

## **Short Breaks Statement 2023-2024 For Disabled Children and Young People in Derbyshire**

### **Section One – Introduction**

#### **What is a Short Breaks Statement?**

Local authorities are required to publish a Short Breaks Services Statement. The regulations relating to this duty came into force on 1 April 2011 and require each local authority to produce a Short Breaks Services Statement so that families know what services are available, what the short break offer is and how they can be accessed and how the range of short breaks are designed to meet the local needs of families with disabled children.

This statement is a guide to the services offered by Derbyshire County Council. This statement tells you what short breaks support Derbyshire families and how to find suitable services.

#### **Who is the Short Break Statement for?**

The information contained in this Short Break Statement is intended for Derbyshire families who have a disabled child aged 0 to 18 and volunteers, staff and others working with them.

#### **1. Definition of Short Break Services**

Short Breaks are different from childcare, education or universal provision, which anyone in the community can access, e.g. local leisure centres. Short Break Services are a range of services, which specifically support disabled children and their families. Short Breaks Services are provided to give:

- Disabled children and young people enjoyable experiences away from their primary carers, thereby contributing to their personal and social development and reducing social isolation
- Parents and families a necessary and valuable break from caring responsibilities.

#### **2. Types of Services**

Local Authorities must, so far as is reasonably practicable, provide a range of services sufficient to meet the needs of carers to care, or care more effectively for their disabled child/children, including:

- Day care in the child's own home and elsewhere
- Overnight care in the child's own home and elsewhere
- Educational or leisure activities for children outside their own home
- Services in the evenings, at weekends and during school holidays

### **3. Definition of Disability**

The general definition of disability used is that in the Equality Act 2010:

'A person has a disability if he/she has a physical or mental impairment and the impairment has a substantial and long-term adverse effect on a person's ability to carry out normal day to day activities'

### **4. Legislation and Guidance**

The Children Act 1989 and the Breaks for Carers of Disabled Children Regulations 2011 relates to the duty to provide Short Breaks Services for disabled children and young people requires local authorities to take into account the needs of carers who would:

- be unable to continue caring for their child unless breaks from caring were given
- or, who would be able to give more effective care if breaks were given to allow them to, for example, attend educational classes or work, meet the needs of other children in the family, or carry out necessary day-to-day tasks in the household

### **5. Vision and Priorities for Short Breaks in Derbyshire**

#### **Vision**

Resilient families who are supported and empowered to increase stability for their own children by caring for them within their own homes and communities.

#### **Goals**

- Strengthen whole families with a life-long view of caring for their children in their own homes.
- Supporting young people to develop independence.
- Increasing stability and resilience in families and communities.
- Enable disabled children to continue to grow, develop and live the best lives they can within their own families and communities.

- Empower children's transition into adulthood.

All children have the same rights. In Derbyshire we want to be sure that disabled children grow up with appropriate support that will give them the same opportunities as other children, including accessing services in their local communities and being able to lead fulfilling lives.

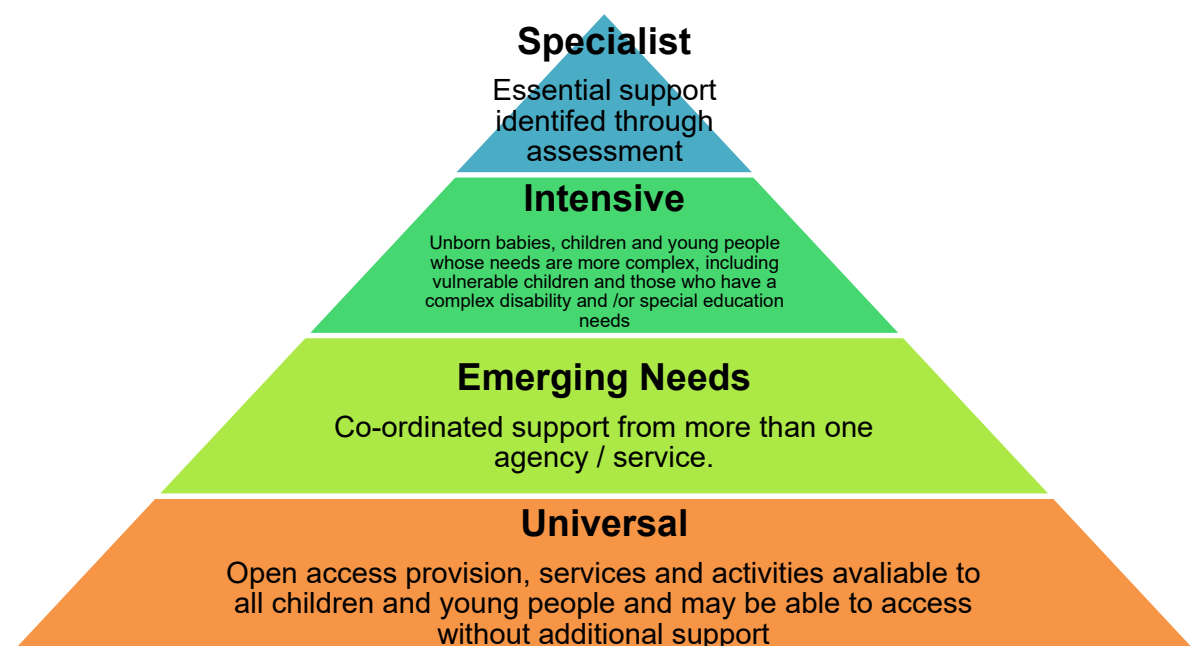
Derbyshire County Council recognises that all families are different, so they will need different levels of support and different types of short breaks service, depending on - for example - the age of their child, and the child's specific needs. Some families may need more support because of their family circumstances, this may be for a short period of time or it may be for longer.

