

Short Break Statement 2018

Islington's short break offer for disabled children, young people and their families

The term 'short breaks' describes services that help parent/carers to more effectively provide care for their disabled child by providing them regular breaks so that

- they can meet the needs of other children in the family;
- study or take part in leisure activities themselves;
- or carry out day to day household tasks.

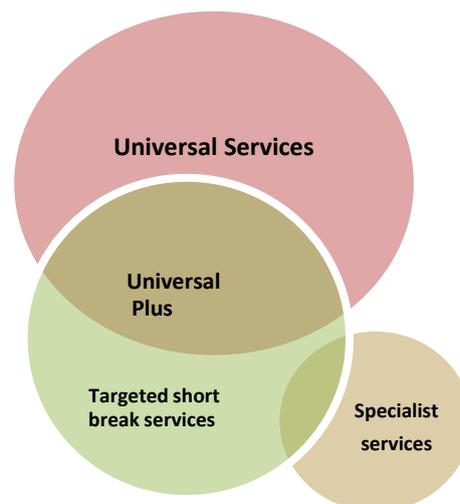
Islington has a legal duty to provide access to short break services for parent/carers of all disabled children aged 0-18 living in Islington. Short breaks help young people access positive activities that support their development

This statement covers April 2018 – March 2019 and explains:

1. The range of services on offer
2. Eligibility 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 2019. It is available in other formats and languages on request.

There are a range of short breaks on offer in Islington to meet different needs.



Universal Services: inclusive services that can be used by most disabled children to provide a short break for parents.

Universal Plus: additional support to help disabled children use inclusive services that provide access to short breaks for parents.

Targeted short break services: services for disabled children with higher needs that provide access to short breaks for parents.

Specialist services: short or longer term short breaks suitable for disabled children with exceptional needs or for families where there are safeguarding concerns

Universal Services

The majority of parent/ carers are able to get a short break by using free or low cost local services that are open to all. These include:

- Early years settings providing education and childcare
- Child minders and other childcare providers
- Adventure playgrounds
- After-school clubs / play schemes
- Drama and music clubs
- Leisure services (e.g. swimming, football groups)
- Youth services (e.g. youth clubs)
- Uniformed groups (e.g. Scouts/ Guides)

Web based information is available at the childcare and Things To Do pages on www.islington.gov.uk/fis

Free and impartial telephone and information and advice is available from the Islington Family Information Service and also from the Islington SEND Community Support Service.

Eligibility

Universal services aim to be inclusive and open to disabled people wherever possible. Families can contact service providers directly and discuss:

- what is on offer
- any eligibility criteria
- the needs they can cater for
- the availability of spaces
- any fees

Some are free to use whilst others will make a charge. 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 must not treat a disabled person less favourably. However, not all universal services will be suitable for everyone. It is advisable to contact the provider to discuss your child's needs and what they can offer.

Islington has provided funding, training and advice to many providers to help more disabled children access provision.

The Government provides many families with direct financial support via Disability Living Allowance (DLA). The Government also provides financial help for childcare for working parents. Families may use this to help them pay for short breaks.

Entitlement

We expect that disabled children in Islington will be able to access universal services appropriate to their age:

2-5 year olds: 1.5 hours* per week, up to a maximum of 78 hours for 1 year.

5-18 year olds: 3 hours* per week, up to a maximum of 156 hours for 1 year.

If your child has difficulty accessing universal services some additional support may be needed. See the next page for more details.

Islington Family Information Service
222 Upper Street
London N1 1XR

T: 020 7527 5959
E: fis@islington.gov.uk

www.islington.gov.uk/fis

Universal Plus

Universal Plus includes provision that has a particular focus on including young people with SEND such as:

- Haywards adventure Playground
- Centre 404 clubs and activities
- Palace for All stay and play
- Arsenal's disability sports sessions
- Disability Sports Coaches
- Kith and Kids
- Remark! North and East London Deaf Holiday Playscheme

More information on these services is available on www.islington.gov.uk/fis

Free and impartial telephone and information and advice is available from the Islington Family Information Service and also from the Islington SEND Community Support Service.

Islington SEND Community Support Service

The Northern Medical Centre
580 Holloway Road
N7 6LB

T: 020 3031 6651 or 020 3031 6652
E: islingtonsend@family-action.org.uk

Where you think a disabled child may have difficulty accessing universal services you should talk about this with the service provider to identify what the issues are and explore what they can do to include the disabled child and meet their additional needs.

The Islington SEND Community Support Service can support parent / carers and service providers with these discussions.

Assessing the need for support

It may be appropriate for the service provider to do a risk assessment or to work with others to complete an Early Help Assessment or CAF.

Assessments should be shared with the Short Breaks Service where they clearly show that universal services have been tried and that there is a need for support to help access universal services.

The Short Breaks service will look at the assessment information and where appropriate offer additional support.

