

Cumbria County Council

Draft for Consultation

Short Breaks Services Statement 2021

For

**Children and Young People with a Disability aged 0-18
and their Families**

(Including information for those aged 18-25)

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Introduction

Welcome to Cumbria County Council's (the Council) Short Breaks Services Statement.

Local Authorities are required by law to produce and publish a statement of short break services for disabled children and young people and their families under the Breaks for Carers of Disabled Children Regulations 2011.

The Statement is for families living in Cumbria who have a child/young person with Special Educational Needs and Disabilities (SEND) aged between 0 and 18 years. It also includes a section specifically for those aged 18-25 provided by Adult Social Care.

What is a Short Break?

Short Breaks are fun or educational activities for children and young people with SEND, allowing parents and carers of children and young people with SEND to take a 'Short Break' from caring. They:

- are offered for just a few hours, during the day, during the evening, overnight, for the weekend or in the school holidays
- take place in the child's own home, the home of an approved carer, a residential or a community setting
- offer different levels of support to families which could be:
 - a fun group activity once a week after the normal school day has ended either in the Short Breaks Hub, school, local leisure centre or other community settings
 - 1 to 1 support tailored to meet the needs of your family and child
 - a fun activity that includes the whole family to enjoy together on a weekend
 - an overnight or weekend stay in residential children's home
 - in your home, with specialist support
 - additional support for a child or young person to join a club in their community
 - a personal budget, enabling you to purchase your Short Breaks independently

What do we mean by disability?

The Council applies the Equality Act 2010 definition that tells us a Disability is: 'a physical or mental impairment which has a substantial and long-term adverse effect on their ability to perform normal day to day activities'.

How can Short Breaks help me and my family?

For your child or young person:

- Stronger relationships between children and young people and their carers;
- Achieve personal goals and the learning of new skills;
- To develop a sense of independence and gain more confidence;

- To take part in exciting activities that interest them with more opportunities:
 - for independence, choice and personal development;
 - to access positive activities and social experiences;
 - to spend time with friends and peers and make new ones;
- An environment in which they feel safe.

For you:

- Give you an opportunity to enjoy your life outside of your caring role;
- Reduce feelings of stress and allow time to pursue own interests;
- Feel confident that your child is having fun in a safe environment with skilled and competent staff who understand their needs;
- Increase confidence in your ability to cope in your caring role;
- Meet and get to know other families who share similar experiences;
- Spend time with your other children or all together as a family;
- Feel confident that provision is of a high quality;
- Have an opportunity to feedback to help plan future services.

What are Universal Services?

Universal Services are those, which are used by and benefit all children and families. For example health visiting, leisure activities provided at your child's school or through local community groups and organisations.

Universal Services are open access to all members of the community, who choose to use them. An increasing number of Universal Services are available, without the need of a formal assessment; these may include Children's Centres, Early Years Settings, Schools, libraries, youth clubs, leisure centres, scouts, brownies and sport clubs.

A number of children and young people with SEND access quality Universal Services and/or a mixture of Targeted Short Break Services.

Can Universal Services support my child?

We recognise that children and young people with SEND can have additional support requirements. We encourage parents and carers to access Universal Services and the Council is committed to working in partnership with Universal Services to improve access for children and young people with SEND, and their families.

What services are available?

