





# Halton's Short Breaks Statement

**Halton** Local Offer



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## What is a Short Break Statement?



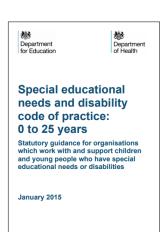
The Breaks for Carers of Disabled Children Regulations April 2011 introduced the requirement for all Local Authorities to produce a Short Breaks Statement about the services available to children with a disability/additional needs, their families and how they could access them.

The Statement must be reviewed to ensure that the information is amended when services change or new ones are developed.

The Children and Families Act 2014 and the Special Educational Needs and/or Disability (SEND) Code of Practice 2014 introduced laws and provisions relating to children and young people who have SEND. This legislation was introduced due to the existing system not performing well enough for these vulnerable groups of people. Therefore, a new approach was required to give families better control over the welfare of their child, some of the key changes the Act introduced included:



- School action and school action plus was abolished and replaced with SEN support which extended to colleges and sixth forms;
- Special education statements were replaced by Education, Health and Care (EHC) Plans as the single assessment process to be completed in 20 weeks so they can support children, young people and their families from birth to 25;
- Joint commissioning and planning of services for children, young people and families by health services and local authorities;
- Personal budgets and direct payments to be made available for SEN education provision to support to children, young people and families;
- Each local authority must publish a Local Offer which sets out in one place information about provision they expect to be available across education, health and social care for children and young people who have SEND;
- Local authorities must involve families and children in discussions and decisions relating to their care and education; and provide impartial advice, support and mediation services.



# Halton SEND Strategy 2021-2025

In Halton, the rights within the United Nations Convention on the Rights of the Child will be at the heart of our practice.

Halton SEND Strategic Partnership believes that **every** child and young person has a right to thrive, flourish and lead an ordinary life.

This should be without being labelled or restricted, no matter what their disability or ability. We want every child and young person to:

- feel safe; valued; included and connected;
- be given opportunities to be active and for physical and mental health;
- be empowered to make choices that shape their lives with appropriate supportive relationships.



We believe the following priorities will help us to drive the work of Halton Children's Trust to meet the needs of children and young people with SEND.

- Working Better Together: By working better together needs are identified early and met at the right time, by services that are fully inclusive in practice and processes;
- Preparing for Adulthood: We will maximise young people's ability to thrive, be independent and reach their goals for adult life;
- **Empowerment:** (Communication and Co-production) Professionals will work positively with children, young people and families to provide them with access to the information they need to build provision and services together;
- Inclusive Education for CYP with SEND: Children and young people can fulfil their potential supported by educational settings.

For more details, here's the link to the Halton SEND Strategy 2021-2025

## What is a Short Break?

Local authorities must provide a Short Breaks service for carers of children and young people with disabilities/additional needs to enable them to continue to care for their child

and to participate in everyday activities. In particular they must provide a range of:



- Day time care in the homes of children and young people with disabilities/additional needs or elsewhere;
- Overnight care in the homes of children and young people with disabilities/additional needs or elsewhere:
- Educational or recreational activities for children and young people with disabilities/additional needs outside their homes.

My Evening Routine

These services must be available in the evenings, at weekends and during school holidays. They must be regular and reliable but local authorities should offer experimental and innovative options to families. Carers' breaks are to be used as a preventative measure and should not just be available to a few families in crisis.

Local authorities are required to take into account the needs of those families whose children and young people have profound and multiple impairments, and families faced with continuing demands for parental care and attention, for example because of their child's complex health needs or behavioural difficulties.

Provision must be culturally and age appropriate and fit for purpose so that certain groups are not disadvantaged in accessing Short Breaks. Those children and young people with profound and multiple disabilities are likely to require specialist provision which must be available within the range of Short Breaks services on offer to families.

Since 2011, we have regularly consulted with families and young people with disabilities/additional needs to review Halton's Short Breaks provision and used the information supplied to assist in the development of those services and the commissioning of all Short Breaks contracts.

# Who is eligible for a Short Break?

Children and young people aged 0–18 years whose daily lives are substantially affected by one or more of the following diagnosed conditions:

- A hearing impairment;
- A visual impairment;
- A learning disability;
- A physical disability;
- A chronic/life threatening physical illness;
- A communication disorder (including autism);
- A consciousness disorder (e.g. epilepsy);
- A mental health condition.



Their condition should usually be expected to last for more than 12 months and have a substantial effect upon the child in more than one of the following areas:

- Physical ability;
- Communication and understanding;
- Awareness of risk and danger;
- Behaviour;
- Independence.