Support may include:

- advice for universal services about how to best meet their duty to be inclusive of disabled children
- training for staff to help understand a disabled child's needs
- help with the additional cost of using a service where those costs are because a child is disabled
- additional levels of adult support at certain times because a child is disabled
- help with transport to and from an activity
- buying additional equipment

Entitlement

We expect that disabled children in Islington will be able to access universal services appropriate to their age:

2-5 year olds: 1.5 hours* per week, up to a maximum of 78 hours for 1 year.

5-18 year olds: 3 hours* per week, up to a maximum of 156 hours for 1 year.

Targeted Short Break Services

Some children and young people are assessed as having needs that cannot be easily met within universal childcare, play, youth and leisure services even if they have additional support.

A range of targeted short breaks services is available in Islington that are able to meet the needs of disabled children with more severe and complex needs. These include:

- 1:1 Outreach Services
- targeted clubs and schemes for children with high needs
- short breaks personal budgets for children with high needs

Targeted 1:1 Outreach services

The 1:1 Outreach Service uses staff from 5 approved agencies to support a child or young person in their own home or out and about in the community.

1:1 Outreach services includes:

- Short Breaks Buddies
- Short Breaks Support Workers
- Health Support Workers
- Short Breaks Coaches

You can see more details on the Islington Council website

www.islington.gov.uk/shortbreaks

Families can also employ their own workers funded by the Short Breaks Cash Alternative. See page 6 for more details.

Targeted clubs and schemes

Islington has worked with schools, local charities and other organisations to put on a small range of clubs and schemes targeted towards children with high needs.

Targeted clubs and schemes include:

- holiday time nursery places for children who go to a nursery
- after-school clubs
- weekend activity clubs
- holiday-time play schemes and activity programmes

You can see more details of the current range of targeted short breaks clubs and schemes on the Islington Council website

www.islington.gov.uk/shortbreaks

Alternatively, you can request this information from the Short Breaks service.

All families eligible for targeted short breaks will be sent information in February 2018 about the targeted short breaks on offer and how to access them.

Information about the range of targeted short breaks services in Islington is also provided to families and those working with them through:

- The Islington Parents Forum
- Responding to phone or email enquiries
- Talks and visits to local schools
- Induction meetings for new staff
- Attending staff meetings and training events

Eligibility for 1:1 Outreach and targeted clubs and schemes.

Access to 1:1 Outreach and targeted clubs and schemes is by assessment.

We have used existing assessments to identify around 500 children and young people with severe and complex needs that probably need targeted services to help access short breaks.

You can find out if you are already on the list of eligible families by contacting the Short Breaks service.

Children and young people who are not already known to be eligible can be assessed for targeted short break services.

Assessments we accept include:

- an Early Help Assessment (CAF)
- an EHC Assessment
- A Children and Families Assessment by a Social Worker

Assessments should include:

- information about the child's disability and other needs
- who is in the family
- the family's circumstances and their needs
- the support they are already getting or potentially able to access
- information about attempts to access services that provide short breaks
- the identified barriers to accessing universal services

Assessments will be considered by the Short Breaks Service and where appropriate taken to the EHC Needs Management Board for their advice.

Entitlement to targeted short breaks services

All those assessed as requiring targeted short break services are entitled to a basic offer of short breaks. 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. 16 days summer, 4 days Easter, 2 days Christmas, 6 days for half terms (Feb, Oct, June).

Short Breaks for adults aged 18 +

Entitlement changes when people become adults at 18 years of age. Many short break services are organised so that people can continue attending past their 18th 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 of short breaks will require a Children and Families Assessment by a Social Worker. Contact the Disabled Children's Team to discuss this process (see their contact details on page 8)

The Short Breaks Cash Alternative

The Cash Alternative is a payment made directly to the family so that they can organise short breaks themselves. It is an alternative to the activities and 1:1 Outreach services organised directly by Islington Council and its partners.

It is possible to have a mixture of Short Break activities organised directly by the Council and the Short Break Cash Alternative for the remaining hours you have been allocated.

How much money will I get?

2-5 year olds: 78 hours for 1 year or £1,045.20 (78 hours x £13.40)

5-18 year olds: 156 hours for 1 year or £2,090.40 (156 hours x £13.40)

We will work out the exact amount of money you are entitled to when you apply.

The amount is based on the number of Short Break hours x £13.40 per hour.

£13.40 is enough to employ a 1:1 support worker for an hour and pay them the London Living Wage of £10.20 per hour.

If you are employing someone directly you will need to pay for a payroll service, national insurance, tax and pension out of this money.

If you are recruiting a worker you will be given information about what you need to do to employ someone legally and safely. The Council is not currently able to offer hands on support to families with recruitment or the management of support workers.

What can I use the money for?

Many people use the short breaks cash alternative to either:

- pay for a play scheme or an activity or that the child will enjoy
- pay the wages of a registered child minder or a support worker employed directly by the family

The use of the money is flexible but it must achieve the following 2 goals:

1. To provide the parents/ carers a break from looking after the disabled child so they can do other things
2. Provide the disabled child with an activity the child will enjoy and will be a positive experience for them.