## **Section Two – Derbyshire Short Breaks and Services**

### **6. Range of Services**

The level of support that will be required will be different from child to child. We believe that all young people should be seen as individuals. The range of services available in Derbyshire fall into 4 service types: Universal, Emerging Need, Intensive and Specialist.

Further detail of these levels of support can be found in the Derby and Derbyshire Safeguarding Children Partnership [threshold document](#). This document also provides a vision to ensure that unborn babies, children and young people access the right service at the right time, at the lowest appropriate level of intervention.



A comprehensive guide to all services on offer can be found on [Derbyshire Local Offer](#).

## **7. Universal Services**

We conducted a number of engagements and consultations during 2021 and heard the voices of 96 adults and 92 children and they told us that they wanted to be able to use local universal services, sometimes as a family or for their disabled child with their friends or siblings and to be confident that staff can meet their individual needs.

These are services/activities that are available to all children and young people and may be able to access without additional support. Access is by self-referral but it is important that the level of need is discussed with the universal services provider so that they are able to understand what additional support and adjustments may be required to enable each child to participate, to keep each child safe and ensure they enjoy the activity. These services include:

- Leisure centres
- Libraries
- Youth Groups/Clubs
- Brownies/Guides/Scouts
- Activity centres such as Lea Green
- Children centre groups.

These services can be found via the [families information service](#) and / or [family community website](#).

## **8. Emerging Need and Intensive Services**

The majority of disabled children and young people will be able to access Universal Services. Services are designed to support children and young people with additional needs and disabilities. Sometimes these are inclusive groups and sometimes focused on activities for disabled children and young people. Most of these are 'open access' so can be accessed directly without an assessment. Some children and young people accessing targeted services may also be able to access Universal and Specialist Services with the appropriate support in place.

The services available are listed on the [Derbyshire local offer website](#). The Derbyshire Local Offer aims to provide information about available services for children and young people with special educational needs, and disabilities,

and their families in one place. It includes leisure and activity providers, health and care services, education providers and support groups.

### **8.1. Targeted Early Help with Children's Services**

Derbyshire County Council's early help teams work in partnership with schools, health and other universal support teams who can offer information, advice and practical support before the involvement of children's services.

The Council's targeted early help offer is available to vulnerable children and families and it is accessed through Starting Point via the completion of an online Early Help Request Form. A health visitor, health professional, early years provider, school or college can initially support families to access early help and can refer to children's services if you think more targeted support would be helpful.

Information and advice can be found on [Derbyshire County Council website](#).

### **8.2. Special Educational Needs and Disabilities (SEND) Graduated Response Offer**

At the time of the short break statement publication, the SEND Graduated Offer was under final review to ensure it was easy to read and understand, for update please see [Derbyshire County Council website](#).

Services available are listed in [Derbyshire local offer website](#).

Information and advice also available from [Derbyshire Information, Advice and Support Service for SEND](#)

## **9. Specialist Services**

The Council provides several levels of support and families can move between levels over time as their needs change. If families need more support than the Universal Services, emerging need or intensive services, higher levels of support including overnight breaks can be provided following a comprehensive assessment. Assessments help to ensure fair and equitable access to appropriate services and support to meet a family's individual needs.

Derby and Derbyshire Safeguarding Children Partnership threshold document provides a vision to ensure that unborn babies, children and young people access the right service at the right time, at the lowest appropriate level of intervention.

For those with the highest levels of need, Social Care provide or fund essential support to families of children identified through statutory assessment, and who, without this support, would not be able to look after their disabled child. Majority of these young people will be supported by the locality social care teams.

