

**DERBY CITY  
SHORT BREAKS STATEMENT FOR  
DISABLED CHILDREN AND YOUNG PEOPLE**

**Date:** 6 October 2011

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**Purpose**

- To inform stakeholders on the new Short Breaks Statement that all local authorities are required to publish by October 2011 under 'The Breaks for Carers of Disabled Children Regulations' (2010) which came into force on 1 April 2011.
- To detail the content that makes up Derby City's statement.
- To confirm that Derby City Council's Children and Young People Directorate Management Team for approval to publish.

**The Short Breaks Services Statement – requirements**

This statement must set out details of:

- the range of services provided
- eligibility criteria
- how the range of services is designed to meet the needs of carers in their area.

In preparing and revising their statement each local authority must have regard to the views of carers in their area.

This statement must be publicised, firstly by October 2011, and kept under review thereafter.

**Background**

The Aiming High for Disabled Children (AHDC) agenda, instigated by the previous Labour Government, has led to the significant national transformation of short break services for disabled children and young people.

**What is a short break?**

Short breaks form part of a continuum of services which support disabled children and their families. Short breaks are provided to give:

- disabled children and young people enjoyable experiences away from their primary carers ,thereby contributing to their personal and social development and reducing social isolation;

- parents and families a necessary and valuable break from caring responsibilities.

These include day, evening, overnight and weekend activities and can take place in the child's own home, the home of an approved carer, a residential or community setting.

Short breaks come in a variety of formats and each one can last from just a few hours to a few days, and occasionally longer, depending on the type of provision and the needs of the child and their family. Short break provision should be reliable so that carers can plan around the breaks provided.

#### Derby City AHDC Short Break Provision 2008-2010

The majority of 2008/09 and 2009/10 funding was allocated to the Council's in-house Integrated Disabled Children Service with a small pilot project delivered by a voluntary organisation experienced in providing services to disabled children and their families.

The Integrated Disabled Children's Service (IDCS), with AHDC funding, offered:

- support for activities in the home and out in the community
- nursery short break provision
- overnights at the Lighthouse residential facility
- Occupational Therapy and Physio advice and support

with referrals being managed from receipt to service delivery by the Inclusion Team which was also based within the IDCS.

The pilot offered the following options:

- evening club
- holiday breaks
- support into mainstream activities
- whole family experiences.

There was also some small provision made in the 2010 February Half Term holiday by 3 voluntary sector organisations.

#### Consultation

The first consultation with disabled children and young people and their parents and carers regarding AHDC short break services was undertaken during November and December 2009 through questionnaires, 1:1 interviews and focus groups.

Consultation results indicated that both disabled children and young people and their parents/carers were in agreement on when short breaks were most needed – these being:

- in school holidays
- in the evenings
- after school
- at weekends
- overnights

and in what environments they would like them to take place:

- at home
- in the community
- in specialist groups.

Disabled children and young people described a wide variety of activities that they would enjoy taking part in the above settings which their parents and carers supported in their responses.

Consultation was also undertaken in respect of what disabled children and young people and their parents and carers would like capital funding to be spent on with the following ideas being put forward:

- Place for disabled children and young people to get together and 'chill out'
- Place for disabled children and young people to learn daily living skills to help them become more independent
- New item(s) of play equipment in parks
- Better toileting facilities in parks, leisure centres, community centres
- Portable hoists for sports/leisure and youth centres
- Pool hoist
- Improving access to youth centres
- Equipment game bags.

### **Derby City Short Break provision post consultation 2010/11**

The Council's in-house IDCS continued to offer:

- support for activities in the home and out in the community
- nursery short break provision
- overnights at the Lighthouse residential facility
- Occupational Therapist and Physio advice and support

plus

- Aiming High Vouchers that worked in a similar way to Direct Payments

whilst other in-house services were enhanced with AHDC funding:

- Youth Services recruited a Specialist Youth Worker to specifically work with disabled young people to enable and support them to access specialist and mainstream short break activities and
- Fostering Services extended their Link Carer service to offer day and overnight short breaks in a family environment

with all referrals still being managed from receipt to service delivery through the Inclusion Team based within the IDCS.