We understand that children and young people may also be disadvantaged because of other factors, such as their environment; other people's attitudes; poverty and social exclusion. However, these factors alone do not entitle them to be considered for Short Breaks services.

Each child and family will have different needs and the impact of the child's disability needs to be considered against what would usually be expected for any child of the same age. Their family's circumstances will also be different and so it is important to assess how their situation impacts upon their ability to lead an ordinary life within the community. Halton's Short Breaks assessment process is explained in more detail in the section called 'How can families get a Short Break?'

### Halton's Short Breaks Offer

Halton Borough Council offers a range of Short Breaks and support services for children with disabilities/additional needs and their families in conjunction with private and voluntary providers who receive Council funding to deliver services on their behalf. In effect, we offer a continuum of support that is based on the level of need the child and family requires. This can range from lowest levels of support, for example signposting to the more complex levels of need which would require a higher level of support.

In Halton, local community services are available to all children whether they have a disability or not and can be accessed directly without any formal assessment. These include Children Centre activities, Youth Provision, drama groups, sports activities, uniformed organisations and faith groups. See Halton's Local Offer for details.

We have developed a range of Short Break services that are available for children with disabilities/additional needs and their families without the need for further assessments. Your child might already have one or more of the following:

- An EHC Plan;
- Individual support at school for 15 hours or more.

If this is the case then you could be eligible for Short Breaks Service and you can access these services without any formal assessment:

- Teenage group activities;
- Family events;
- · Accessible sports activities;
- · Accessible youth activities;
- Themed group projects.

## Short Breaks Offer Additional Information

Some of the services are free of charge however, you may be required to provide a small sum of money to cover resources and refreshments for the group sessions.

You will usually be required to transport your child to an activity and pick them up afterwards. In certain circumstances transport might be offered to a child for a specific activity if an assessment establishes that it is appropriate to fund all or part of the transport costs.

Similarly, parents may be asked to provide a packed lunch, spending money for some trips or a contribution to certain activities which may be for longer outings or special occasions.

More details can be found of the services provided in the Halton Short Break Services Guide. Other additional activities that may be organised throughout the year can be found on <u>Halton's Local Offer Leisure section</u>.

# Short Break Services Provided by Health Services

Provision for Short Breaks Service for children and young people with complex health needs is provided in a number of ways across Halton from Health Services. This is usually in collaboration with colleagues from other services and, in some cases, delivered through joint funded packages of care agreed at by Senior Managers in Health and Children's Social Care.

# How can families get a Short Break?

Families can access Short Break services via Halton's model of Early Intervention and support. It is called 'Team Around the Family' (TAF). The aim of the model is to ensure that appropriate help and support is offered to families as soon as additional needs are identified. By offering support to the whole family at an early stage, we can help prevent further difficulties arising in the future and more specialist interventions becoming necessary.

Short Breaks Service is part of 'Team Around the Family', which also includes other services such as parenting support and Children Centre provision. The service continues to benefit from staff with specialist knowledge around disability, but they work closely with the staff in Halton's Locality Teams to share their knowledge and experiences with colleagues who also provide Early Intervention for some families of children with disabilities/additional needs. All these professionals provide a whole family approach rather than just focussing on the needs of the child with disabilities/additional needs.

## What is Halton's referral process?

#### **Families**

Phone Halton's Contact Centre on 0151 907 8305 to make a referral. The Contact Centre Worker will take relevant details about the child and the request for a Short Breaks assessment.

#### **Professionals**

Complete the iCART Referral Form with all relevant information. You must obtain consent from a person who holds parental responsibility for the child for the referral to be accepted.





## Referrals

Assessment of need and access to Short Breaks are passed on to Halton's Contact and Referral Team (iCART). This team provides one front door for all new referrals to both Children's Social Care and Early Intervention. iCART will start initial enquiries with agencies that may already have involvement with the family.

# Assessment, Planning and Review of Short Break Services

iCART will decide the level of need for each referral using <u>Halton's Level of Need Framework.</u> If they decide it meets:

- Levels 1 or 2 they will pass the information to Short Breaks Service for children with disabilities. The team's Practice Manager and Senior Early Help Officer will check that the child's needs meet the eligibility criteria for Short Breaks. If so they will consider if it is appropriate to signpost the family to the community based activities or whether further assessment is required at Level 2 and the case will be allocated to one of the Family workers in the team.
- Level 3, if there are no safeguarding concerns, and there is a request for overnight short breaks, they will pass on the information to the Social Worker in the Disabled Children Service who will complete an assessment to identify the level of support required and the most suitable services required to meet the child's assessed needs.

