Short Breaks
North Lincolnshire Council

Our Short Breaks & Support Services Offer
Information for Parents & Carers

What are Short Breaks?

Under the UK's Equality Act 2010, a person is considered disabled if they have a physical or mental impairment that has a substantial and long-term adverse effect on their ability to carry out normal day-to-day activities.

A short break is a break arranged by the Local Authority for parents/carers of disabled young people to help them have a break from their caring role. It is also an opportunity for children and young people to take part in meaningful and fun activities. in line with the Short Breaks for Carers of Disabled Children Regulations 2011 and the Short Breaks and Support Services Matrix of Need.

The child/young person can access a short break up to the age of 18, will have Special Educational Needs and/or Disability (SEND), regardless of whether the child/young person has a Special Educational Needs (SEN) Support Plan, or an Education Health Care Plan (EHCP). All children and young people must have a disability and live in North Lincolnshire

Short breaks can be provided during the day, evening, overnight and on weekends. Short Breaks can take place in the child's own home, in a community setting, the home of an approved carer, or in an overnight setting. Short breaks should help contribute to the young person's inclusion within their own community and aid their personal development.

Our Local Offer of Short Breaks within North Lincolnshire

Universal Support
These short breaks are for all children and young people with and without additional needs who can access activities and their local community independently or with minimal support. This allows them to them to take part in fun activities with their peers and to develop relationships within their local area.

Universal support is provided or routinely available to children, young people, and their families. Children and young people with SEND can access these opportunities if they require little or no support or where additional support and training has been provided. These opportunities can be found via:

- SEND Local Offer website - https://localoffer.northlincs.gov.uk/
- NL Family website - https://nlfamily.northlincs.gov.uk/
- Live Well North Lincolnshire website - https://www.livewellnorthlincolnshire.org.uk/#/

- North Lincolnshire Council events - https://www.northlincs.gov.uk/tourism-museums-the-arts/north-lincolnshire-council-events/
- North Lincolnshire Keeping Active - https://www.northlincs.gov.uk/leisure/keeping-active/#1621430446005-937281d2-8473
- The Max Card is a discount card for families of children with additional needs and for foster families. Families simply show their Max Card upon entry to a venue to obtain free or discounted admission. Check out all the information about MAX cards on the website www.mymaxcard.co.uk.

Families can access most of these activities directly and without a referral from services. Universal short breaks may include:

- Local youth groups
- School holidays activities/groups
- Scouting groups
- After school clubs
- Group based, drama, community, and sports activities

Targeted Support (Group Based Activities)
Children and young people may access targeted Short Breaks where universal services have been considered and are either not suitable or cannot reasonably meet their needs. Families are expected to have explored and accessed appropriate universal provision before a Short Breaks Registration Form will be progressed.

All children and young people aged 5 years and over who have a disability and live in North Lincolnshire are entitled to be considered for the targeted Short Breaks offer where universal provision is not appropriate. This is primarily delivered through our Group Based Activity Programme.

The programme offers a wide range of inclusive activities within the community, enabling children and young people to participate in social, recreational and leisure opportunities alongside their peers. Sessions are delivered during evenings, weekends and school holidays, with access determined by assessed need.

Children and young people are supported by a trained and experienced Short Breaks team. Support is provided in line with individually assessed staffing ratios and group sizes to ensure activities are safe, inclusive and promote positive experiences and successful transitions.

Depending on the assessed level of need, sessions may either be booked directly by parents and carers through the booking system or arranged by the Short Breaks team where additional planning and coordination are required.

Parents and carers are responsible for arranging transport to and from activities.

Please note that due to registration requirements children under the age of eight years of age are only able to stay at activities for up to two hours

Specialist Support
Disabled children and young people with more complex needs (or those children living in situations that are more complex) may require a higher level of short breaks. Therefore, more specialist support may be needed to meet their needs.

When this is the case an assessment of need will be required, this could be completed by any professional who knows the family well or a CSA which will be completed by a Specialist Social Worker. This will identify any unmet needs and help ascertain what package of support may be needed.

Where it is not possible for your child/young person to access the universal/targeted offer at all because of more complex needs then an individualised support package will be identified following assessment and presented at Resource Allocation Meeting (RAM) for consideration.

For example, the assessment may identify that your child/young person requires a one-to-one worker to support them at the group-based activities or an individualised in-house Short Break, this could be for a brief period to support transitions, for example to build their confidence or it could be an ongoing need.

North Lincolnshire Council & NHS bandings for Specialist Support
Bandings have been agreed across social care and health to ensure the assessed needs of children/young people are placed within the appropriate bandings which will indicate levels of support.

Bandings are considered in line with the age and development stage of the child and the following areas:

- Nutritional needs
- Personal care needs
- Continence needs
- Ability to be appropriately clothed
- Ability to access the home safely
- Development and maintenance of family & personal relationships
- Engagement in work, training & education
- Ability to access community facilities and engagement in recreational activities

Examples of how a Specialist Support may be delivered following an assessment.

Individualised via Direct Payment/Agency:
A Direct Payment (DP) is a way of enabling you to purchase a package of support. For example, your child/young person may have been assessed as needing a support worker to engage with them and take them to a community activity of their choosing. You may choose to employ someone yourself, if this is a choice you make you will receive help and guidance from a direct payment support service. There are some circumstances where we cannot provide a Direct Payment to you, for example if you have been made bankrupt or managing a Direct Payment service would increase the stress upon you as a family.

Where a Direct Payment has been agreed to access an activity, this will be for a maximum of one activity per week to provide a Short Break. Direct Payments cannot be used to purchase items and can only be used for the agreed package of support i.e. an agreed activity or to fund a Direct Payment worker.