In order to meet demand and to provide a wider choice of short breaks, as informed by consultation, a further 8 external organisations were contracted through formal tender to deliver:

- 1:1 support in the home or out in the community accessing mainstream activities during the day with night time support also being available

- specialist short break groups that ran after school, at the weekend and during school holidays.

With regard to the capital grant the following was put into place:

- Significant contribution to a facility where disabled children and young people could get together and 'chill out' and also learn daily living skills to help them become more independent
- Accessible roundabout, basket swing, wide slide and musical chimes installed in Osmaston Park play area;
- Accessible roundabout and basket swing installed at the Lighthouse
- Toileting and showering equipment put into Moorways and Queen's Leisure Centres including other items to improve accessibility at Springwood Leisure Centre
- Hoist at Moorways and Queen's swimming pools plus swimming aids to help disabled children and young people in the water and increase enjoyment
- Contribution to the conversion of a squash court into an 'easy line' gym that can be accessed by disabled young people
- Portable hoists for sports/leisure and youth centres
- Toilet and kitchen adaptations at the Mandela Youth Centre
- Hoist and 2 Bell Boats at the Midland Canoe Club
- A safe space sleep system for hire to families wanting to use for overnights and holidays
- Equipment game bags

Plus items of equipment to help individual children access the short break of their choice.

### **Derby City Short Break provision (formerly AHDC) 2011/12**

Although AHDC ring fenced funding came to an end in March 2011, funding for short breaks for disabled children and young people has continued through the Early Intervention Grant (EIG) – although with a lower allocation.

'Aiming High for Disabled Children' has now been replaced by 'Short Breaks' although the pictorial logo remains in order to retain identity.

Previous in-house services that were funded by AHDC which are **not** funded by the EIG allocation for short breaks are:

- IDCS - support for activities in the home and out in the community  
overnights at the Lighthouse residential facility  
therapy support
- Fostering Link Carer Service
- Youth Services Specialist Youth Worker.

Capacity has also decreased in the Inclusion Team which has now been re-named the Short Break Team.

### Short Break provision available in 2011/12

The in-house IDCS Nursery Service is funded to deliver a limited amount of short break provision.

Contracts are still in place with the 8 external organisations to provide:

- 1:1 support in the home or out in the community accessing mainstream activities during the day with night time support also being available
- Specialist short break groups that run after school, at the weekend and during school holidays.

Short Break Vouchers are available and work in a similar way to Direct Payments.

Derby City currently offers up to a maximum of 100 hours of short break service per child per year.

### Eligibility Criteria

Throughout the delivery of AHDC funded short breaks Derby City has not applied a strict criteria - as long the disabled child/young person can be classed in one of the following AHDC defined groups:

- Children and young people with Autistic Spectrum Disorder. These are likely to have other impairments such as severe learning disabilities or have behaviour which is challenging. (Not all children on the Autistic Spectrum will require specialist additional short break services);
- Children and young people where challenging behaviour is associated with other impairments (e.g severe learning disability). Children in this group will display behaviour which challenges services or behaviour which causes injury to themselves or others;
- Children and young people with complex health needs which includes those with disability and life limiting conditions who have reached the palliative care stage of their life cycle as well as other children and young people with complex health needs and/or other physical, cognitive and/or sensory impairments;
- Children and young people aged 11+ with moving and handling needs that will require equipment and adaptations. These children are likely to have physical impairments and many of them will also have cognitive and/or sensory impairments;
- Young people 14+ who are severely disabled and require services that are appropriate to their age.

and are aged 0-18 years.

The Short Break Team will use all previous assessment information and any subsequent discussion with the referrer to make a decision regarding an individual's access to short break services.

