

Title:	Short Breaks Statement
Citizen group:	Children and Young people with Special Educational Needs aged 0-25 and their Families
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Introduction

This information in this statement is for families living in the City of Nottingham who have a disabled child aged 0 to 18 years. It describes the way we deliver the short breaks service and we have prepared this statement with our partners and citizens.

Short Breaks provide disabled children and young people an opportunity to spend time away from their parents and enjoy a positive experience.

The Children and Young Persons Act 2008 ⁽¹⁾ came into force on 1 April 2011 making it a requirement for all local authorities to provide short breaks for families with disabled children (Section 25)

¹ www.legislation.gov.uk/ukpga/2008/23/contents

Regulations relating to this duty also require each local authority to produce a Short Breaks Services Statement so that families know:

- What services are available;
- The eligibility criteria for these services;
- How the range of short breaks is designed to meet the local needs of families with disabled children.

A break should help the main carer to continue to provide care or to do this more effectively. In Nottingham we support families to maintain an ordinary family life and give parents a break from their caring role enabling them to rest, enjoy their own interests or spend time with their other children ⁽²⁾

² <http://www.nottinghamcity.gov.uk/CHttpHandler.ashx?id=41156&p=0>

How the statement has been prepared

This is our fourth statement of Short Breaks Services in Nottingham ⁽³⁾. The statement has been based on the information and data collected during the three year Aiming High for Disabled Children programme 2008-2011 ⁽⁴⁾ which included extensive involvement of and consultation with our partners, parents and disabled children. The statement has been agreed with the Rainbows Parents and Carers Forum and the Directors of Education, Pat and Sarah Fielding.

³ <http://www.nottinghamcity.gov.uk/shortbreaks>

⁴ <http://webarchive.nationalarchives.gov.uk/20100418065544/dcsf.gov.uk/everychildmatters/resources-and-practice/ig00222/>

The statement document will be reviewed in November 2016 as part of our Whole Life Disability review and will be included in our commissioning cycle for the ongoing

development of short breaks provision to meet the local need. This statement has been placed on the Nottingham City Council's Local Offer ⁽⁵⁾. The local offer is a web based directory of services available to families to inform them of and assist them to access support and services

⁵ www.nottinghamcity.gov.uk/localoffer

We consider this statement to be an active tool in its future development of short breaks services and as such we are always happy to receive comments on its contents. Any comments may be sent to: disabledchildren.team@nottinghamcity.gov.uk.

Who is responsible?

The lead officer responsible for preparing this statement is Marie Halford, Service Manager, Disabled Children's Services who reports to Mirth Parker, Head of Service, Inclusion and Disability and is an update to our third statement.

Introduction

Every Child Matters ⁽⁶⁾ illustrates that the disabled population amongst children has increased by 70% in the last 30 years (1976 –2006). The fastest growing section of the disabled population is the under-16 age group. The number of disabled children from Black and Minority Ethnic communities is expected to double over the next five years and the number of children born with complex needs and surviving into adolescence and beyond is also increasing.

⁶<https://www.education.gov.uk/consultations/downloadableDocs/EveryChildMatters.pdf>

The Joint Strategic Needs Assessment (JSNA) ⁽⁷⁾ 2010 provides a comprehensive assessment of local need in relation to disabled children and their families in Nottingham.

⁷<http://jsna.nottinghamcity.gov.uk/insight/Strategic-Framework/Nottingham-JSNA.aspx>

The JSNA estimates there are 4,000 disabled children and young people, aged 0-19 who live within the boundaries of Nottingham City of which almost 900 have severe and lifelong disabilities. Nottingham City has the highest incidence of children with special educational needs and disabilities (SEND) across the nine East Midlands authorities.

The school census data in Nottingham identifies that the incidence of pupils with some form of special educational needs and/or disability in Nottingham City schools has been rising for the past few years. In 2009, there were around 10,850 pupils (28%) with some form of special educational needs and/or disability which is an increase of over 1,960 pupils (22%) from 2004. The national figure for comparison was 20.5% in 2009.