Islington Council does not currently allow the use of the Short Breaks Cash Alternative to:

- Pay for activities where the parent/ carer has to remain with their child or where the parent/ carer does not get a break
- Pay the full cost of expensive activities where the total amount of breaks will be less than 78 hours for 1 year (2-5 year olds) or 156 hours for 1 year (5-18 year olds)
- Pay for education (e.g. maths tuition, ABA)
- Pay for therapy (e.g. OT, SALT)
- Pay for an activity that the disabled child will not enjoy or that puts them at high risk
- Buy food, meals, drinks
- Pay for anything where children miss school or important appointments
- Pay off debts or for something that has already happened

How can I find information on alternative activities?

Islington's Local Offer contains information about childcare, adventure playgrounds, after school activities, drama groups, swimming and other activities in the local area.

The Local Offer webpages can be found here: www.islington.gov.uk/localoffer

The SEND Community Support Service can also provide independent information, advice and support to access Short Breaks.

How do I apply?

Any family assessed as being eligible for targeted short breaks in Islington can request to take their Short Breaks as a cash alternative.

How much time will it take to set up the payments?

You will need to allow at least 4- 8 weeks for the payments to be set up. The amount of time may be longer if:

- You need to research the activities you want your child to attend
- You need to recruit a worker
- You do not already have a suitable bank account

How long will the money last for?

The Short Breaks Cash Alternative will run until 31 March. Plans agreed in January will run for 12 months from the time that it is agreed.

After this time the support plan is reviewed and you can reapply for the payments to continue. Any unspent money will need to be returned to the Council

Who can support me to use the Cash Alternative?

You ask family, friends, the SEND Community Support Service or someone else you trust to help you.

If you are recruiting a worker you will be given information about what you need to do to employ someone legally and safely. The Council is not currently able to offer hands on support with recruitment or management support workers to families.

Who can I contact if the payments stop or are not made on time?

Payments are usually made every 4 weeks.

Contact the Short Breaks Service or The Personalisation Team.

The Short Breaks Service

Islington Council
222 Upper Street
London N1 1XR

T: 020 7527 8611

E: short.breaks@islington.gov.uk

www.islington.gov.uk/shortbreaks

The Personalisation Team

Lough Road Centre
61-71 Lough Road
London. N7 8RH

T: 020 7527 7263

E: selfdirectedsupport@islington.gov.uk

www.islington.gov.uk/disabledchildren

Specialist Services

Most families will get the support they need from the range of universal and targeted services on offer to them and from the basic offer of Short Breaks.

A small number of families will have exceptional needs that require special provision or more short breaks to help them during a time of change.

This may occasionally include specialist short breaks services such as Lough Road Centre, hospice care, overnight stays or Foster Care placements.

The use of specialist services is always based on a needs assessment and a related goal or outcome.

Here are some examples of goals:

- Families are better able to understand and manage their child's challenging behavior
- A parent is able to catch up on sleep so that can continue to meet their child's needs
- A disabled child is cared for whilst a parent is able to recover from an operation or stay in hospital
- A young person is supported to adjust to a new baby in the family
- A disabled child and their family access inclusive universal services.

Eligibility

An assessment will usually 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.

An assessment will consider your family's needs, the support and resources already available to you including from friends and family.

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

If specialist support is required to meet exceptional needs a professional will support you to write a support plan.

The Personalisation Team

Lough Road Centre
61-71 Lough Road
London. N7 8RH

T: 020 7527 7263

E:selfdirectedsuport@islington.gov.uk

www.islington.gov.uk/disabledchildren

The Disabled Children's Family Support Team

Lough Road Centre
61-71 Lough Road
London. N7 8RH

T: 020 7527 2095

E:disabledchildren.team@islington.gov.uk
@islington.gov.uk

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 nine years we have actively sought feedback 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 others including the Islington Parents Forum to support parents and carers in shaping short break services in Islington.

Islington Parents Forum

T: 0207 697 1325

E: family@centre404.co.uk

www.centre404.org.uk

Recent changes to short breaks

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

- planning short break services further in advance
- creating better facilities and paying for new equipment
- providing disability awareness training for staff and specialist training for staff at targeted and specialist services
- redesigning the short breaks statement to make the different levels of service clearer
- developing ways to measure the difference that short breaks makes
- changing the basic offer of targeted short breaks for under 5s
- offering a range of new 1:1 Short Breaks Outreach services.
- increasing the Short Breaks cash alternative to keep pace with the London Living Wage.
- Introduced pre-paid cards

Priorities for developing short breaks:

1. Develop the offer of overnight breaks and Lough Road to ensure sufficiency of provision and best value
2. Review and update the assessment tools used by Social Workers.
3. Increase the number of families using pre-paid cards for Direct Payments.
4. Involve young people and families in selecting the providers for clubs and activities and 1:1 Outreach.