However, work had begun on revised eligibility criteria as part of the gateway into services for disabled children and young people which has been delayed due to a number of circumstances. This work will re-commence after Derby City's Short Breaks statement has been published.

### Numbers of disabled children and young people

Based on the presenting needs as described above in the AHDC defined groups the national calculation determined that 1.2% of the local area's child population would need these services.

In Derby City this equates to around 725 children. To date 180 disabled children and young people are receiving a short break service funded by the EIG and 37 receiving a Short Break Voucher.

### Feedback on and impact of Short Break Services

The feedback received through contract monitoring, individual provider meetings and parent forum discussions has been very positive and is illustrated through the following statements:

#### ***From parents/carers:***

“I am grateful for any time you can provide which will mean he can go out and I can spend some time with my other children.”

“This has made such a difference to the long summer holidays.”

“He had a wonderful time and the staff and other young people there were very adaptable to get J involved. J is looking forward to next week.”

#### ***From providers:***

##### *Specialist Group Setting*

“Child R has become a regular member at Learning Club attending every week and during the holidays she has come along to some of the trips.

Child R has settled in extremely well. She is happy being supported by a number of our staff and has made new friends within her own age group which was one of her goals to achieve. We have regular contact with the family and upon our last review the family were very happy with the Short Breaks service and the difference it has made to child R and the family.”

##### *1:1 support*

“Emma has been working with LB for the last 11 months with the support varying from week to week – it can include going to the park, going to Bumpies, playing on motorized bikes and bowling, playing on the swings.

Emma has encouraged LB with his social skills, walking and his speech. LB has grown in confidence – even taking part in a video for a corporate event. His speech has improved to such an extent that Emma can understand everything he says now. LB has bonded well with Emma – he waits in the window looking for Emma to arrive and gets excited when he sees her car.”

The impact is measured through contract monitoring on a general percentage basis against defined outcomes with the following results from 1 July 2010 to 30 June 2011:

|                      | <u>Dec 10</u> | <u>Jun 11</u> |
|----------------------|---------------|---------------|
| Increased confidence | 52%           | 76%           |

|                                       |     |      |
|---------------------------------------|-----|------|
| More independent                      | 51% | 71%  |
| Improved socialisation/inclusion      | 55% | 77%  |
| Having more fun                       | 83% | 83%  |
| Families benefitting from short break | 96% | 90%* |

\*The decrease in success has been identified by 2 providers which have had some difficulty with some packages due to change of worker/matching worker. These issues have now been resolved satisfactorily.

### Universal Services

Sports and Leisure facilities have been the focus of 2010/11 work with universal services. As highlighted above the Council's leisure centres have benefitted from a range of adaptations and equipment funded by AHDC which enhanced the Inclusive Fitness for All and Active Start initiatives that were already in progress.

Swimming and water based activities are often cited as being both helpful and enjoyable for disabled children and young people and so to develop this further a variety of swimming aids were purchased and 14 swimming instructors were trained in how to support users with a learning and/or physical disability through an accredited course.

A free annual swimming pass was then offered to families who had accessed short breaks through AHDC with 87 taking up the offer.

### Information

As part of the AHDC national consultation, the lack of current and accessible information had been highlighted as a key frustration for parents and carers of disabled children and young people.

In order to try and address this some AHDC funding was allocated to the development of a hard copy information folder and CD Rom which was co-ordinated through the Disabled Children's Database and Information Service (DisC).

200 folders and CD Roms have been produced and delivered to the IDCS for distribution. The pages are being put onto the web based Family Information Service and individual pages will be updated by the organisations who have provided the information.

No further hard copies or CD Roms will be made available as it is envisaged that the Family Information Service and DisC will be sufficient for the future. These can be accessed through Derby City Council's website.