Boys with special educational needs and/or disabilities outnumber girls and account for around 62% of all pupils with an SEN Status. This is even starker in the higher need categories; as boys who are supported at School Action Plus (SA+) outnumber girls by over 2 to1 and those with Statements by almost 3 to1. The rise in the numbers of pupils

with SEND has been greater within secondary schools than primary.

There is a direct relationship between special educational needs and disability levels and poverty within the city and the more deprived wards and neighbourhoods across the city have a higher percentage incidence among pupils.

Background

In the Aiming High report 2008-2011 parents of disabled children have said they wanted

- consistent, accessible, flexible and reliable provision,
- Community, youth and play services to be flexible in adapting to the requirements of all cultures in meeting the needs of young people with special educational needs and disabilities.
- accessible transport
- accurate and accessible information
- coordinated assessments where the views of parents, carers and young people are central to defining individual service requirements,
- services that can be purchased with personal budgets.

Following the implementation of the Children and Families Act 2014⁽⁸⁾ and the SEND reforms⁽⁹⁾ introducing the Education and Health Care Plans (EHCPs) to replace the statement of special educational needs, personal budgets are now being requested more readily by children and young people and/or their families to meet their educational, social care and continuing care needs.

⁸ <http://www.legislation.gov.uk/ukpga/2014/6/contents/enacted>

⁹ <https://www.gov.uk/government/news/reforms-for-children-with-sen-and-disabilities-come-into-effect>

We have made significant steps in improving our ability to provide more flexible and personalised services for families, allowing citizens to exercise more choice in the service delivery but we recognise that more work is required to further develop the opportunities for families to purchase their own services. A whole life disability review is being undertaken in 2015/16 and will shape our short breaks provision from 2016/17.

Our Aims and Vision

We acknowledge that whilst we know that both local and national research demonstrates that short breaks are a priority for families with disabled children, we believe that they should be delivered as part of a much broader package of family

support services.

We aim to ensure that families with Disabled Children have the best possible support they need to 'live ordinary family lives' (see the National Service Framework for children Young People and Maternity Services)⁽¹⁰⁾

¹⁰https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/199952/National_Service_Framework_for_Children_Young_People_and_Maternity_Services_-_Core_Standards.pdf

We aim to make sure that families can access short breaks as easily as possible.

To achieve our aim, we are working with our partners in health, education and the voluntary sector to ensure that families with disabled children have timely and regular access to services, advice and guidance and information.

We aim to continue working in partnership to develop and improve our services and we will continue to evaluate our short breaks service to ensure that they are meeting the needs of disabled children, young people and their families.

Access and eligibility to short breaks

Short breaks for disabled children are a broad range of extensive and specialist services designed to achieve the following:

- To promote positive activities for children
- To give children and their families the opportunity to live as ordinary a life as possible
- To assist individuals who provide care for disabled children to continue doing so or to do so more effectively, by giving them a break from caring.

In order to meet the rising demand for services in the city, the Nottingham Children's Partnership has developed its Family Support Strategy and Pathway⁽¹¹⁾ which describes the universal, additional and extensive levels of provision. This applies equally to disabled children and young people and is critical in meeting our aim.

¹¹<http://www.nottinghamcity.gov.uk/ics/index.aspx?articleid=14713>

Our pathways approach to the access and eligibility of short breaks services is described in detail in our document entitled⁽¹²⁾ Nottingham City Short Breaks Threshold and Access Criteria.

¹²www.nottinghamcity.gov.uk/CHttpHandler.ashx?id=31501&p=0

The following is a summary of that approach:

Disabled Children are entitled to a short break service if they have a permanent and

substantial disability and are unable to access universal and additional services without specialist support or require a regulated setting to ensure their safety.

A child is disabled within the meaning of the Children's Act 1989 ⁽¹³⁾ "if he/she is blind, deaf or dumb or suffers from mental disorder of any kind or is substantially or permanently handicapped by illness, injury or congenital deformity"

¹³<http://www.legislation.gov.uk/ukpga/1989/41/contents>

This may include a physical or learning disability, a hearing or visual impairment. It includes children with autism and Asperger's syndrome and children who may have challenging behaviour as a result of their learning disability. It also includes children who have complex needs and who may have palliative, life-limiting or a life-threatening condition.