#### **UNIVERSAL and LEVEL 1**

# NO ADDITIONAL ASSESSMENT REQUIRED LOCAL COMMUNITY SERVICES

Some families just need access to information about local activities and inclusive services in their community.

At this level of need, the Short Breaks Service can provide relevant information and signpost families to appropriate services. If necessary they can make contact with the service provider to facilitate a smooth entry into the activity.

#### LEVEL 1 and LEVEL 2

# MAP/EHC Assessment LOCAL COMMUNITY SERVICES + CONTRACTED SERVICES

- The Short Breaks Service, Family Worker will use the information from existing MAP/EHC assessments to discuss the child's needs and provide advice on appropriate short breaks via contracted services and the option of a Community Activity Personal budget. They will engage with the current planning and review process i.e. MAP/EHCP.
- The agency that is providing the contracted short break service will complete an individual plan to ensure that the child's needs are met when attending the group.
- The Short Breaks Service will monitor the plan through the providers' quarterly contract reviews to show the positive outcomes for the child and family. If the agency or the family has concerns about the suitability of the service they can refer back to Short Breaks Service to consider appropriate alternative services.
- If the family opt for a Community Activity Budget instead of contracted services the Short Breaks Service Family Worker will complete Halton's Resource Allocation System (RAS) using the MAP/EHC Plan Assessment information and the RAS Guidance Notes. (RAS is a points system used to say how many hours of service might benefit the family and the type of services appropriate to meet the child's needs.) See Halton's Local Offer for further information.
- If a Community Activity Budget is agreed then the family worker will complete a
  profile and Short Breaks Plan to coordinate and manage the short breaks service
  and monitor the funds administered to the family.

#### LEVEL 2

## MAP/EHC ASSESSMENT INDIVIDUAL SUPPORT + ANY OF ABOVE

- If the MAP/EHC assessment indicates that a child may need a more specialised service with individual support the Family Worker will complete Halton's Resource Allocation System (RAS) using the MAP/EHC Plan Assessment information and the RAS Guidance Notes. See Halton's Local Offer for further information.
- This service provided may be via agency support, a commissioned service or an Individual Support Budget.
- The Family Worker will set up a Short Breaks Plan to co-ordinate and review the service to ensure it is meeting the needs of the child and family. This will be included in the MAP/EHCP reviewing process.

#### LEVEL 3

## SOCIAL CARE SINGLE ASSESSMENT OVERNIGHT CARE + ANY OF ABOVE

Children with more complex disabilities/additional needs or those living in more difficult family circumstances may require a higher level of support. In these cases, the Social Worker will complete a Child and Families Assessment of the child's needs and include consideration of the appropriateness of Short Breaks as part of the package of support for the family. Short Breaks will be reviewed as part of the Social Care Plan.

If the family circumstances change and a Social Worker is no longer required, but the child is still accessing a Short Breaks service then the Social worker involvement will end and the support will continue to be reviewed and managed at Level 2 as above.

## **Short Break Contracts**

New contracts were awarded in 2022, to continue Halton's programme of Short Breaks delivery. Following a tendering process a range of Short Breaks services were commissioned:

- Specialist group activities for family and children/ young people;
- Inclusive Play services;
- Personal Assistant Recruitment Service

Young people and parent/carers attended consultation sessions to inform the decision making.

The new contracts were awarded to two small local providers and one larger private provider all with experience of delivering Short Breaks:

- Group Activities Vibe Children's Services
- Play Services Halton Play Council
- Personal Assistant Recruitment Service Positive Futures Consultancy

Halton has also commissioned 5 organisations using small grants to deliver small group activities to supplement the larger contracted services. They are easily accessible and details can be found in Short Breaks Services Guide.

In cases where it has been identified that a child/young person with disabilities/additional needs requires individual support to access a Short Break, Halton has access to a range of care agencies to provide this support. The family worker will work with the family to commission a bespoke service to meet the child/young person's needs. An individual contract will be drawn up and reviewed by the worker and family as part of the review of the child's MAP or Short Break Plan.

# **Family Events**



Halton Short Breaks Service for children with disabilities organise various family events throughout the year, usually during school holidays.

They are available for all families of children with disability/additional needs living in Halton and provide an opportunity for all children with disability/additional needs and the family to have fun and get to know other and their families.

The events and booking details are publicised on <u>Halton's Local Offer Leisure</u> section. We have found that these are very popular with families, so you will need to book with the Short Breaks Service team if you wish to attend one of the events.

## How can families find information about Short Breaks?



Activities/services that are recognised as being accessible for children with disability/additional needs, young people and families will have the Aiming High logo displayed on their flyers, posters. Information on activities can found on <u>Halton's Local Offer Leisure</u> section.