The Disabled Children's Service (DCS) supports children and their families with the most complex needs. The current Disabled Children's Services terms of reference can be seen on the [Derbyshire County Council website](#).

Examples of children who receive support from the DCS include the below:

- A significant, permanent and enduring physical disability which leads to dependence on aids and adaptations to support daily living.
- A significant sensory impairment (if the child or young person's needs cannot be met via the Community Sensory Team) that requires significant multi-agency support.
- Children and young people with severe/significant global learning disability that is diagnosed by professionals.
- Children experiencing complex health care needs, which may result in a physical or learning disability and that require significant multi-agency support.
- Autistic spectrum disorders (ASD) that are diagnosed by professionals and require significant and complex multi-agency support plans. It may be that the child will be displaying associated behaviours that challenge and/or significant communication difficulties.

Autism follows a broad spectrum that could include undiagnosed children and those awaiting diagnosis. Many children manage well within mainstream education supported by universal and emerging needs services. However, they may require more support and could be identified as a 'child in need' as defined by The Children Act 1989.

Any child who is assessed via a single assessment (completed by a social worker) as a 'child in need' is entitled to a service. To ensure they have the correct support, all services, such as locality teams, schools and health have access to consultation and support from the Disabled Children's service.

## **10. Types of Specialist Services or Funding**

The following types of short break support can all be provided based on the outcome of an assessment of needs:

### **a) Individual and group based short breaks**

These include:

- Care for the child or young person in their home to provide support to family carers
- Befriending, sessional worker or sitters assisting severely disabled children and young people's access to local provision including groups
- Day time link care

For some young people, this support may only be needed for a short period whilst they settle into a new activity and make new friends.

### **b) Personal budgets**

- Direct payments – where a child's needs and agreed outcomes are assessed to be suitable for support services, instead of the council providing these services, families have the option (subject to certain conditions) of a Direct Payment.
- Personal Budget and Personal Health Budget – where a service user gains direct control over the application of funding allocated to them following an assessment. The aim is to provide a more person-centred package of support designed to meet specified outcomes. Personal Budgets could, where appropriate, include funding from Social Care, Education and Health.

Derbyshire County Council is committed to the Personalisation Agenda, enabling individuals to live independently, and to have complete choice and control of the services they use in daily life. All these approaches are viewed as being a good introduction to working with parents and disabled children and young people around choice and control.

### **c) Overnight Breaks**

For a small number of children and young people with the most significant or complex needs, usually aged between 10 and 17, an overnight break can be an important part of a support package. Access to overnight short breaks is assessed on a case by case basis. Overnight breaks are available to young people where they will:

- Support families and carers at the greatest levels of need to have a significant break from their caring responsibilities

- Use the opportunity to support the family and child with additional targeted outcomes and interventions.

**This range of overnight break provision includes:**

- Stays with a foster family (link care)
- Direct payment or personal budget to fund overnight care
- Overnight provision in specialist settings, such as Spire Lodge
- Occasional or one-off activity breaks – e.g. via the voluntary sector
- Referral to contracted residential provision e.g. Light House

### **10.1. The Framework of Providers**

Derbyshire County Council maintains a [Framework of Providers](#) of specialist services. The Framework comprises a list of providers who have met published criteria and quality standards and each provider has signed a “Framework agreement” to confirm that they accept all of the terms and conditions which are necessary to receive Council funding.

Details of the Framework providers have also been made available to families and young disabled people who wish to buy services with Direct Payments or Personal Budgets. The information is also available on the local offer website. People purchasing services in this way are not confined to choosing a provider from the framework, but it can help them to make an informed choice.

### **10.2. Preparing for Adulthood**

At all levels of provision, Derbyshire County Council's services support disabled young people as they prepare for adulthood. As children get older and become young adults, it is important that they are provided with opportunities to take more control over their lives and become directly involved with choices and they should be supported to make decisions for themselves, wherever possible. Services should provide opportunities for disabled young people to develop their independence and life skills, including decision-making skills and how to manage risk. Preparing for adulthood means preparing for:

- Higher education and/or employment
- Independent living
- Participation in society
- Being as healthy as possible.

The Derbyshire [preparing for adulthood pathway](#) document sets out how services should work together to support young people with special



educational needs and disabilities to prepare for adult life.

## **11. Reviewing the Short Breaks Service Statement**

As part of Derbyshire County Council's commitment to working collaboratively with children and young people with special educational needs and disabilities and their families/carers, the council will regularly review and evaluate services and provisions.

The review of the Short Breaks Statement will be conducted annually in collaboration with parent/carer forums to ensure the views and wishes of Derbyshire families will shape the services available and support the council's vision and priorities reflected in its Short Break Statement.