

A Guide to Accessing Short Breaks

for Disabled Children and Young People



Take Time Out

For children and young people to have fun and enjoyable experiences with or without their parents.
For parents to have a break from caring.

What is a Short Break?

Short Breaks are enjoyable experiences for disabled children and young people with or away from their primary carers. They offer a break for parents and families from their caring responsibilities.

Short Breaks can be taken during the:

- Day
- Evening
- Overnight
- Weekend

They can be in:

- The home of an approved carer
- A residential setting
- A community setting

Short Breaks can last from just a few hours to a few days depending on the type of service and the needs of the child and their family.

In Bradford we support flexible Short Breaks so that families can 'step up or down' or 'between and across' the levels of support available dependent on their needs.

We offer three levels of Short Breaks to meet these different needs:

1 Universal Needs

Short Breaks Services for Everyone

2 Additional Needs

Additional Support Short Breaks Services

3 Complex Needs

Targeted Child and Family Support Short Break Services

1 Universal Needs

Short Breaks Services for Everyone

Children's service providers in Bradford actively promote the inclusion of disabled children and young people enabling them to achieve a Short Break.

Eligibility Criteria

Available to all children and young people between 0-18 years of age but some vary.

Examples of Short Breaks for Everyone

- Out of School Clubs
- Holiday Play and Care Schemes
- Childminders
- Youth Clubs
- Sports Clubs

Billy is 8 years old with Autistic Spectrum Disorder. He likes the outdoors and has recently learnt to cycle. His mum found out about a cycling holiday scheme being run at his local school and spoke to the coach about Billy's needs. He now goes every holiday which he really enjoys.



② Additional Needs

Additional Support Short Break Services

Some disabled children and young people will need additional support to use a Short Break service.

Eligibility Criteria

Available to children and young people whose additional needs require additional support to access services. These needs may have been assessed using the Common Assessment Framework. Carers also have a right to have their needs assessed.

Examples of Additional Support Short Breaks

- Play Support Workers
- Inclusion Workers
- Integrated Youth Service

Rubina is 15 years old with Down's Syndrome. Her school recommended she follow her interest and join an out of school performing arts group. Her mum and dad were worried about her going but with the support of a local inclusion worker she started at a dance and drama group. After providing the drama club with some training Rubina now goes once a week independently.

③ Complex Needs –

Targeted Family Support Short Break services

Some disabled children and young people and their carers/families will need targeted family support services. For example, if there is a risk of family break down or need for support due to the additional pressures of caring for and parenting a disabled child.

Eligibility Criteria

Available to children and young people assessed by health or social care as needing targeted services to meet their needs. An assessment will look at a child's developmental needs, the parenting/carers' capacity and wider family and environmental factors.

Examples of Targeted Family Support Short Breaks

- Social Care Short Break Services daycare
- Social Care Family Placement Services
- Health Continuing Care Services

Vic is 5 years old and has a rare condition which means he needs support with all his care needs and trained carers due to his epilepsy. The family GP is worried about Vic's mum who appears exhausted and refers him to Social Care for support. A social worker completes an assessment with Vic's mum and he is referred to the Shared Care Scheme and is matched with a family who he visits twice a month. She also contacts the Continuing Care Team who provide a night sitter once a week.



**To find out more details
about Short Break services call...**

Children's Information Link
Bradford's Family Information Service



01274 437503

The wording in this publication can be made available in other formats such as large print and Braille. Please call: 01274 433861

- Helpline open from 8.30am – 4.30pm Monday to Friday
- Urdu and Pujabi Helpline open on Wednesday and Thursday call 01274 431252
- Email: childcare@bradford.gov.uk
- Website: www.bradford.gov.uk/fsd
- Face-to-face at any of the Children's Centres in Bradford