### **Derby City Short Break complex case provision 2011/12**

In addition to the short break services that were developed as a result of AHDC there are those short break/respite services that are provided by Specialist Services and accessed through a different route with different eligibility criteria.

#### Short Break Provision available through the Council's in-house Specialist Services

The IDCS provides short breaks through its Residential Service at the Lighthouse, Home and Community Support Team and Nursery Service.

Fostering Services provide short breaks in a family environment through its Link Carer Service both overnight and during the day.

Where a child/young person appears to meet Specialist Services eligibility criteria (shown below) the referral will be screened through the Allocation Panel and then, when it is confirmed the child/young person does meet the eligibility criteria, through the Resource Panel where the support package will be determined and agreed.

### Eligibility Criteria

The criteria for accessing short breaks provided by the IDCS and Fostering Services are that the child/young person:

- is a resident of Derby
- has a substantive\* and severe physical disability and/or
- has a substantive\* and severe learning disability and/or
- has complex health needs and/or
- has a severe Autistic Spectrum Disorder

\*\*substantive" implies a level of need, significantly different to that of a child of similar age, where the disability has a profound effect on the child/young person's development.

There is an Eligibility Checklist to assist in determining whether the criteria have been met.

This Eligibility Checklist can be found at Appendix 1 to the Statement and this will enable parents/carers to self assess before they apply to the Council's Children and Young People's Specialist Services.

### Numbers of disabled children and young people

Specialist Services report that 47 are receiving a residential short break, 33 are receiving support from the Community and Home Support Team and 13 through the Nursery service.

26 disabled children and young people are receiving short breaks through Fostering's Link Carer Service.

### Youth Work

It is recognised that one of the greatest barriers faced by young people with learning disabilities is that they are often excluded from taking part in activities in their local communities, which is readily available to their mainstream peers.

Youth Work has played an active role in providing short break services to many of those young people through its Saturday Club and Summer Holiday Playscheme.

### Transition

A small pilot is planned, in partnership with St Andrews Special School, for February 2012 half term holiday to explore how short break delivery can be used to

successfully incorporate activities which will enable disabled young people to develop independent living skills in preparation for adulthood.

### **Derby City Short Break Provision 2012/13**

Contracts will still be in place with the 5 external organisations to provide:

- 1:1 support in the home or out in the community accessing mainstream activities during the day with night time support also being available.

The contracts with the 3 external organisations currently providing:

- Specialist short break groups that run after school, at the weekend and during school holidays

will terminate on 31 March 2012. Consultation and planning will shortly be underway to assess the need for these services and appropriate provision will be put in place as a result.

Short Break Vouchers will be available and work in a similar way to Direct Payments.

Derby City will continue to offer up to a maximum of 100 hours of short break service per child per year.

### **Short Break Provision available through the Council's in-house Specialist Services**

The IDCS will continue to provide short breaks through its Residential Service at the Lighthouse, Home and Community Support Team and Nursery Service as well as the Fostering Service providing short breaks in a family environment, both overnight and during the day, through its Link Carer Service.

### **Youth provision**

A Saturday Club will still be available and funding is being actively sought for the 2012 Summer Holiday Playscheme.

### **Review of the Statement**

The Statement will be reviewed on an annual basis and, in consultation with parents and carers of disabled children and young people, areas for improvement will be identified for progressing. The revised Statement will reflect the progress of the priority areas identified.

### **Local Authority Disabled Children's Charter**

Derby City Council will be working towards the updated Charter over the next year. The Charter is attached at Appendix 2 to this Statement.

