



# **Short Breaks Services Statement for Families with Disabled Children**

**2011-2012**

## What is this statement about?

This statement is designed to inform families with disabled children aged 0-17 about:

- the range of short breaks services available in Gateshead
- how we make sure they meet the needs of all families in Gateshead
- how we make decisions about who can access different types of short breaks services.

The statement has been prepared by the Children's Commissioning Service at Gateshead Council in partnership with parents and carers of disabled children. It will help us to make sure that we are buying and providing the sort of short break services that families have told us they need. We will review it at least every 12 months so that it continues to reflect the different views and needs of families living in the borough of Gateshead.

## What is a short break?

Short breaks give parents and carers of disabled children a break from their caring role. This is sometimes referred to as "respite". Short breaks also give disabled children the chance to spend time with friends, experience exciting and fun activities, and develop new skills. They can be a break for a child away from their family or can involve supporting a family to take a short break together, away from the routine of daily life. Short breaks can last a few hours, a day, an evening, overnight or for longer. They can take place in, or away from, the family home. Examples of short break services available in Gateshead include:

- School holiday activity schemes such as Active Kidz
- Out of school clubs
- Youth clubs at evenings and weekends
- One-to-one support from short break workers
- Family-based breaks provided by Home from Home carers and specialist childminders
- Overnight stays at residential short break units such as Grove House
- Activities or breaks together as a family, with support

## Our vision

Our vision is for all families with disabled children in Gateshead to be supported to live ordinary family lives as a matter of course. Every family is different, but every family has the right to a decent quality of life. Central to achieving this vision is the transformation of short break services; developing a menu of provision in partnership with families and other stakeholders to meet the needs of all disabled children and young people, including those whom 'traditional' short break services may struggle to accommodate.



## Meeting the needs of families with disabled children in Gateshead

### ... some facts and figures:

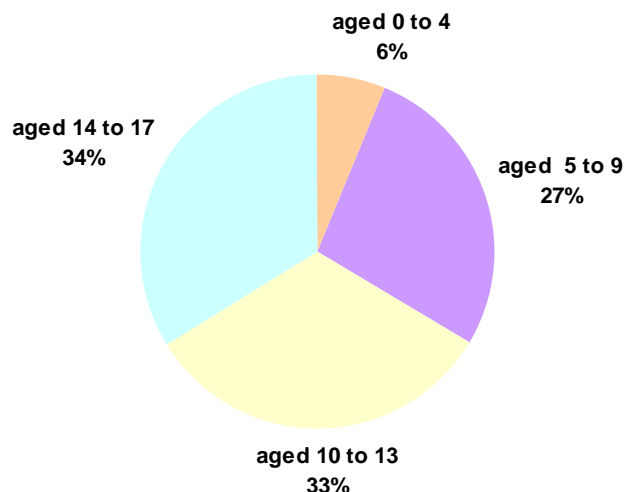
- Approximately **467** or **1.2%** of children in Gateshead are severely disabled.
- An estimated **222** or **0.5%** of children in Gateshead have a severe learning disability.
- As many as **2,722** or **7%** of all children in Gateshead may have some form of disability.
- There are **843** children in Gateshead with a statement of special educational needs.
- **2370** children claim Disability Living Allowance.
- Last year, **577** disabled children in Gateshead accessed a short break service.
- **124** children currently receive social care support from the Disabled Children Team.
- There are **785** children who are members of the *Gateshead Network of Children with Disabilities...*



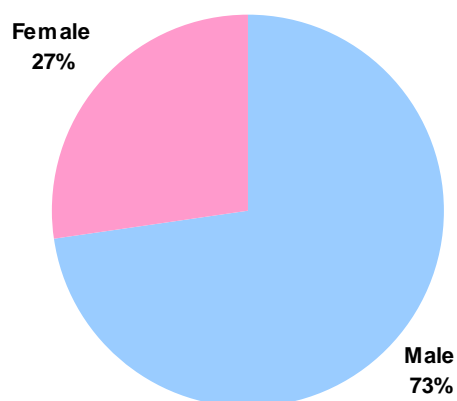
The Gateshead Network of Children with Disabilities is our statutory register of disabled children. Membership is voluntary and any family with a disabled child aged 0-17 can join. For more information about joining, call Gillian Newman on 0191 433 5144 or download this leaflet from the Council's website:

[www.gateshead.gov.uk/DocumentLibrary/Care/aiming/NetworkDisabilities\(4feb\).pdf](http://www.gateshead.gov.uk/DocumentLibrary/Care/aiming/NetworkDisabilities(4feb).pdf)

The majority of Network members are aged 10 and over and there are fewer children under 5; this is partly because some children don't get a diagnosis until they start school. Other families are still coming to terms with their child's disability in the early years and are not yet ready to join the Network:



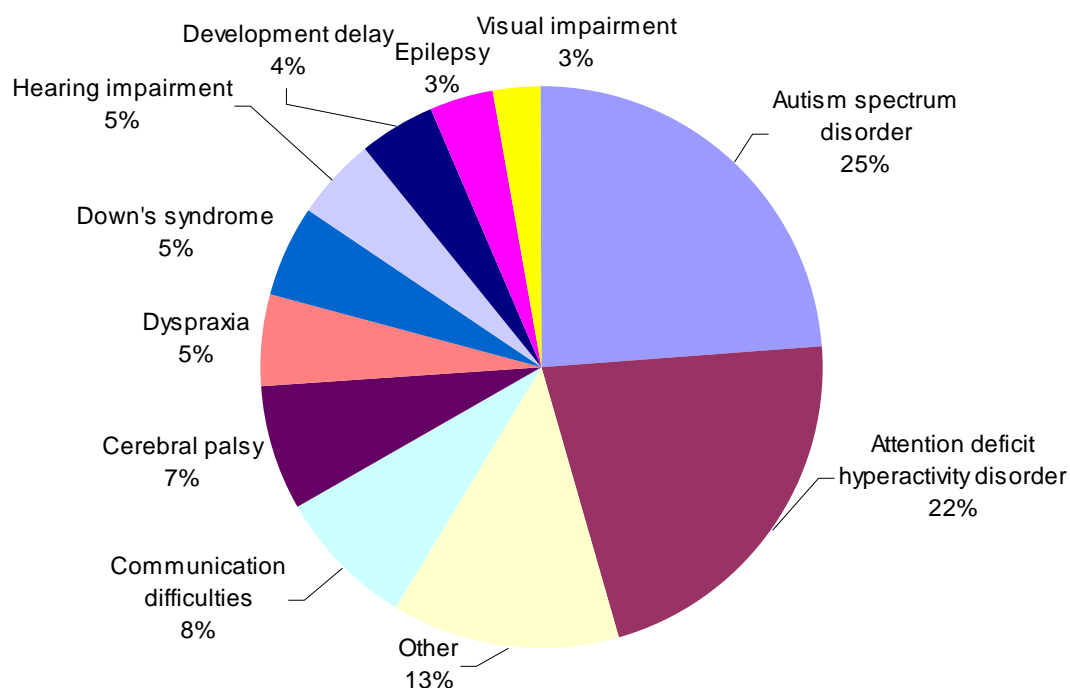
Almost two thirds of the children on the Network are male. This is because there is a higher diagnosis rate for boys for some conditions (e.g. autism spectrum disorders and ADHD):



35 (5%) of the children on the Network are from Gateshead's Jewish community. The number of children from black and minority ethnic (BME) communities is relatively small – less than 5%.

22 families on the Network have more than one disabled child.

Over half of all children on the Network have either an autism spectrum disorder (ASD) or attention deficit hyperactivity disorder (ADHD):



***Primary diagnosis of members of the Network***

This information helps us to understand how we can develop short breaks services in Gateshead to meet the needs of our local population. Another way is through extensive consultation with families, workers and stakeholder groups. Our most recent consultation on short breaks services took place in December 2010. 113 families with disabled children told us about their experiences of short breaks – what works for them, what's missing and what could be better. This is a snapshot of some of their responses:

**"School holidays could be a nightmare."**

**"I love Joanne [short breaks worker]... We can go out and get makeup, look at clothes and do girlie things that I wouldn't do with boring mam."**

