assessment (subject to the eligibility criteria outlined on page 7 being met) 	<ul style="list-style-type: none"> • Disability Sports Development activities: www.valeofglamorgan.gov.uk/sportsandplay • Specialist holiday Play Schemes and Teen Schemes • Early Years groups e.g. 'Rainbows', pre school 'Pop-In and Play' groups for disabled children and their parents • Developing Independent Living Skills groups • Ty Hafan Hospice for children with life limiting health conditions.

For more information contact the following:

Disability Index

Register your child on the Disability Index and receive regular information on services and activities.

Disability Index Co-ordinator Telephone: 01446 725364

Disability Index Administrator Telephone: 01446 704736

disabilityindex@valeofglamorgan.gov.uk

www.valeofglamorgan.gov.uk/disabilityindex

Disability Sports Development

Sports clubs and activities for children with disabilities.

Telephone: 01446 704728.

www.valeofglamorgan.gov.uk/sportsandplay



Play Development

Specialist holiday play schemes for all children, including children with disabilities.

Telephone: 01446 704809

www.valeofglamorgan.gov.uk/sportsandplay



Disability Teenscheme

Holiday scheme for young people with disabilities age 11-18yrs.

Telephone: 02920 405305

info@penarthyouthproject.org.uk



Family Information Service

For information on all services and activities for children with disabilities, including a Family Support Directory of Services, contact the Family Information Service.

Telephone: 01446 704704

fis@valeofglamorgan.gov.uk

www.valeofglamorgan.gov.uk/fis

3. Opportunities for children and young people who require a high level of support (referred to as Specialist services)

These are specialist services to provide ongoing short breaks to support families whose children require a high level of support. Access to these services is subject to an assessment through the Child Health and Disability Team in social services and / or the Cardiff and the Vale Local Health Board.

The services are provided to children and families with the most complex needs and include services both within and away from the child's home. This could involve being supported by individual workers to access community and leisure facilities, by family carers or by staff in a residential facility.

The time spent ranges from a few hours at a time to overnight stays. This also includes Direct Payments.

Direct Payments

Some families choose to obtain their own services through a Direct Payment, which is a cash payment that can be made to families who are eligible to receive support following an assessment of need by the Child Health and Disability Team. It enables families to arrange their own care, which might involve employing their own carers or personal assistant(s) or contracting independently with an agency for the care. Families are supported when taking up this service by the Council's support agency 'Dewis' (Choice).

Dewis provides families with support around setting up payment arrangements and taking on and maintaining employment responsibilities.

www.valeofglamorgan.gov.uk/directpayments

Assessment type/access to services / eligibility criteria	Examples of services
<ul style="list-style-type: none"> • Initial assessments / Core assessments will be undertaken by the Child Health and Disability Team (subject to the eligibility criteria outlined at page 7 being met). • Specialist assessments from the NHS may be required. 	<ul style="list-style-type: none"> • Direct Payments • Family-based short breaks (Barnardos Community Links) • Over-night short break in a residential unit e.g. 'Ty Robin'(Action for Children) • Domiciliary support • Sessional support • Short break provision for disabled children with complex health care needs via the Children Community Nursing Service • Specialist Palliative health care



Eligibility Criteria

The Child Health and Disability (CHAD) Team provide services to children and young people up to the age of 18, where the child or young person has a permanent and substantial disability which includes:

- substantial / severe learning disabilities
- significant physical disabilities
- substantial sensory impairment
- a diagnosis of Autism, where functioning in daily life is substantially affected.
- long-term or life-limiting illness.

Children and young people **NOT** eligible for an assessment from the Child Health and Disability Team are those who have:

- Attention Deficit Disorder or Attention Deficit Hyperactivity Disorder (ADHD) in the absence of any other additional major impairments
- behavioural difficulties (including psychiatric disorders) in the absence of other disabilities
- mild / moderate learning disabilities in the absence of any other significant disabilities.

Assessments

When undertaking an assessment, the social worker takes into account:

- the child's level of need arising from his / her disability or health condition.
- the impact that the child's impairment has on the family.
- whether services are needed in order to promote the child's safety and well being in the family.

Specialist Palliative Care

Specialist Palliative Care health services for children and young people with life-limiting or life-threatening conditions are commissioned by the Cardiff and Vale University Health Board. These include a short break service in the child's own home. There is also a Children's Hospice, Ty Hafan, that can be accessed by children and their families via self referral or professional referral.

Transport arrangements for disabled children and young people accessing Short Breaks

Parents will be expected to arrange their own transport for their child to access short breaks. When this is not possible, alternatives will be explored to support transporting children and young people to their short break service.

We are working with partners to support independent travel training for young people. We also encourage local groups to consider accessibility; reducing the impact of transport arrangements acting as an obstruction to service access.

Transition from childhood to adulthood

Transition into adulthood can be a challenging time for young people. Short break provision at every level will be encouraged to contribute to wider outcomes for disabled young people such as developing independent living skills, travel training and keeping safe.

Where young people need significant levels of support into adulthood, assessments and transition planning will be undertaken with Adult Services.



Workforce development

Through the provision of training to staff on specific disability issues and developing their skills to meet the needs of disabled children and their families, workforce development initiatives will result in a more extensive

range of inclusive services. The Council provides 'Disability Awareness' training to all its employees. In addition, E learning modules have been developed for autism, learning disability, physical disability and mental health. Each of the modules will be piloted and available to all partner agencies.

The Disability Training Directory can be viewed at:
www.valeofglamorgan.gov.uk/childrenwithdisabilities

Ongoing consultation and participation with disabled children, young people and their parents and carers

We plan to build on this first statement through continuing consultation, in partnership with families and all the agencies involved. In the meantime, we have used information from consultation undertaken by the Local Authority and service providers to ascertain user satisfaction and to inform the development of services such as the 'Family First Disability Strand' projects.

The following are quotes from service users:

"Thank you for helping our daughter to trust someone other than family, also helping her move on in life"

"The staff make me happy; I enjoy staying at Ty Robin"

(quotes provided by 'Ty Robin', residential short break service)

"Time to recharge our batteries and support our other child with additional needs"

(quote from Teen Scheme evaluation)

"A high proportion of parents would like to have the opportunity to access an after school group that they can attend with their children, once their children start school"

(quote from a survey conducted with parents who attend Rainbow pre school group)

Future Aims

Further consultation and review of this statement will aim to:

- ensure that families of disabled children have the support they need to continue with their caring responsibilities
- enable us to work in partnership with disabled children, their families and key stakeholders, listening to their views about short break service delivery.
- recognise that all children and young people are unique and may require different levels of support and types of short breaks, depending on their needs and circumstances
- recognise that these needs may change and that services will need to be reviewed or redesigned accordingly.

Contacts for further information:

The Child Health and Disability Team

Children and Young People Services
Dock Office
Subway Road
Barry
Vale of Glamorgan
CF63 4RT

Telephone: 01446 704285

Family Information Service

Social Services Directorate
Dock Office
Subway Road
Barry
Vale of Glamorgan
CF63 4RT

Telephone: 01446 704704

fis@valeofglamorgan.gov.uk

www.valeofglamorgan.gov.uk/fis