# Personal Budgets for Short Breaks



Some families might prefer to arrange their own service for greater flexibility and choice of activities that may be suited to their child and family's needs.

The budget is provided **instead** of a service delivered via Halton Borough Council contracted Short Breaks services **not in addition to those services**.

The process for accessing a Personal Budget is, initially, the same as any other Short Breaks service and is explained in the section – Assessment, Planning and Review of Short Breaks.

Halton currently has 2 types of Personal budget available for Short Breaks, these are:

- A Community Activity Budget which can be used to purchase different activities in the community for your child to access;
- An Individual Support Budget which can be used by the family to employ a Personal Assistant to support your child either in the home or outside in the community.

If the Lead Professional for your family is a Social Worker, they will complete a Child's Assessment. This will establish the level of support that is appropriate for your child and family which will include consideration for short breaks services. They will discuss appropriate services which may include a Personal Budget.



This Allocation tool provides a simple way of identifying the amount of support a disabled child or young person may require to enjoy a short break experience. It should be completed using the information from the child's assessment is. EHC/CAF/Confiniung Car Assessment etc. and the Profile document together with discussions with the child/

It is not intended that this will provide a detailed description of the child's needs as this should already be available within their latest multi-agency assessment (CAF, EHC, CIN)

This document looks at the following areas of the child or young person's life and their family's circumstances.

CHILD OR YOUNG PERSON'S DEVELOPMENTAL NEEDS
 FAMILY FACTORS

Once completed it will produce an indicative score that will represent the level of support that the child / young person is likely to need to enable them to have a positive, fun experience with a short break service in the community. If the Lead Professional is a Family Worker from the Short Breaks Service, the number of hours of short breaks service is established by the completion of a Resource Allocation System (RAS).

The worker will use the information from your child's assessment of their needs i.e. EHCP/MAP to identify the number of hours of short breaks support available to your child and family each week. This is then linked to a maximum allocation of funds to be made available to provide a short breaks service.

The RAS system, RAS Guidance Notes and relevant documents can be found on <u>Halton's Local Offer Leisure</u> section under 'Short Breaks'.

Each child that receives a Short Break via a Personal Budget will have an individual plan which will be reviewed and amended when required.



This document aims to guide professionals when they complete the Support Allocation Document by providing a set of standards for each level of support for each section. This will help to provide a consistent approach to establishing children's support needs that is equitable and transparent.

The Support Allocation table sets out the types of servic available at each level of support that are most likely to deliver the outcomes for the child and their family of identified within their support plan.

# Personal Budgets for Short Breaks: Where can I find more information?

Halton Borough Council's Personal Budget Policy can be found on <u>Halton's Local Offer Education</u>, <u>Health & Care Plan</u> under 'Education, Health & Care (EHC) Plan'.

The Short Breaks and Personal Budgets Guidance can be found on <u>Halton's Local Offer</u> <u>Leisure</u> section under 'Short Breaks'.

# Transition and Preparing for Adulthood



Transition is the process that occurs when young people move from Children's Services to Adult services.

This usually happens when young people reach their 18th birthday but the Transition process begins when young people are 13 years plus.

Transition (Preparation for Adulthood) is usually started at school review meetings when young people start to make plans about what they want to do in the future for when they leave school.

## Transition in Short Break Services

The Breaks for Carers of Disabled Children Regulations 2011 states that Short Break services should be provided, appropriate to the age and needs of disabled children.

Whilst some services are available for children from aged 0-18 years, others are for specific ages.

- Children Centre sessions are for those children aged 4-8 years;
- Play services are for those children aged 5 to 12 years;
- Youth services are for those children and young people over the age of 10 through to 25 years.



It is important that children are supported during transition from one service to another; that the young person and family are aware of the choices available to them; and that they are fully involved in the plan to me on.

Service providers will review the child's needs and work with staff in Children Services, the young person and their family to agree how this should happen. They are involved also in the transition planning when young people move on from children's activities to activities within adult services when the young person reaches their 18th birthday.

# Consultation and Participation

Consultation and participation are key elements to the development of family-centred services, having a positive impact on children with disabilities/additional needs and their families.

We have developed a number of mechanisms which we use to gather information from young people and carers.

This feedback helps to develop strategies, policies, wider Council plans and service provision, for example, Halton SEND Strategy 2012-2025.



# Short Breaks Special Educational Needs and/or Disabilities Privacy Notice?

Halton Borough Council collects and is responsible for collecting and holding certain personal information about you/your child in order to carry out its duties under The Breaks for Carers of Disabled Children Regulations 2011.