**"My son has autistic spectrum disorder and the short breaks he has at Grove House are really helpful and give us a chance to recharge our batteries. It gives him a chance to meet up with his friends and the staff are really lovely and very helpful."**

**"Our son has Asperger's. A lot of the programmes we know about are for physical disabilities or severe disabilities that he feels uncomfortable taking part with."**

**"On weekends I like to see my mates and maybe go to the Metro Centre; Some of my friends are from my school, but most are from the mainstream school. We usually just hang out, do a bit shopping, look at the lasses!"**

**"I cannot express the amount of help and respite the Active Card and Max Card has given us. John has ADHD and is extremely hyperactive. Being able to channel this energy in a positive way has been invaluable."**

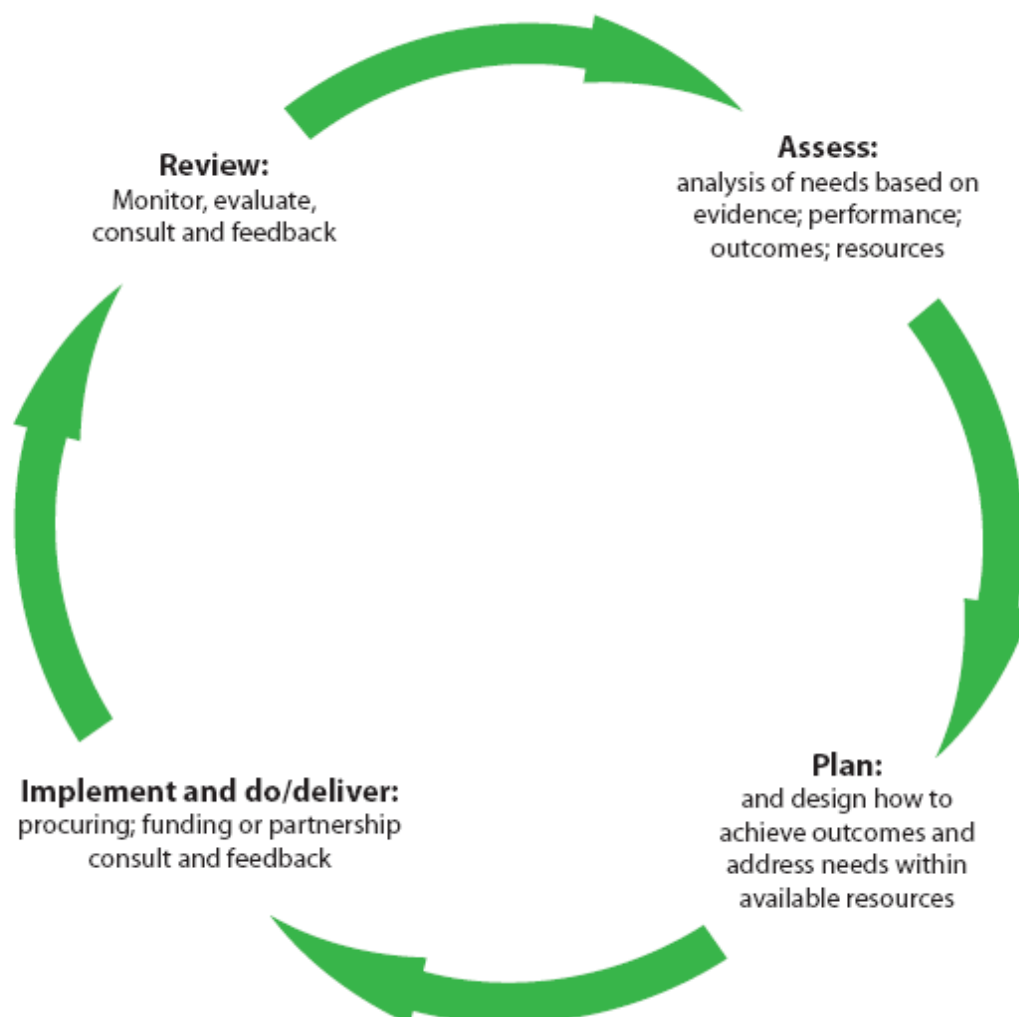
**"I don't really like it when there are new staff as I need quite a lot of support with personal care and prefer to have the staff I already know. It can be a bit embarrassing"**

