

Short Break Statement 2015

Islington's short break offer for disabled children, young people and their families

The term 'short breaks' describes a range of services that:

- enable disabled children and young people to take part in enjoyable activities that will have a positive effect on their health and wellbeing
- support the families of disabled children by giving them a break from their caring responsibilities

Islington has a duty to provide access to short break services for all disabled children and young people aged 0- 18.

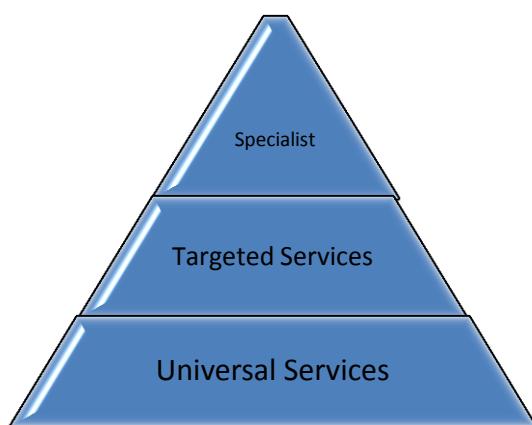
This statement covers the period April 2015 – March 2016 and explains:

1. The range of services on offer
2. Who is eligible for services
3. How to access services
4. How we develop short breaks
5. How you can shape short breaks

Each year we review the short breaks statement. The next statement will be out in January 2016. This information is available in other formats and languages on request.

How these services are organised

There are different levels of short break to meet the different needs of disabled children, young people and their families.



Universal services: are suitable for disabled children with lower level needs

Targeted services: are aimed at disabled children assessed as having severe and complex needs that cannot be met through universal services alone

Specialist services: are for disabled children and families assessed as having the highest level of needs.

Universal Short Break Services

There are around 1400 children and young people with disabilities in Islington. The majority are able to get a short break by using universal services.

Universal services include:

- Early years settings providing education and childcare
- Child minders / childcare providers
- Adventure playgrounds
- After-school clubs / play schemes
- Drama, music and sports clubs
- Leisure services
- Youth services
- Uniformed groups

More information on universal services, including opening times and contact details, is available from the Family Information Service.

Eligibility

Universal services aim to be inclusive and open to disabled people wherever possible.

Families and young people can contact the service providers directly and discuss:

- what is on offer
- any eligibility criteria
- the needs they can cater for
- the availability of spaces
- any fees

Some are free to use whilst others charge. A subsidy may be available for families on low incomes.

Access by disabled children and young people

Service providers have a duty to make reasonable adjustments and not to treat a disabled person less favourably.

Islington has provided funding, training and advice to many providers of childcare, play, youth and leisure services to help ensure that the needs of disabled children can be met.

However, not all universal services will be suitable for everyone. It is advisable to contact the provider to discuss your needs and what they can offer.

Entitlement

We expect that disabled children in Islington will be able to access a 'basic offer' of services at the same level as Targeted Short Breaks.

Children and young people who have tried and cannot access this basic offer of universal services can request an assessment to identify what additional support may be needed. (For example training, equipment, transport or additional levels of staff).

A professional working with the family can do the first stage of this assessment using an Early Help Assessment. This can be used to refer to any relevant services including the Short Breaks Team.

Family Information Service
Islington Council
222 Upper Street
London N1 1XR

T: 020 7527 5959
E: fis@islington.gov.uk

www.islington.gov.uk/fis

Targeted Short Break Services

Targeted services enable disabled children and young people with severe or complex needs to get short breaks.

There are currently about 360 disabled children and young people in Islington who are assessed as needing targeted short break services *because their needs cannot be met within universal/mainstream services.*

Targeted short break services include:

- holiday time nursery places for children who attend a nursery term time
- help with transport, training and fees to access universal services
- a support worker to play and help look after the child in their home
- support to access activities in the community
- after-school, weekend or holiday-time play and youth activities that include transport
- other short breaks funded by a short breaks direct payment** to purchase specialist equipment, employ a support worker or use services not available via the Council

You can see more details of the current range of targeted short breaks on the Islington Council website

www.islington.gov.uk/shortbreaks

Alternatively you can request this information from the Short Breaks Team.

Eligibility

Access to targeted short breaks services is by assessment.

We have used existing assessments to identify some children and young people with severe and complex needs that we already know are eligible

You can find out if you are already on the list of eligible families by contacting the Short Breaks Team.

Children and young people who are not already eligible and have tried and cannot access universal services can request an assessment for targeted short break services.

A professional working with the family can do the first stage of this assessment using an Early Help Assessment.

Other assessments we accept include:

- an EHC Assessment
- A Children and Families Assessment by a Social Worker

Assessments for targeted short breaks will be considered by a multi agency panel.

***There is a support service for families wanting to access short breaks through direct payments.* They can be contacted on 0207 527 7263.

Entitlement to targeted short breaks

We make a basic offer of short breaks to all those assessed as requiring targeted short break services. Families have a choice about when they use these hours and what services they want to use.