Whilst all disabled children are entitled to support, the needs of many disabled children can be met through the duties placed on local authorities to provide information, advice and guidance and by the use of universal services or by referral for additional services provided by statutory, voluntary and private sectors. Therefore the level and type of support will depend on a range of factors including the unique combination of disability, the circumstances of the child's home life and the wider social environment. This means all referrals will be assessed on their own merits.

The level of the assessment to be undertaken will be balanced against the likely service required and requested by the family. These are called the pathways to short breaks.

Pathway 1 – small support up to £2,000 per year

Parents/carers and professionals can access a budget of up to £2000 per year without assessment. To be eligible for the self-referral route, the family must be in receipt of the high level care or mobility component of the Disability Living Allowance (PIP) and have a supporting letter from a professional who knows the child well. Once in place, annual re-application for the package will be required to be made to the Short Breaks co-ordinator. The decision maker for all Pathway 1 applications is the Short Breaks Team Manager.

Pathway 2 – some support up to £6,000 per year

This level of short breaks are provided for disabled children whose needs cannot be met by universal or additional services and the family need more than a small amount of support to maintain an ordinary life. This level of short breaks is available after a short specialist assessment of need by the Disabled Children's Team. The decision maker for all pathway 2 cases is the relevant Team Manager of the Disabled Children's Team.

Pathway 3 – lots of support up to £9,000 per year

This level of short breaks is for those disabled children with very high level of need. This will include those children who need specialist overnight care in a regulated setting. This

level of short breaks is available after a full specialist assessment, usually by a qualified Social Worker. The decision maker for all Pathway 3 cases is the service manager, Disabled Children's Service.

Pathway 4 – exceptional support up to £17,000 per year

This level of support is for the very few disabled children who have highly complex needs in addition to their disability. This level of support is available after a full specialist assessment by a qualified Social Worker and a continuing care assessment by a qualified nurse. The decision maker for all of Pathway 4 cases is the Continuing Care and Complex needs Panel.

Types of Short Breaks

The following short breaks services are currently available in Nottingham via the pathways model. They do not include the many universal, targeted and voluntary sector provision that are available by direct access, referral or via the local offer and are additional to these services.

Full information about other services available to all children or specifically to disabled children can be accessed via the Local Offer and the Family Information Service on 0800 458 4114 email: fis@nottinghamcity.gov.uk and via the IRIS website at www.askiris.org.uk . Iris is an information service specifically for the parents of disabled children.

Residential Short Breaks Services: These meet the needs of children with the most complex needs and are aimed at older children aged 10 –18. Children attending these units will have severe learning disabilities, significant autism and challenging behaviour or complex health needs as part of a physical disability or syndrome.

The residential short breaks unit also runs an **outreach service** that provides a range of support. Outreach works directly with families and disabled young people by helping to change situations that are challenging to the family. This may include difficult sleeping patterns, challenging behaviours, sensory issues or general challenges resulting from the young person's disability. The service provides 6 practical sessions in the home or community targeting the behaviours that families find challenging, consultation meetings and relaxation and/or sleep groups.

Family based short breaks: These meet the needs of children aged 0 – 18 that have complex needs and require overnight care outside their own home.

Linkwork (befriending): Usually for children aged 5 – 18, this service provides an individual sessional worker/s to accompany children to activities or to enable them to access the community. This can be a long or short term service for children who cannot

access the community without specialist 1:1 or 2:1 support.

Homecare (domiciliary care): This provides practical support to families with children aged 0 -18 to enable parents to either have a break or to provide essential care under the Chronically Sick and Disabled Persons Act 1970 ⁽¹⁴⁾ when there is no adult who can provide the practical care the child needs. For example, this might mean getting the child ready for school

¹⁴ <http://www.legislation.gov.uk/ukpga/1970/44/contents>

Sitting Services: This provides staff to care for disabled children aged 0 - 18 in their own home or in the community often whilst parents go out. Sitting services can be provided during the day or overnight.

Day care: This provides an activity based fun play scheme or group type setting to children in the local community in the school holiday or weekends. A range of schemes are available depending on the needs of the child. These are provided when the child cannot access mainstream holiday and after school provision.