	<u>Universal Services</u> Children with a no/low support needs	<u>Targeted Services</u> Children with moderate support needs	<u>Specialist Short Breaks Services</u> High or Exceptional support needs
Type of Activity	<p>Universal Activities</p> <p>After school Clubs, Children's Centres, Clubs, scouts, brownies, guides</p> <p>Play and holiday schemes</p> <p>Youth clubs, leisure centres, sports clubs</p>	<p>Universal Activities plus Short Breaks Activities</p> <p>After school clubs</p> <p>Holiday clubs</p> <p>Youth clubs</p> <p>Specific groups based around need</p>	<p>Targeted Short Breaks Activities plus Specialist Short Breaks</p> <p>In addition to the Short Breaks Activities:</p> <p>Individual Support</p> <p>Overnight breaks (residential, with shared carers or in the young person's home)</p> <p>Social Care Personal Budgets can be provided for all or parts of your assessed care package.</p> <p>Joint packages of support provided by health and social care for those deemed to have complex health needs or meeting continuing care.</p>
Which children & young people	Activities available to all children and young people.	Activities available to all children and young people with SEND who meet the qualifying criteria (see below).	Additional specialist short break support may be provided following a Child and Family Assessment undertaken by a Social Worker.
How to access	You may access these activities independently or with a bit of extra support from the provider.	Accessed by annual parental application either online or over the phone.	Any Disabled Child can access a Child and Family Assessment under Section 17 of the Children Act 1989 at any time.

What are Targeted Short Breaks Activities?

Targeted Short Breaks Activities are only intended for children and young people ordinarily resident in Cumbria, who have a disability and an EHCP.

Some families with disabled children are likely to require Targeted Short Breaks Activities as well as accessing Universal Services. Targeted Short Breaks Activities are specifically designed to meet the needs of children and young people with SEND.

The Council's Targeted Short Breaks recognise that, on occasion, children and young people with SEND require additional or higher levels of support in order to participate in activities, and/or to allow parents/carers to have a break from caring.

How can Targeted Short Breaks Activities help me?

The Targeted Short Breaks Activities provide additional options for children and young people with SEND. They:

- provide appropriate and additional support to enable full participation, for example staff with specialist knowledge or training; use of feeding pumps; administering medication; lifting techniques; or specific equipment
- are designed to meet specific needs, for example children with autism
- recognise specific stage or age of the child

How can I access a Targeted Short Breaks Activity?

When a child, young person or family is in need of extra support it is important that we identify the best way forward at the earliest opportunity. This is why we are introducing an annual online application or for those unable to access online, a phone call to the Short Breaks Activity Team, who can complete this on your behalf. Applications will need to be made before 31st August of each year. In cases where a child and family have moved to Cumbria or been diagnosed/granted an EHCP part way through the year these will be considered quarterly.

We are introducing an online application because some parents told us that it would allow them to self-refer at a time that suits them, without having to complete a full assessment of need with a social worker.

We ask you to apply annually so we can understand demand. The information you give us will help us forecast the numbers of young people who would access the service, age ranges and levels of need, so we can plan the right types of activities. This system of annual applications would allow us to forward plan and be more responsive to need in local areas.

A family requiring Targeted Short Breaks Activity will then be able to choose from a range of activities from a framework, to a maximum of 76 hours per year.

As the new short breaks service is currently underdevelopment there will be a need for families to apply by 31st August 2020. This will enable us to support providers to come onto the framework. Until this has taken place, we will not know the types of activities available for a February 2022 implementation.

To Qualify you must:

- Be ordinarily resident in Cumbria, and
- Have a disability as defined above, and
- Have an EHCP (Education, Health and Care Plan), and
- Be within the academic year groups Year 1 to Year 13.

The Short Breaks Activity Team will allocate places based on order of preference (first, second, third choice selected on application) and in cases where there are more applicants than places, the Team will prioritise children and young people with the greatest level of need e.g. those with the highest level of need identified in the EHCP.

If you are not eligible based on these criteria but you consider you should be entitled to these services please contact your area team detailed at the end of the document.

If you feel that your child and family's needs are greater than the support offered at the Targeted level, any child with a disability is entitled to an assessment of need under Section 17 of the Children Act 1989. See Specialist Short Breaks Section below.

What are Specialist Short Breaks Services?

Some families are able to support their child with disabilities through their own networks and with informal support from friends, relatives and local support groups. Some families find that they do not have the support available and need additional help to cope with the demands of caring for a child with disabilities.

This type of service is for children and young people with the most complex needs, and their families, offering an individualised support package. It is accessed by requesting a Child and Family assessment which will be undertaken by a Social Worker in the Children with Disabilities Team.