**"I'm not sure what I can buy with a direct payment or individual budget. This should be clearer."**

Our needs analysis showed that whilst, given the right support, most disabled children were able to access inclusive activities alongside their non-disabled peers, there were some children for whom specialist provision would better meet their needs, particularly:

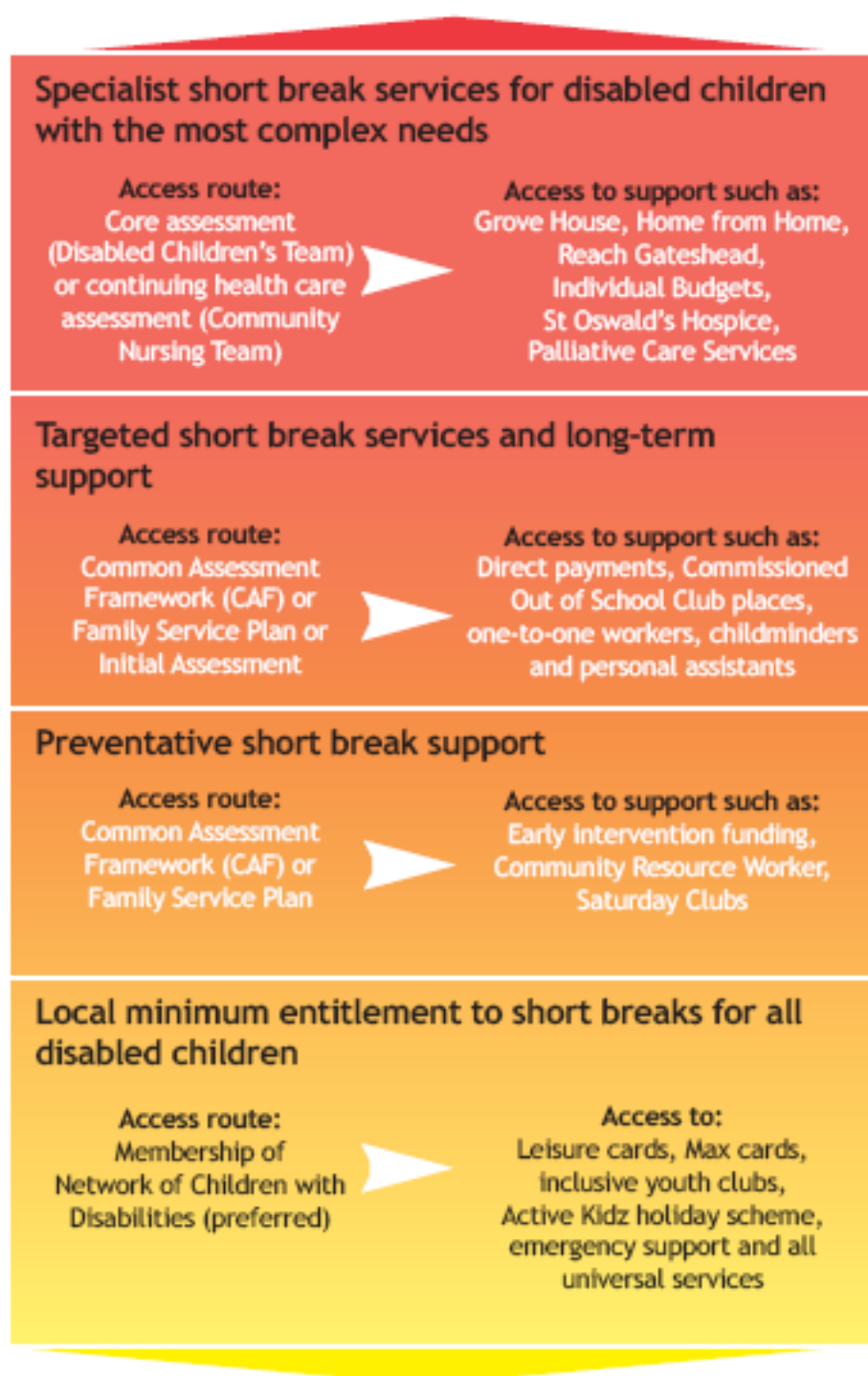
- children with severe autism;
- children from the Jewish community;
- and young people aged 14 plus.