**MATRIX OF NEED – ELIGIBILITY CRITERIA**

| <b>Area of Need</b>        | <b>Low level needs- 1</b>  | <b>Medium level needs- 2/3</b>   | <b>High level needs - 4</b>  |
|----------------------------|--|--|--|
| <b>HEALTH</b>              | <ul style="list-style-type: none"> <li>• Minimal nursing care or support</li> <li>• Routine medical checks</li> <li>• Minimal medical treatment / medication</li> <li>• Infrequent use of special equipment</li> <li>• Little therapeutic involvement</li> </ul> | <ul style="list-style-type: none"> <li>• Regular nursing care / support; 2 or more sessions per week</li> <li>• Regular treatment and medical checks</li> <li>• Monitoring of medication</li> <li>• Regular use of specialist equipment</li> <li>• Disability requires programme of therapy</li> </ul>                                     | <ul style="list-style-type: none"> <li>• Daily specialist medical or nursing care required.</li> <li>• Regular hospital admission for treatment</li> <li>• Daily use of specialist equipment</li> <li>• High level of medication</li> <li>• Health reviewed by consultant regularly</li> <li>• Condition likely to deteriorate</li> <li>• Intensive therapy programme</li> </ul> |
| <b>PHYSICAL DEPENDENCY</b> | <ul style="list-style-type: none"> <li>• Mild-Moderate disability</li> <li>• Able to wash unaided</li> <li>• Minimal help with personal care</li> <li>• Supervision with toileting/ washing</li> <li>• Drink and eat with min. assistance</li> </ul>             | <ul style="list-style-type: none"> <li>• Help with mobility and lifting required</li> <li>• Specialist equipment required</li> <li>• Daily help with personal care required</li> <li>• Access toilet with assistance</li> <li>• Is enuretic and encopretic (continence)</li> <li>• Assistance with eating and drinking required</li> </ul> | <ul style="list-style-type: none"> <li>• 2 people needed for lifting and personal care</li> <li>• Dependent for mobility</li> <li>• Unable to function without specialist equipment</li> <li>• Is enuretic and encopretic (continence)</li> <li>• Cannot eat or drink unaided</li> </ul>   |

|  |  |   |   |
|--|--|---|---|
| <b>COMMUNICATION</b>                     | <ul style="list-style-type: none"> <li>• Mild speech difficulties</li> <li>• Signs to communicate sufficiently</li> <li>• Can understand and express views</li> <li>• Can communicate with minimal input</li> </ul>  | <ul style="list-style-type: none"> <li>• Major speech difficulties / little verbal communication (1 or 2 words)</li> <li>• Minimal ability to use signing to communicate</li> <li>• Ability to understand / express views minimal</li> <li>• Needs considerable assistance and help</li> <li>• Communication affects behaviour</li> </ul> | <ul style="list-style-type: none"> <li>• Limited ability to communicate or make needs or feelings known</li> </ul>  |
| <b>PHYSICAL ENVIRONMENT</b>              | <ul style="list-style-type: none"> <li>• Able to function independently</li> <li>• Minimal assistance to climb stairs</li> <li>• Can access bath / shower with minimal assistance or supervision</li> <li>• Needs for aids / equipment minimal</li> <li>• Adaptations unnecessary</li> </ul> | <ul style="list-style-type: none"> <li>• Needs some assistance / equipment to access stairs</li> <li>• Needs some help to function</li> <li>• Needs some equipment to bathe / shower</li> <li>• Uses aids / equipment</li> <li>• Major adaptations unnecessary</li> </ul>   | <ul style="list-style-type: none"> <li>• Dependent on others to function in the environment</li> <li>• Unable to access stairs unaided or without equipment</li> <li>• Need formal help with bathing / showering</li> <li>• Needs specialist aids/adaptation</li> </ul> |
| <b>EMOTIONAL / BEHAVIOURAL NEEDS</b>     | <ul style="list-style-type: none"> <li>• No risk to self or others</li> <li>• Does not require continual monitoring / supervision</li> <li>• Minimal behaviour management required</li> <li>• Minor relationship difficulties with peers</li> </ul>  | <ul style="list-style-type: none"> <li>• Moderate risk to self and others</li> <li>• Some monitoring / supervision in some circumstances</li> <li>• Input required to manage behaviour</li> <li>• Difficulties in relating to peers</li> </ul>  | <ul style="list-style-type: none"> <li>• Behaviour demonstrates serious risk to self or others</li> <li>• Requires 24 hr monitoring / supervision</li> <li>• Requires structured programme of behavioural management</li> <li>• Inability to relate to peers</li> </ul> |
| <b>GENERAL LEVEL OF SUPERVISION</b>      | <ul style="list-style-type: none"> <li>• Occasional supervision required</li> <li>• Supervision only required for some personal care / tasks</li> <li>• No supervision required at night</li> </ul>  | <ul style="list-style-type: none"> <li>• Regular and constant supervision required during the day</li> <li>• Needs supervision in all aspects of personal care / tasks</li> <li>• Occasional supervision required during the night</li> </ul>   | <ul style="list-style-type: none"> <li>• Constant monitoring and supervision required during the day and at night in all aspects of personal care / tasks</li> </ul>  |
| <b>FAMILIAL AND SOCIAL RELATIONSHIPS</b> | <ul style="list-style-type: none"> <li>• Stable family situation</li> <li>• No economic / financial pressures</li> <li>• Supportive family networks</li> </ul>   | <ul style="list-style-type: none"> <li>• Some emotional stress</li> <li>• Some financial difficulties</li> <li>• Little support from family network</li> </ul>  | <ul style="list-style-type: none"> <li>• High level of stress in family</li> <li>• Acute financial pressures</li> <li>• No family network</li> </ul>  |