It may be identified that more practical homecare support is required. This might be to support you where it is identified that the Moving & Handling of a child/young person is only safe with 2 people, and there is only one parent/carer available, either on an ongoing basis, or where a parent/carer has become significantly unwell and unable to continue in their caring role. This support might be provided in an emergency and for a brief period or it could be that your child/young person requires ongoing support.

Where homecare support has been agreed the parent/carer would be the second source of support for the child/young person when needed, unless additional support has been assessed and agreed to meet the needs of the family.

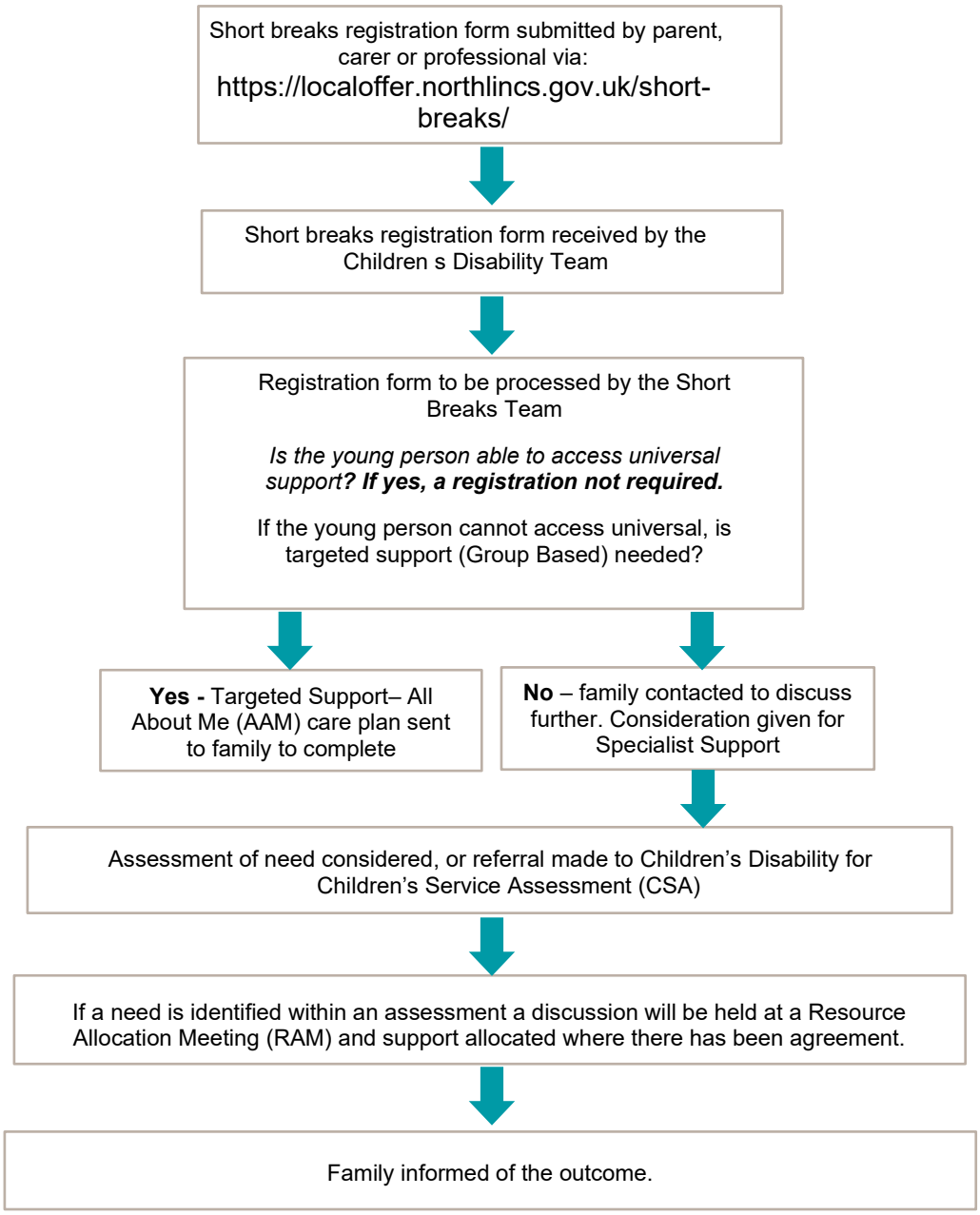
Nursery:
It would be an expectation that families were accessing the government childcare offer up to the age of 5 before additional nursery hours would be considered.

Families are entitled to government-funded childcare up to the age of 5. Depending on how old the child is, families may be able to access between 15- and 30-hours government funded childcare a week.

Any additional nursery hours during the school holidays would need to be assessed and agreed. A Nursery allocation would only be agreed up to the age of 6 where appropriate, to support a child's transition to alternative Short Breaks such as Group Based activities after the age of 5.

Overnight Short Breaks:
Following a CSA, it may be identified that that there is a need for overnight short breaks. These could be delivered through a Short Breaks Plus foster carer, or it could be provided Tree Tops, our Short Breaks Home. Where overnight services are provided you will be allocated a Specialist Social Worker to support you with enabling your child/young person to be away from the family home.

All Short Breaks Support above the Universal Support offer is reviewed on a regular basis to ensure the package of support continues to meet the needs of the child, young person, and family. There may be packages where further support is required, and this will be considered on an individual basis.

Packages of support are reviewed by a member of the Short Breaks team or an allocated Social Worker, any change to the support would be agreed by a member of the management team and/or within RAM following an assessment of need.

What is the Short Breaks registration process?