This helped to shape our short breaks services for 2011-12 and forms part of our “commissioning cycle” – an ongoing process of assessing needs, planning and delivering services within our available resources and monitoring and reviewing impact:



## A Short Breaks Offer for Families

When we began transforming our short breaks services in 2008, families told us that they didn't know what services there were or how to access them. In response, the "gateway to services" workstream, which includes parents and third sector representatives, has developed a short breaks offer for families in Gateshead with clear access routes and a local minimum entitlement:





The process of accessing short breaks is designed to be as “fuss-free” as possible for families. Many services can now be accessed without the need for a social work assessment. Easy-read leaflets have been produced to give families more information about short breaks, social care assessments and self-directed support. To get your copies, phone 0191 433 5099 or download them from the Council’s website:

**Short breaks:**

<http://www.gateshead.gov.uk/DocumentLibrary/Care/leaflets/ChildrenandFamilies/ShortBreaksleaflet.pdf>

**Self-directed support:**

<http://www.gateshead.gov.uk/DocumentLibrary/Care/aiming/SelfDirectedSupportLeaflet.pdf>

**Disabled Children Team:**

[www.gateshead.gov.uk/DocumentLibrary/Care/leaflets/ChildrenandFamilies/DisabledChildrenLeaflet.pdf](http://www.gateshead.gov.uk/DocumentLibrary/Care/leaflets/ChildrenandFamilies/DisabledChildrenLeaflet.pdf)

**In Dec 2010, 84% of parents and carers who responded to our consultation said that they now have better access to information about services and things to do.**





## Short Breaks Services in Gateshead

There are a wide range of short breaks services available in Gateshead - see the table over the page for more information. The type of short breaks you receive will depend on your child's assessed needs and your needs as a parent or carer. This may change over time. Beyond the minimum offer (which doesn't require any assessment), support may range from help to access community activities for children with low to moderate support needs, through to overnight residential services with 24-hour waking staff for children with the most complex needs.

Over the past few years we have invested additional funding to make sure that all disabled children, including those with the most complex needs, can access community-based short breaks alongside nondisabled children. We use service providers who are experienced in working with disabled children and make sure that each child gets the level of staff support they need to have a safe and enjoyable experience.

Some families choose to buy their own support via direct payments and individual budgets - instead of getting services directly from Gateshead Council, they get money to buy the support they need. Families often use direct payments to employ someone to support their child to access leisure activities or to help out at home. Other families have purchased overnight short breaks for their child, but there is no fixed list of what you can get with a direct payment. For more information, download this leaflet from the Council's website:

<http://www.gateshead.gov.uk/DocumentLibrary/Care/aiming/SelfDirectedSupportLeaflet.pdf>



## Universal Short Breaks Services\*

Short Breaks Service	Description	Age range	CAF assessment needed?	Social care assessment needed?	For more information contact:
<b>Leisure cards and Max cards</b>	Members of the Gateshead Network receive free or reduced cost entry to swimming pools, leisure centres and visitor attractions throughout Gateshead and beyond.	0-17	✗	✗	Gillian Newman on 0191 4335144 or email: <a href="mailto:gilliannewman@gateshead.gov.uk">gilliannewman@gateshead.gov.uk</a>
<b>Active Kidz holiday scheme</b>	A school holiday activity scheme for all children and young people. A wide range of fun-filled activities are available at venues across Gateshead including arts, crafts, games, dance, sport and much more.	5-14	✗	✗	Customer Services on 0191 433 7117 or go to: <a href="http://www.gateshead.gov.uk/Leisure%20and%20Culture/play/active.aspx">http://www.gateshead.gov.uk/Leisure%20and%20Culture/play/active.aspx</a>
<b>Disability Sport Sessions</b>	A chance for disabled children and young people to try out some new skills, games and sports activities such as cricket, boccia, football and dance. Every Friday evening during term-time.	8-15 and 16-24	✗	✗	Sport, Physical Activity & Health Development Team on 0191 433 6944
<b>Inclusive youth clubs</b>	Evening activity clubs at various venues across Gateshead where disabled young people can socialise with their non-disabled peers.	13-25	✗	✗	
<b>Inclusive Saturday club</b>	A fully inclusive activity scheme for all children and young people. A wide range of fun filled and challenging activities are available including boxercise, arts, crafts, games, dance, sport.	8-17	✗	✗	Play Development Service on 0191 433 5078
<b>Emergency Support Service</b>	Enables carers to plan in advance for emergencies. The service can provide emergency support for up to 48 hours.	0-25	✗	✗	Crossroads Care Gateshead on 01207 549780