2-5 year olds

The basic offer is 1.5 hours* per week, up to a maximum of 78 hours for 1 year.

This could provide access to 14 days of short breaks during the year. E.g. Holiday periods - 10 days Summer, 2 days Easter, 2 days Christmas.

5-18 year olds

The basic offer is for 3 hours* per week, up to a maximum of 156 hours for 1 year.

This could provide access to around 28 days of short breaks during the year. E.g. 16 days summer, 4 days Easter, 2 days Christmas, 6 days for half terms (Feb, Oct, June).

Further examples of how the hours can be used are available from the Short Breaks Team.

*The number of hours offered may go up or down depending upon levels of funding available, levels of demand and the capacity of the services.

18 - 25 years

Many short break services are organised so that people can continue attending past their 18th birthday using their own money or funding given as a result of an assessment by Adult Social Care.

Support above the basic offer

Families requiring more than the basic offer for their age group will require a Social Work assessment for specialist services.

Please contact the Short Breaks Team or the Disabled Children's Team to discuss this process.

Getting detailed information about targeted short break services

In February 2015 all eligible families will be sent information about the targeted short breaks on offer and how to access them.

Families can contact the Short Breaks Team directly to discuss anything to do with short break services.

Information about these services is also provided through:

- The Council's website
- Centre 404 newsletters
- Parents forums
- Updates by email or post
- Service provider websites
- Over the phone

Short Breaks Team

Islington Council
222 Upper Street
London N1 1XR

T: 020 7527 8611
E: short.breaks@islington.gov.uk

www.islington.gov.uk/shortbreaks

Specialist Short Break Services

Specialist short breaks are for disabled children assessed as having the highest level of needs that cannot be met through universal and targeted short breaks alone.

Specialist short breaks can be used to:

- employ a support worker to help in the home
- access activities in the community
- access additional targeted short breaks
- purchase specialist equipment
- other short breaks funded by a direct payment to purchase specialist equipment, employ a support worker or use services not available via the Council

Some families may also be able to access highly specialist provision such as:

- Overnight stays at the home of an approved carer, called Family Based Short Breaks
- Services provided by Lough Road Centre for disabled children

Eligibility

An assessment for specialist short breaks needs to be done by a Social Worker from the Disabled Children's Team. Families and professionals can make referrals to the Team directly by phone or email.

The Social Worker will assess your child's needs and the whole range of support available to you including informal network, such as friends and family, universal and targeted services, and other support available in the local community.

If the need for additional support is identified by the assessment, a worker will support you to write a Support Plan.

Personal budgets

Once a Support Plan has been agreed, you and your child may be able to take some provision as a personal budget. Personal Budgets can be managed in several different ways:

- A Direct Payment – paid into a bank account (this needs to be a separate account for this money).
- A managed account – paid to a third party who can help manage it for you.

A personal budget is usually agreed for 12 months and is then reviewed.

Support for Personal Budgets

There is a support service for families using personal budgets and direct payments. They can support and advise on the recruitment and management of support workers and what to look for when choosing service providers. They can be contacted on 0207 527 7263.

The Disabled Children's Team

Northern Health Centre
580 Holloway Road
London. N7 6LB

T: 020 7527 3366

E:disabledchildren.team@islington.gov.uk

www.islington.gov.uk/disabledchildren

Shaping Short Break Services

Our Short Breaks offer has been developed in response to feedback from children, young people, families and professionals.

In the past 6 years feedback has been actively sought by:

- talking to children and young people at short break activities, school councils and focus groups
- talking with parents and carers on the phone, via email, at parents evening, coffee mornings, forum meetings and focus groups
- talking with professionals from Health, Social Care, Education and the Voluntary Sector
- asking families comments about the services by phone, in person and using feedback forms
- monitoring the demand for different services

Young people and parents have also been involved in commissioning, writing publicity and decisions about funding.

We work closely with Centre 404 to support parents and carers in shaping short break services in Islington.

Centre 404 Parent / Carer Information, Advice and Support Service

T: 0207 697 1325
E: family@centre404.co.uk
www.centre404.org.uk

Recent changes to short breaks

In the last 4 years we have made the following changes in response to what people have told us:

- planning short break services further in advance
- better facilities and equipment
- disability awareness training for staff at universal services
- specialist training for staff at targeted and specialist services
- redesigned targeted short break activities to meet changing needs
- redesigning the short breaks statement to make the different levels of service clearer
- making it easier to get an assessment for short breaks
- developing ways to measure the difference that short breaks makes
- changing the basic offer of targeted short breaks for under 5s
- offering a range of new 1:1 Short Breaks Outreach services.

Priorities for developing short breaks:

1. Reviewing the way we assess the need for more than the basic offer of short breaks services.
2. Ensure short breaks work with EHCPs and personal budgets.
3. Improving access to short breaks within universal services through better information, assessment and support.

'We welcome your feedback by phone, email or letter at any time.'