To ensure that the Council can provide these Specialist Support Services, to children, young people and their families, eligibility criteria is used to assess needs using a Resource Allocation Tool to determine the level of support and ensure consistency across the county. This will be drawn up into a support/care plan which will be reviewed on a regular basis dependant on level of need.

How can Specialist Short Breaks Services help me?

In addition to accessing Targeted Short Breaks Activities a Child and Family Assessment may identify a need for the following types of support.

Individual Support to meet a specific need for example personal care.

Overnight breaks (residential, with approved shared carers, in the home) This provides parents and carers with a longer break where sleep deprivation is a factor. It also provides the child with increased opportunities for developing confidence, independence, and social interaction.

Social Care Personal Budgets can be requested for all or specific parts of your assessed care package.

Joint packages of support provided by health and social care for those deemed to have complex health needs or those meeting continuing care.

What about Short Breaks for 0 – 5 year olds?

Targeted services for children aged between 0 – 5 years are provided by local Childrens Centres who are commissioned by the Authority to provide portage services for children with disabilities under 4 years of age and targeted groups/1 to 1 sessions for those under 6 years of age.

What about Short Breaks for 18 – 25 year olds?

For 18 – 25 year olds Short breaks are delivered by Adult Social Care and provide the Care Act eligible individual with a planned break, which may be facilitated in a number of different ways to best suit the assessed needs of the Individual and/or their carer.

Short breaks complement the range of services currently available to adults with a learning disability and or autism and carers and forms part of the range of options available to meet an individual's assessed needs. Short breaks can have a significant impact on an individual's independence and choice by contributing to the care and support elements which maintain people in their own homes and enable carers to continue caring.

Day Opportunities

Day Opportunities play a key role in supporting disabled people to maintain and develop new skills, prevent social isolation, support inclusion and presence in their local communities and provide a break from caring and support for unpaid carers ensuring they are able to continue to offer ongoing support.

Across Cumbria day opportunities are provided by Cumbria Care and independent sector providers across a range of locations Support ranges from "traditional" building based services; to work in cafes; shops; horticulture; support into employment and voluntary work and adult education.

Registered, Residential Short Breaks

Provides short term support for Care Act eligible adults, while their unpaid carers receive a break from their caring role. Short breaks are generally planned but may also be required at times of emergency.

The current Cumbria wide offer for registered short breaks for adults is provided by:

Cumbria County Council (Cumbria Care) in Barrow and South Lakes and three independent sector providers:

- Carlisle Mencap in Carlisle
- Glenmore Trust in Eden
- West House in West Cumbria

Shared Lives

Provides family-based care provided by host individuals and families. Shared Lives Carers are local self-employed people recruited, approved, reviewed, and trained by Cumbria Care. Shared Lives Carers are regulated by the Shared Lives Scheme and can provide range of support including short breaks and day-time support for Care Act eligible adults.

Are there any financial contributions towards short breaks?

We believe that children and young people with disabilities should be given the opportunity to access short break activities with their peers and siblings. Where there are financial pressures, we aim to support children and young people with a disability to access these short breaks. For some of our commissioned short breaks there is a charge. Local authorities have the power to charge for services provided under Section 17 of the Children Act (1989). We will ask for contributions towards the costs of activities where it helps provision to be sustainable; **most families expect to pay a similar amount for activities provided for all children**. The charge supports the activity and is not linked to higher staffing ratios. It allows the provider to offer more short breaks activities for children and young people and supports the renewal and maintenance of games, toys and play equipment. It also reduces the number of children who do not turn up for activities.

Can I use Direct Payments for Short Breaks?

For those deemed to require Specialist Support, Social Care Personal Budgets can be requested for all or specific parts of the assessed care package.

Do Short Break services provide transport?

Parents/carers are responsible for transporting their child/young person to Targeted Short Break Activities. For those in receipt of Specialist Short Breaks Support parent/carers will be responsible for transporting unless agreed otherwise as part of a care plan written by a social worker. Some organisations may provide their own transport – please contact the provider directly for information.