*\*Please note: This is an indication of some of the short breaks services available for disabled children in Gateshead. It is not an exhaustive list of all services. For more information about support and services for children in Gateshead, visit the Family Information Service Directory at: <http://lcsa.gateshead.gov.uk/earlyyears/publicenquiry/> or call 0191 433 8515.*

## Targeted Short Breaks Services\*

Short Breaks Service	Description	Age range	CAF assessment needed?	Social care assessment needed?	For more information contact:
<b>SPLASH out of school club</b>	After school activities for disabled children from the Jewish community.	5-16	✗	✗	Mrs M Steinhaus - 0191 478 4287
<b>St Chad's out of school club</b>	After school social activities for disabled young people, with a focus on trying new things and developing independence skills.	14-17	✓	✗	Val Leonard at St Chad's – 0191 4901032
<b>KIDS Direct Short Breaks</b>	Short break workers who support disabled children to access community activities on a one-to-one basis.	5-17	✓	✗	KIDS Direct Helpline – 0845 453 1000
<b>Play Development 1:1 Service</b>	Short break workers who support disabled children to access community activities on a one-to-one basis.	5-17	✓	✗	Play Development Service - 0191 433 5078
<b>Community holiday activity scheme</b>	A school holiday activity scheme for disabled young people, with a focus on trying new things and developing independence skills.	14-17	✓	✗	Glenda Trewick in the Disabled Children Team – 0191 433 5099
<b>Personalisation Funding and Individual Budgets</b>	Can be accessed via a lead practitioner to support quick and flexible responses to the needs of children and their families by buying services directly from providers.	0-17	✓	✗	

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## Specialist Short Breaks Services\*

Short Breaks Service	Description	Age range	CAF assessment needed?	Social Care assessment needed?	For more information contact:
<b>Direct payments and individual budgets</b>	Direct payments and individual budgets are cash payments that can be given to disabled children and their families who are eligible for care and support services to buy their own services, rather than have them provided by the council	0-17	✗	✓	Disabled Children Team – 0191 433 5099
<b>North East Autism Society – REACH programme</b>	Specialist short breaks programme, including school holiday scheme, Saturday club and outreach support for children Autistic Spectrum Disorders and severe challenging behaviour or communication difficulties associated with other impairments.	3-17	✗	✓	Disabled Children Team – 0191 433 5099
<b>Home from Home</b>	Family-based stays, either overnight or during the day, with approved short break foster carers.	0-17	✗	✓	Disabled Children Team – 0191 433 5099
<b>Grove House</b>	Short breaks facility for children who require overnight care in a residential setting with specialist equipment and a team of staff.	8-17	✗	✓	Disabled Children Team – 0191 433 5099
<b>St Oswalds</b>	Residential overnight short breaks facility for children with complex health needs and life-limiting conditions.	0-17	✗	✓	Disabled Children Team – 0191 433 5099

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## How decisions are made

It is important that decisions about who will get services are made in a fair and open way. Disabled children and their families receive support based on a careful assessment of need undertaken by either a lead practitioner (e.g. a health visitor, Children's Centre worker or teacher) or a social worker in the Disabled Children Team. The needs of the whole family will be taken into account during the assessment.



The assessment can be brief (a CAF assessment or an initial assessment) or more in depth (a core assessment) and helps us to reach decisions about what support can be provided. You can get a full copy of the criteria we use to make these decisions online at: [www.gateshead.gov.uk](http://www.gateshead.gov.uk) or by contacting the Disabled Children Team on 0191 433 5099.

