

Short Breaks Statement



Document Control

Document Title: Short Breaks Statement

Summary

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Related Policies, Strategies, Guideline Documents	
Replaces	
Joint Policy (Yes/No)	No
Name of Partner(s) if joint	
Policy Owner (Name/Position)	Sarah Tonge, Strategic Lead for Children's Commissioning
Policy Author (Name/Position)	Sarah Tonge, Strategic Lead for Children's Commissioning

Review of Policy

Last Review Date	October 2023
Review undertaken by	Sarah Tonge, Strategic Lead for Children's Commissioning
Next Review Date	October 2024

Document Approvals

This document requires the following approvals.

Name	Title	Date of Issue	Version Number



Short Breaks Statement

Since 1 April 2011, there's been a duty on local authorities to provide breaks from caring for families of children with disabilities.

The Breaks for Carers of Disabled Children regulation requires us to publish a Short Breaks Statement for carers in the area so that families know:

- The range of short breaks available.
- How these services can be accessed.
- How the services will meet the needs of families with children with disabilities.
- The criteria for eligibility.

The underlying aims of the regulations are:

- To provide opportunities for children with disabilities to enjoy themselves and fulfil their potential.
- To enhance the abilities of carers to care more effectively.

What do the regulations state?

The regulations state that the local authority must provide a service to carers of disabled children in order to allow them to continue to care more effectively and so that they may undertake education, training, leisure activities and/or day-to-day tasks.

They also say that the local authority must offer a range of short breaks in the evenings, at weekends and during holidays, including day time care in or outside the child's home and educational and leisure activities.

Furthermore, the regulations say "In preparing and revising their statement the local authority must have regard to the views of carers in their area and the statement must be publicised and kept under review". This is the third revised version of the statement.

What is a short break?

A short break can be as brief as half an hour or as long as a few days or even a week. It depends on the needs and preferences of the child and their family. A short break can be during the day or evening or overnight, at weekends or mid-week. Most short breaks take place in community settings whilst a small number are in a residential setting or the family home of an approved carer. Some examples are of short breaks are:

- Befriending schemes
- Play schemes and youth clubs
- Sporting activities



- Day trips

Just like activities and clubs for non-disabled children, transport is not provided to and from short breaks and only in very exceptional circumstances would we consider a request to support a child to access a short break. We would however encourage the use of community transport provision such as Ring and Ride or support a young person to access transport via the provision of independence training.

Who can access a short break?

Children and young people with disabilities are eligible for a short break if they are aged 1-19 years and have a physical and/or learning disability and/or an associated life-limiting condition which has a substantial and long term effect on their ability to access facilities and activities.

In order to access more specialised short break support, children with very complex needs may require an assessment of need to be undertaken by the children with disabilities social work team. To meet the eligibility criteria for an assessment the child or young person must be:

- Resident in Rochdale Borough,
- Have an Education, Health and Care Plan or
- Receive Disability Living Allowance (DLA) or
- Diagnosed with a disability as set out in the Disability Discrimination Act (DDA).

On completion of the assessment of need, the social worker will present their conclusions and recommendations for short break support to a multi-disciplinary Resource Panel made up of representatives from Social Care, Children with Disabilities team and Health. It's the Resource Panel's job to approve the social worker's recommendations and/or make alternative suggestions that will support the disabled child and their family.

The following short break provision can only be accessed following an assessment of need:

- A short break in a residential unit that employs appropriately trained and experienced staff and is able to provide overnight care which may include waking night staff.
- An Outreach service which is able to work with children and families experiencing difficulties and can offer a speedy response to a family in crisis.
- A carer's service that assists families at home with the personal care of the child or young person.
- Family-based overnight short breaks with approved foster carers.
- A Direct Payment/Personal Budget, which is a sum of money allocated to the family that allows them to pay for a social care service of their choice or employ a personal assistant to support their child.
- In the near future, a personal budget to purchase short break provision from Education, Health and Social Care services may be offered.

These are in addition to those services that can be accessed by self-

referral. See the list of available self-referral Short Breaks

How do we know what to provide in Rochdale?

In 2023 an evaluation will be taking place with parents/carers and children/young people to ask for their views on the current offer and what they would like to see on their offer. This will form part of the review of the Short Breaks provision so that we can provide the best outcomes and meet the needs of our families.

What is our local offer?

There are 3 categories of services provided in Rochdale:

1. Universal services: These are available to all children, young people and their carers. They include things like parks, leisure centres and play provisions, and information is available from on the Rochdale Borough website.
2. Services for those who require some support: These are Short Breaks that can be easily accessed by contacting the service provider directly. You'll find a comprehensive list in the Short Break self-referral matrix which is located on the Local Offer.
3. Services for children and young people who require a lot of support: These are specialist services that can only be accessed by contacting the Children with Disabilities Social Work Team who may undertake an assessment of need to ascertain the correct level of support required by a disabled child or young person and their family.

Ongoing consultation and feedback

We will continue to listen to the views of children and families to ensure that short break provisions are age and culturally appropriate and meet their needs. Our service providers are required to supply regular data and evidence of outcomes of their short break services.

In conjunction with the Parent Carer Voice and provider's, the Short Breaks Statement will be regularly reviewed to ensure that it is an accurate reflection of the choices and views of Rochdale children and families. If any gaps in service are identified the Children with Disabilities Team will endeavour to address them as quickly as is feasible, contact us in the first instance. The next formal and detailed review of short break provision is scheduled to take place between September 2023 and November 2023. This will inform the commissioning process for the following financial year.

In summary

Children and young people with a disability who live in the borough of Rochdale may require extra assistance to access play, leisure and social opportunities such as sports facilities, play areas, parks, youth clubs, leisure complexes and community facilities that are open to all.

Rochdale offers a wide and varied range of specialist services that support children with disabilities to enjoy the same or similar leisure and sports activities as non-disabled



children. The aim is to ensure that children and young people with disabilities aged 1-19 years of age are appropriately supported to have fun and enjoyment without or with their parents and carers.

We will ensure that our Short Break Statement is regularly revised and published on our website. Through our parent partnerships we will ensure that all families with a child with a disability have access to a copy. In addition it will be available in all of our special schools.

Further information can be found on our [Local Offer](#)