

# Short Break Statement 2014

## 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.

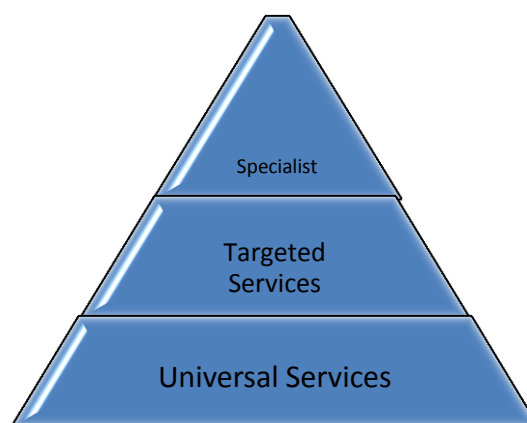
This statement covers the period April 2014 – March 2015 and explains:

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 2015. 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 will be able to get a short break by using universal services.

Universal services include:

- Early years settings providing education and childcare
- Play services and adventure playgrounds
- After-school clubs and other out of school activities
- Sports and leisure services
- Youth services

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

Services may charge and this will need to be paid by the family. 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. The facilities available and the levels of staff experience and training will vary from place to place. It is advisable to contact the provider to discuss your needs and what they can offer.

## Entitlement

Disabled children in Islington are entitled to a minimum amount or 'basic offer' of services.

For 2-5 year olds the basic offer is 1.5 hours\* per week, up to a maximum of 78 hours for 1 year.

For 5-18 year olds the basic offer is for 3 hours\* per week, up to a maximum of 156 hours for 1 year.

\*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.

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

T: 020 7527 5959  
E: [fis@islington.gov.uk](mailto:fis@islington.gov.uk)

[www.islington.gov.uk/fis](http://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 about 360 disabled children and young people in Islington who are assessed as needing targeted short break services.

Targeted short break services include:

- holiday time nursery places for children who attend a nursery during term time
- one-to-one support to access activities of the family's choice
- after-school, weekend or holiday-time play and youth activities that include transport
- a sitting service in the child's own home
- other short breaks funded by a short breaks direct payment\*\*

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

You can see more details of the current range of targeted short breaks on the Islington Council website or on request from the Short Breaks Team.

[www.islington.gov.uk/shortbreaks](http://www.islington.gov.uk/shortbreaks)

## Eligibility

Access to targeted short breaks services is by assessment. Those already assessed as eligible include:

- children aged 2-5 assessed by a multi-agency team as having severe and complex needs and needing targeted short breaks
- children and young people between five and 18 years who have a statement of SEN with provision at band 6 or above
- other disabled children and young people who have been assessed in the past 12 months as needing targeted short breaks.

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 cannot access universal services and are not already assessed as eligible for targeted short breaks can request an assessment for targeted short break services.

A professional working with the family can do the first stage of this assessment using a CAF. The assessment should include:

- the needs of the child
- the needs of the wider family
- evidence from professionals
- evidence of universal services used
- suggestions for how to meet the identified needs

The assessment will be considered by the Disabled Children's Resources Panel. The panel meet weekly.

## 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. 20 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 18<sup>th</sup> 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 2014 all eligible families will be sent information about the targeted short breaks on offer and how to access them.

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

We will also provide information about these services 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](mailto:short.breaks@islington.gov.uk)

[www.islington.gov.uk/shortbreaks](http://www.islington.gov.uk/shortbreaks)

# Specialist Short Break Services

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

There are about 170 disabled children and young people who are assessed as needing specialist short break services.

Specialist short breaks are delivered via a personal budget that can be used to:

- employ a support worker to help in the home
- support to access activities in the community
- buy places at targeted short breaks
- purchase specialist equipment
- services outside Islington

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 a personal budget 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.

When looking at your needs the Social Worker will assess your needs and the

whole range of support available to you including, informal networks such as friends and family and 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 can choose to get a personal budget in several different ways:

- Direct Services – paid to service providers directly on your behalf
- A Direct Payment – paid into your bank account (this needs to be a separate account for this money).
- A mixture of the above
- 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](http://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 5 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 and Support Service

T: 0207 697 1325

E: [family@centre404.co.uk](mailto:family@centre404.co.uk)

[www.centre404.org.uk](http://www.centre404.org.uk)

## Recent changes to short breaks

In the last 2 years we have made the following changes in response to what people have told us:

- planning short break services further in advance
- improvements to 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.

## Priorities for developing short breaks:

1. Increasing the number of disabled children getting short breaks
2. Improving access to short breaks within universal services
3. Reducing the cost of short breaks
4. Producing clearer information on targeted short breaks
5. Adapting short breaks to work with personal budgets and the proposed changes.

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