If a child does not need specialist social work support from the Disabled Children Team, but targeted support is required, the family may be referred to area-based teams for a Common Assessment Framework (CAF) assessment or Team Around the Family (TAF) input or signposted to other appropriate services.

The lead practitioner or social worker will visit the family as part of the assessment process, as well as contacting other professionals who are involved with the family. The assessment will look at the child's development needs, parents' or carers' specific needs, and issues around parenting, the wider family and environment.

The outcome of the assessment will be shared with the family. They will be advised what level of service can be offered and allocated a worker, if appropriate. The lead practitioner, team around the family, or social worker and the family will agree a plan which outlines the type of service to be provided, and how the services will be expected to meet the needs of the child. All plans are reviewed regularly and services can be changed (increased or decreased) to respond to the changing needs of the child and their family.

Parent and carers have a right to a separate assessment under the Carers (Recognition and Services) Act 1995 and Carers and Disabled Childrens Act 2000 in addition to their needs being fully addressed in their child's assessment. In general, however, this should not be necessary, provided the parent's employment, training, education, leisure and other needs are fully addressed in the child's assessment.

## How to get involved and have your say

**Parents in Power:** a voluntary organisation run by parents/carers for parents/carers of a child with special needs, learning difficulties or a disability:

Parents In Power  
c/o 21 Liddell Tce  
Bensham  
Gateshead  
Tyne and Wear  
NE8 1YN  
Tel: 0191 4901032  
parentsinpower@yahoo.co.uk  
<http://twitter.com/parentsinpower>  
[www.parentsinpower.btck.co.uk](http://www.parentsinpower.btck.co.uk)

**The Disabled Children and Young People's Forum:** a chance for parents and carers to meet with workers and discuss services for disabled children. There's a free lunch for parents and carers after each meeting. Contact Parents in Power (above) for more information.

**Advocacy Service:** Action for Children and Gateshead Council are working in partnership to provide an advocacy helpline for children and young people aged 0-17 years who are looked after, a child in need or disabled and are finding it difficult to have their voice heard. The telephone number is 0800850621 and is a confidential free phone number. Young people can contact this number Monday-Friday 9am-5pm.

**Children's Involvement Worker:** supports disabled children and young people to express their views and be heard. The Involvement Worker uses a range of communication tools to support young people, including widget, picture exchange symbols (PECS), Makaton, pictures, photographs, videos. Contact: Gillian Newman in the Disabled Children's Team on 0191 433 5144.





## Glossary

**Assessment** – Finding out what needs there are in a family. A social worker or lead practitioner will do this with a family and will look at the child's needs and parents' or carers' specific needs.

**CAF - Common Assessment Framework** - The process of using a simple assessment tool to gain an understanding of the strengths and needs of individual children and their families. This assessment is then used to promote information sharing and joint planning between agencies around those needs.

**Commissioning** - The process by which the needs of the local population are identified, priorities set, then appropriate services are purchased and evaluated.

**Direct Payment** - Money paid directly to you so that you can buy your own support, rather than having services delivered by Gateshead Council. It might make up part or all of a care plan and can also be part of an individual budget

**Disability** - The Disability Discrimination Act 1995, Section 1(1), states 'A person has a disability for the purposes of this Act if he has a physical or mental impairment, which has a substantial, and long-term adverse effect on his ability to carry out normal day-to-day activities.'

**Individual Budget** - a clear, up-front allocation of money that can combine several funding sources. You can use your budget to design and purchase support from the public, private or voluntary sector.

**Lead Practitioner** - When more than one practitioner (beyond universal services) is working with a child as part of a team around the family, a Lead Practitioner is nominated to co-ordinate their work, act as a single point of contact and reduce duplication. The Lead Practitioner could be any of the people working with the child or young person.

**Short Breaks** - Short breaks give parents and carers of disabled children a break from their caring role. This is sometimes referred to as "respite". Short breaks also give disabled children the chance to spend time with friends, experience exciting and fun activities, and develop new skills.

**Social Worker**- Provides emotional and practical support and care planning to meet the needs of children aged 0-17 years who are disabled, looked after or in need of protection.