|  |  |   |   |
|--|--|---|---|
|  | <ul style="list-style-type: none"> <li>• Supportive community networks</li> <li>• Access to social activity with peers</li> <li>• Parents / carers have good communication / parenting skills</li> </ul> | <ul style="list-style-type: none"> <li>• Little or no support from community network</li> <li>• Problems in accessing social activities with peers</li> <li>• Difficulties in carer / child relationship</li> </ul> | <ul style="list-style-type: none"> <li>• Isolated from community network</li> <li>• No access to peer activities</li> <li>• Carers have poor parenting / communication skills</li> <li>• Child / carer relationship likely to break down</li> <li>• Current crisis in family</li> </ul> |
|--|--|---|---|

| <b>Very High Needs – level 5</b>  |
|---|
| <ul style="list-style-type: none"> <li>• Child can no longer be cared for within the home environment</li> <li>• Carers perception is that the child can no longer be cared for within the home environment</li> <li>• Potential or actual significant harm.</li> <li>• Child rejected or abandoned.</li> </ul> |

**Local Authority Disabled Children's Charter By [insert date within one year of signing charter] we will ensure that in our authority...**

We know how many disabled children live in our area and all agencies in our area are working together to plan services based on this knowledge.

We have an identified lead with specific responsibility for services for disabled children and families.

We are providing clear information to support choice and control for parents that explains how we provide specialist services and also make all universal services accessible.

Parents and carers in our area have access to transparent information on decisions made about their child, and have access to mechanisms for providing feedback

Disabled children and their families are involved in the planning, commissioning and monitoring of services in our area, including both specialist and universal services.

Our Parent Carer Forum is instrumental in developing and reviewing services in our area and promoting choice and control for parents.

We actively include disabled children and young people in any decisions made about them and the services that they access, that might affect them.

Parents in our area benefit from our Parent Partnership Service, which is able to provide impartial advice and support to parents of disabled children and young people

Our staff receive both disability equality training and training to ensure that they have core competencies to work with disabled children.

We have produced a short break services statement that has been drawn up in partnership with disabled children and their parents and have made it widely available.

We have regard to the provision of services suitable for disabled children, when assessing the sufficiency and supply of childcare in their area

We are working together with disabled young people and adult service providers in our area to ensure a smooth transition to adult services for disabled young people preparing for adulthood.

**Signed**

*Lead Member for Children's Services (or equivalent) Name of Local Authority:*