

How to Access Short Breaks

Introduction

This information is for families living in the London Borough of Newham who have a child with a disability or additional needs aged between 0-18. The aim of this document is to explain to families that short breaks are available and what criteria are required to access them.

The Local Authority's responsibilities in relation to Short Breaks are outlined in The Short Breaks for Carers of Disabled Children Regulations (2011) and by the Children and Families Act (2014) and the Children Act (1989). These place a duty on the Local Authority to provide a range of short breaks for children and young people with disabilities and their families.

Purpose of Short Breaks

Short breaks provide children and young people with disabilities or additional needs an opportunity to spend time away from their parents, engage in fun and constructive activities and enjoy time with their friends. These breaks can provide positive experiences for children and young people, by encouraging friendships, participation in social activities, new experiences and can nurture relationships with parents and carers.

Short Breaks assist parent-carers who provide care for disabled children to continue to do so, or to do so more effectively, by giving them breaks from their caring responsibilities.

Activities funded by the Local Authority

The London Borough of Newham is committed to supporting and developing a wide range of sustainable short break activities. We are working with organisations to provide short breaks and will fund some of them. To decide which Short Break activities need to be developed, we are working closely with the Newham Parent Forum and the Voluntary Sector to identify which groups and activities are required in the Newham area.

Costs involved for accessing the short breaks

Families are expected to pay the costs that would normally apply to a child or young person doing a particular activity. However, parents and carers should not expect to pay more than a non-disabled child accessing a similar type of service.

Access to Short Breaks

Access to short breaks is based on the Local Safeguarding Children's Board Threshold Criteria. Levels of need determining provision are outlined below:

- **No Additional Needs**
Level 1 (Universal Services)
Children with no identified additional needs will have their health and development needs met by universal services
- **Additional Needs**
Level 2
Some children will have additional needs, they may be showing early signs of abuse/neglect and their needs may be unclear/unmet. This is the threshold for a multi-agency Early Help Assessment to begin; this is often known as a TAF. The child's needs will be addressed by accessing support from targeted services delivered within, alongside or outside of universal services.
- **Complex & Multiple Needs**
Level 3 (Specialist Services)
The children are unlikely to achieve or maintain a satisfactory level of health or development will be significantly impaired without the provision of services or children who are disabled. They may require longer term intervention from statutory, specialist or integrated targeted services. The TAF can be used as supporting evidence to gain specialist or targeted support. This is the threshold for a statutory assessment led by children's social care under section 17, Children Act 1989.
- **Acute Needs**
Level 4 (Specialist Services)
Children are suffering, or are likely to suffer, significant harm, abuse and neglect and this is the threshold for child protection enquiries. Children and young people will be referred to children's social care and dealt with under section 47, 20 or 31 of the Children Act 1989. This will also include children who have been remanded into custody and statutory youth offending services.

More information about the Newham LSCB Eligibility Criteria can be found at:
<http://www.newhamlscb.org.uk/>

Level 1 – No Additional Needs (Universal Services)

Universal services are services that are provided to, or are routinely available to, all children, young people and their families in their local community. These are accessed directly by the young person and their families.

All children and young people should be able to access opportunities which are happening within their local communities. These opportunities can be found at children's centres, libraries, swimming pools, sports centres youth groups, parks, playgrounds, community centres and many more. These services have a duty under Equalities Act 2010 to make reasonable adjustments and not to treat a disabled person less favourably. Both universal and targeted activities are promoted through Newham's Local Offer: www.families.newham.gov.uk

Level 2 – Additional Needs

This is the normal threshold for a multi-agency Early Help Assessment to begin. The child's needs are assessed and a support plan developed which may include accessing services such as parenting classes, direct work by a youth worker, family worker or workers within a children's centre.

If you would like more information regarding targeted individual support or would like to speak to someone regarding an assessment please contact the London Borough Newham MASH who will be able to advise. They can be contacted on 02033734600 or visit www.newham.gov.uk/mash

Level 3 – Complex and Multiple Needs (Specialist Services)

For children with more complex needs an assessment is required by a social worker for short breaks, although holiday clubs may well still be accessed directly. The Assessment Framework forms the basis of this and can be represented in the form of a triangle or pyramid, with the child's welfare at the centre. This emphasises that all assessment activity and subsequent planning and provision of services must focus on ensuring that the child's welfare is safeguarded and promoted.



It requires a thorough understanding of:

- the developmental needs of children;
- the capacities of parents or caregivers to respond appropriately to those needs. In this instance, the assessment will specifically look at what parent carers need in order to continue to care for their disabled child.
- the impact of wider family and environmental factors on parenting capacity and children.

This type of service is for disabled children and young people and their parents and carers who require more support than is available through levels 1 & 2.

These are children who are unlikely to achieve or maintain a satisfactory level of health or development, or their health or development will be significantly impaired, without the provision of services; or children who are disabled. They may require longer term intervention from statutory, specialist or integrated targeted services.

The assessment can be used as supporting evidence to gain specialist or targeted support. This is the threshold for a statutory assessment led by children's social care under section 17 of the Children Act 1989.

The specialist support available includes:

- Individual support in the home or community (e.g. outreach)
- Family based overnight and day care (e.g. short break)
- Residential overnight short breaks
- Direct Payments – are one way of arranging social care services to meet the needs of children and young people with Disabilities.

Specialist services are normally accessed following a statutory social care assessment of need through the Disabled Child and Young People's Team (DCYPT) and provided as an overall support plan, referred to as a child in need plan.

A child under the age of 18 will be eligible for a service from the (DCYPT) if they have any of the following:

- Severe or profound learning disability
- Severe or profound physical disability
- Complex health needs expected to last more than one year
- Severe or profound communication difficulties
- Severe development delay

Level 4 - Acute Needs (Specialist Services)

Children are suffering, or are likely to suffer, significant harm, abuse and neglect and this is the threshold for child protection enquiries. Children and young people will be referred to children's social care and dealt with under section 47, 20 or 31 of the Children Act 1989. This will also include children who have been remanded into custody and statutory youth offending services. This could also include those young

people coming into care in an emergency or admission to a psychiatric unit. Access to level 4 is via the London Borough of Newham MASH They can be contacted on 02033734600 or visit www.newham.gov.uk/mash

Carers Assessments

Under the Children and Families Act 2014, all parent carers of a disabled child who appear in need of support are entitled to a carers assessment regardless of the child's level of need. Parent carers can request a carers' assessment for more information contact www.newham.gov.uk/carers
www.renewalprogramme.org.uk/Pages/Category/carers

If you like to discuss you short breaks option or need some support, you can contact your Social Worker, the Disabled Child and Young People's Team, or the MASH . All of whom are based at London Borough Newham contact details can be found on www.newham.gov.uk/Pages/Services/Contact-Newham-Council.aspx