Personal Budgets: Personal budgets have been available for children and young people with disabilities to “purchase” their own services/support for some years. The Children and Families Act 2014 has now made these available for children and young people with special educational needs with the introduction of Education and Health Care Plans. Personal budgets offer children and young people with special educational needs and/or disabilities and their families greater flexibility and personalisation in the planning and receipt of services to meet their needs across education, health and social care. ⁽¹⁵⁾ If eligible and a child or young person wishes to pursue a personal budget, an assessment of need will be undertaken and an amount will be calculated and allocated to the child/young person or their family to access the support they require. Some or all of this may be taken as a direct payment. ¹⁵ Link to Personal Budgets Policy (when available)

Direct Payments: Direct Payments are available for children aged 0-19 years. They are a cash payment in lieu of certain services. They are for families who do not wish to just receive internal or commissioned services from the local authority or NHS. It enables families to maximise their choice and control over types of short breaks and home care services, as they offer a great degree of flexibility to meet assessed need.

Transport: We know that transport is needed by some families in order for their children to get to their short break and for the family to receive the maximum benefit from their short break. However, we also know that transport is expensive and time consuming. The need for transport is therefore part of any assessment of need and will only be provided when the family cannot reasonably transport the child themselves to the short break or when this would not allow them to gain a benefit from the break. If children travel from school to their overnight short break and they currently receive home to school transport, this will be arranged to take the child to their short break to prevent the family having to make multiple journeys.

Transitions

We want the transition from children's to adults' services to be an exciting and optimistic time for young people. We want to support young adults to take their place in the world. A multi-agency transition team may support young people, aged 14 years and over, that require specialist services when they move onto adulthood. This ensures a tailored package of support can be provided via an individualised approach to planning and is subject to meeting eligibility for Adult services (set by the Care Act 2015)⁽¹⁶⁾. We are further considering how it can develop services for 0-25 as part of its "Preparing for Adulthood" agenda under the Children and Families Act 2014.

¹⁶<http://www.legislation.gov.uk/ukpga/2014/23/contents/enacted>

Measuring impact

We will try and ensure that our short breaks services focus on improving the life chances of disabled children and their families by continuing to develop the impact and outcomes and monitoring all the services based on the short breaks standards. We know that the views of families, parents and children are essential for future success. We will therefore ensure our parent forums and children's consultation forums are supported and developed to become independent self-sustaining bodies.

We will ensure that all the short breaks we provide make a positive difference to our young people. We will continue to measure children's and parental satisfaction and use this information to improve services. We will publicise any changes we make in response to consultation or review using our Local Offer website the Ask Iris website or magazine and our parent/carer information service website and magazine.

We have invested in the development of a comprehensive staff training program along with our NHS partners to ensure both specialist and universal providers have the skills to work with disabled children. Nottingham City Clinical Commissioning Group has specifically commissioned nursing support to ensure the health needs of children are met in our specialist short breaks provision and we have invested in the Kids E-learning package to develop all staffs' skills in their work with Disabled Children.

Priorities for Improvement

- To ensure service capacity continues to reflect the demand for services.
- To enhance our fostering short breaks service to ensure children who have complex needs can access overnight family based care.
- To further integrate the provision and assessment of short breaks across health and social care.
- To ensure a consistent, accessible, flexible and reliable service provision by using parental quality assurance.
- To continue to financially support the Rainbows Parent Carers Forum and the Special Peoples Group.

- To continue to provide Personal Budgets to meet Education, Health and Social Care needs for those eligible.
- To provide a keyworker service to those eligible for an EHCP/support plan.
- To undertake a commissioner led review of children with Special educational needs and Disabilities in 2015 as part of a whole life disability review.

Contacts

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Other useful contacts

The Short Breaks Network,

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36 Chamberlain Street,
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BA5 2PJ
Tel 01749 689 259
E-mail: info@shortbreaksnetwork.org.uk
<http://www.shortbreaksnetwork.org.uk/>

The Council for Disabled Children

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Tel 0207 843 1900
E-mail: cdc@ncb.org.uk
<http://www.councilfordisabledchildren.org.uk/>

Every Disabled Child Matters

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