**Team around the Family (TAF)** - When a child and their family has more than one practitioner working with them, those practitioners work as a team around the family to ensure that support is co-ordinated, meets all their needs and information is shared. The team around the family should include universal services.

**Universal Services** - Services that are available to all residents of Gateshead without needing an assessment, such as: schools, leisure centres, libraries, transport and health services.



**2011 No. 707**

**CHILDREN AND YOUNG PERSONS, ENGLAND**

**The Breaks for Carers of Disabled Children Regulations 2011**

*Made* - - - - *9th March 2011*

*Coming into force* - - *1st April 2011*

The Secretary of State for Education makes the following Regulations in exercise of the powers conferred by paragraph 6(2) of Schedule 2 to the Children Act 1989(a).

In accordance with section 104(3A) of that Act, a draft of these Regulations was laid before Parliament and approved by resolution of each House of Parliament.

**Citation and commencement**

1. These Regulations may be cited as the Breaks for Carers of Disabled Children Regulations 2011 and come into force on 1st April 2011.

**Interpretation**

2. In these Regulations—

“the 1989 Act” means the Children Act 1989;

“carer” means a person who provides care for a disabled child and who is—

(a) the child’s parent, or

(b) a person who is not the child’s parent but who has parental responsibility for that child;  
and

“disabled” has the meaning given in section 17(11) of the 1989 Act(b).

**Duty to make provision**

3. In performing their duty under paragraph 6(1)(c) of Schedule 2 to the 1989 Act(c), a local authority must—

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- (a) 1989 c. 41. Paragraph 6(2) was inserted by section 25 of the Children and Young Persons Act 2008 (c. 23) (“the 2008 Act”). The power in paragraph 6(2) is expressed to be exercisable by the “appropriate national authority”. The “appropriate national authority” is defined in section 59(7) of the Children Act 1989 as meaning, in relation to England, the Secretary of State. Section 104(3A) was substituted by section 39 of, and Schedule 3 to, the 2008 Act and subsequently amended by S.I. 2009/1892.
- (b) That is, that a child is disabled “if he is blind, deaf or dumb or suffers from mental disorder of any kind or is substantially and permanently handicapped by illness, injury or congenital deformity or such other disability as may be prescribed”.
- (c) Paragraph 6(1)(c) (inserted by section 25 of the 2008 Act) requires local authorities to provide services designed to assist individuals who provide care for disabled children to continue to do so, or to do so more effectively, by giving them breaks from caring.

- (a) have regard to the needs of those carers who would be unable to continue to provide care unless breaks from caring were given to them; and
- (b) have regard to the needs of those carers who would be able to provide care for their disabled child more effectively if breaks from caring were given to them to allow them to—
  - (i) undertake education, training or any regular leisure activity,
  - (ii) meet the needs of other children in the family more effectively, or
  - (iii) carry out day to day tasks which they must perform in order to run their household.

#### **Types of services which must be provided**

**4.—**(1) In performing their duty under paragraph 6(1)(c) of Schedule 2 to the 1989 Act, a local authority must provide, so far as is reasonably practicable, a range of services which is sufficient to assist carers to continue to provide care or to do so more effectively.

(2) In particular, the local authority must provide, as appropriate, a range of—

- (a) day-time care in the homes of disabled children or elsewhere,
- (b) overnight care in the homes of disabled children or elsewhere,
- (c) educational or leisure activities for disabled children outside their homes, and
- (d) services available to assist carers in the evenings, at weekends and during the school holidays.

#### **Short breaks services statement**

**5.—**(1) A local authority must, by 1st October 2011, prepare a statement for carers in their area (a “short breaks services statement”) setting out details of—

- (a) the range of services provided in accordance with regulation 4,
- (b) any criteria by which eligibility for those services will be assessed, and
- (c) how the range of services is designed to meet the needs of carers in their area.

(2) The local authority must publish their short breaks services statement, including by placing a copy of the statement on their website.

(3) The local authority must keep their short breaks services statement under review and, where appropriate, revise the statement.

(4) In preparing and revising their statement, the local authority must have regard to the views of carers in their area.

9th March 2011

*Sarah Teather*  
Minister of State  
Department for Education