Halton Borough Council collects and is responsible for collecting and holding certain personal information about you/your child in order to carry out its duties under the Children and Families Act 2014 for children and young people with Special Educational Needs and/or Disabilities (SEND).

Information collected will be securely stored on the Management Information System used by the Council. We have appropriate security measures in place to prevent personal information from being accidentally lost, or used or accessed in an unauthorised way.

We limit access to personal information to those who have a genuine business need to know it. Those processing your child's information will do so only in an authorised manner and are subject to a duty of confidentiality.



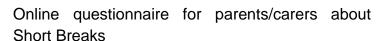
Further details can be found in the Privacy Notice on <u>Halton's Local Offer Education</u>, <u>Health & Care Plan</u> under 'SEND Privacy Notice'.

## How Do We Gather Your Feedback?

We use a number of ways to gather your feedback, this includes:



Online questionnaire for children/young people about Short Breaks





These questionnaires can be found on <u>Halton's Local Offer Leisure section</u> under 'Short Breaks'. These tell us about your experiences of Short Break services and ideas about any gaps in services to help us to commission and develop new services.



Services commissioned by Halton Short Breaks Service hold regular consultation events with Parents, Carers and young people when planning future activities and ensure that they obtain regular feedback from children, young people and families who access their service.



Families can talk to any of the staff delivering the Short Breaks services to share their views or concerns about the services they use. Workers routinely gain families views when discussing the assessments, Short Breaks plans and reviews.



Staff from Short Breaks Service regularly attend Halton SEND Parent Carers Forum, Support Groups and information events at a range of locations across the Borough to advise on Short Breaks Services.



Halton Short Breaks Service organise regular Coffee Mornings and Evening Sessions for parents/carers of children with disabilities to share information about services and gain feedback from families that enable them to develop future services.



To help inform the plans for the recommissioning of Halton's Short Break Offer for 2020-2022, the Council conducted a series of collaborative consultation and engagement activities. In February 2022 Children, Young People, Parents and Carers took part in consultation events and helped chose services to be commissioned to provide short break activities.

# Consultation and Participation Groups - Overview



Halton SEND Parent Carers Forum aims to be a voice to inform service providers of the needs of children with disabilities/additional needs and their families.

It facilitates two-way communication between parent, carers, families and services used by children and young people with Special Educational Needs and/or Disabilities (SEND) in Halton.

The Forum provides feedback on services, offer constructive challenge to current services, input into decision making and planning for future service provision. The Forum believes that by working co-operatively with local service providers parents and carers can contribute to improvements in the services delivered for children and young people with SEND by:

- Through regular communication with parent and carers, ensuring they are able to decide whether to be involved in a piece of work/consultation;
- Ensuring a diverse forum membership and representation of diverse views from SEND children, young people and parent/carers from all backgrounds and sectors of the community;
- Promoting a reputation and image of the Halton SEND Parent Carers Forum which reflects its aims and values.

More information can be found on <u>Halton SEND Parent Carers Forum website</u> and the <u>Forum Facebook</u>

## Monitor and Review of the Statement

We monitor the quality of the services through our contract evaluation system. We will also work with our providers to respond to comments and suggestions from families regarding future service development.



Short Breaks Online Questionnaires can be found on <u>Halton's Local Offer Leisure section</u> under 'Short Breaks' for parent/carers and children/young people to share their views, ideas, suggestions for further improvement or help us to identify any gaps in services to help us to commission and develop new services.

Parents, carers, children and young people with disabilities will continue to be fully involved in the consultation and commissioning process, helping us to decide who should deliver our Short Breaks in Halton. We are committed to ensuring that parents and young people are equal partners in the design of our services. We want parents and young people to help us to monitor the quality of all of our Short Breaks and help decide what needs to change and what we keep on an ongoing basis. We will do this by a variety of methods including:

- Regular feedback from children, young people and families who are accessing short break provisions.
- Regular Monitoring Meetings with providers of short breaks provision.
- Monitoring of compliments and complaints received by short break providers



The Team Around the Family Services welcome contact from families to hear your views, staff will continue to meet and speak with families at information events, coffee mornings and consultation sessions. They will also collect views from individual young people and carers through their direct involvement with them throughout the year.

This statement has been updated to reflect changes in service delivery. It takes into account the views of families of children with disabilities/additional needs, parent/carer groups, disabled young people and service providers. We welcome comments about this Statement and any suggestions on what would make it more useful for families.



Lastly, we would like to thank all the people who have contributed to this statement, particularly Halton SEND Parent Carers Forum and Halton families that have kindly allowed us to use their photos in this Short Breaks Statement and the professionals who have supplied us with information about the services they provide.