How can I contribute to Short Breaks Services?

Our Short Breaks and our Short Breaks Services Statement are informed by fully involving our children, young people, parent/carers, parental advisory groups, providers and Cumbria's Parent Carer Forum.

Short Breaks Providers

We collect information on a regular basis from all providers. We hold regular contract meetings with providers to look at what is working well and what isn't.

We collect both quantitative information (e.g. how many children and young people are accessing the service and the number of hours) and qualitative information (e.g. what difference you say the service making to the lives of children and young people and their families). Please help by completing any feedback forms from providers and notify us if you are not given any. All this information helps us to predict future need.

Parent Carer Forum

Our strategic partner will be the formal route through which the Council consults with parents/carers of disabled children living in Cumbria.

They will be representative of a range of views from families of young children and young people with a disability. Views will be sought through a number of discussion meetings.

The forum provides an opportunity for parents of disabled children to be involved in planning and evaluating the Short Breaks Services so that their views help to influence the services for our children.

Parents/carers can find out how to get involved by [XXXX](#)

Short Breaks Services Statement – Publication and Review

Cumbria County Council's statement has been developed in line with the following legislation:

- Chronically Sick and Disabled Persons Act 1970
- Children Act 1989
- Carers and Disability Children Act 2000
- Children Act 2004
- Children and Families Act 2014
- Care Act 2014

Our Short Breaks Services Statement is published on the Cumbria Local Offer, reviewed regularly with our partnership groups and it reflects the views and choices of our families. We welcome feedback from individuals as well as via or partnership groups, as we strive for continual improvement. It sets out:

- Details of the range of Short Breaks Services available in Cumbria
- How our Short Breaks Services take account of and responds to the needs of our children and young people and their families
- How our Short Breaks Services are accessed, including criteria against which eligibility for services will be assessed

- How our partnerships with our children and their families, parent forums, parental advisory groups and our own staff continually develop Short Breaks Service provision and how this meets the needs of our children and their families

How do I appeal?

If you want to appeal a decision regarding your short break application or the outcome of the Child and Family Assessment, please contact your local Children with Disabilities Team. If an applicant has reason to believe that their application or appeal has not been dealt with in line with the published procedures above, it is possible to raise a complaint with the Cumbria County Council Complaints Team:

<https://www.cumbria.gov.uk/council-democracy/accesstoinformation/internalreviewscomplaints.asp>,

alternatively, phone 01228221234,

email: complaints@cumbria.gov.uk

You can also seek support from SENDIAS.

Contact depending on where you live	Email	Telephone number
Allerdale and Copeland		
Barrow and South Lakeland		
Carlisle and Eden		

What if I have any other queries?

If you have any queries about accessing Short Breaks, or problems while your child is attending, please discuss this with the activity provider in the first instance and ask for a copy of their complaints policy if needed.

Cumbria County Council's SEND Information, Advice and Support Service

Offering impartial information, advice and support to children and young people (0-25 years) with Special Educational Needs and/or Disabilities (SEND) and their parents and Carers.

Carers and Young Carers Support

You are entitled to a carer's assessment under the Care Act if you are looking after someone else.

Carer's assessments are carried out by carer's organisations linked to Carers Support Cumbria. You can ask for a carer's assessment from your local carer's

organisation. You can also ask for a carer's assessment from our staff through your local Adult Social Care office.

Young Carers are also able to access support via local young carers groups.

Appendix

[Link to online application](#)

[Link to Resource Allocation Tool](#)

[Link to Adult Services page](#)

[Link to Parent Carer Forum](#)

[Link to SENDIAS](#)

[Link to carers associations via Adult Services website.](#)

[Link to Local Offer](#)

Glossary

Direct Payments – this term is now replaced by personal social care budget.

Personal Budgets – there are three types of personal budget. Education, Health and Social Care.

RAT – Resource Allocation Tool