

## **Torbay Short Breaks Statement**

This information is for the parents or carers of children between the ages of 0 and 18 years old, who are diagnosed with a disability. The statement will be published in order that children and young people, together with their parents/carers and families, can find out about their eligibility for an assessment in relation to short break opportunities available in Torbay. The statement also covers how they can access these short breaks as well as how to find out other useful information.

Torbay Children's Services will use this document to help support commissioning plans for short break services for the year 2020/21 and beyond. This will ensure that the Local Authority commissions services which provide the range of short breaks that families will value and need. Parents, children and young people will continue to be fully involved in this process, helping to decide who should deliver our short breaks in Torbay. Parents and young people will help to monitor the quality of all Short Breaks opportunities and help decide what changes, if any, need to be considered.

Please note: this is an interim statement, and will be reviewed following participation work which is due between June 2021 and September 2021.

### **What is this Short Breaks Statement for?**

The purpose of this statement is to give information about Short Breaks, including what they are, how families can access them and how individuals can get involved in influencing what types of short breaks are provided to families in Torbay in the future.

### **How was this short breaks statement prepared?**

This statement has been prepared by the Head of Service of Regulated Service (Becky Thompson), in consultation with the Placements, Day Care Services, Short Breaks and Family Time Team, the Children with Disabilities Team, as well as a wide range of professionals and stakeholders across social care, health, education and the voluntary sector.

This statement will be reviewed annually. The Head of Service for Regulated Services (Becky Thompson) would like to hear from you if you have any comments, suggestions or feedback about how we can improve this statement to make it more useful. Please see the end of this statement for contact details.

### **Who is responsible for this short breaks statement?**

The lead officer responsible for preparing and maintaining this statement is the Head of Service for Regulated Services in conjunction with the Team Managers for the Placements, Day Care Services, Short Breaks and Family Time Team and the Children with Disabilities Team.

This statement has been endorsed by the Children's Senior Leadership Team.

### **When and where will it be published?**

The Local Authority will ensure the Short Breaks Statement is published on the Local Authority website. In addition, it will be made available through the Parent Participation Forum. A copy will be available in all of the Torbay special schools, and copies will also be given to the SENCOs in all of Torbay's schools and academies with a request that this statement is made accessible to all parents. The Short Breaks Statement will also be made available on the Children's Disability Service record within the Torbay Local Offer. If families cannot access the statement through these means, they can contact Torbay's Family Information Service who will be able to send one out in the post. Please refer to the end of this statement for contact details.

In partnership with the Parent Participation Forum and with children and young people, the statement will be reviewed regularly to make sure that it is reflecting all the views and choices of local families. On-going consultation will be implemented to make changes and improvements, to ensure the Short Breaks Statement continues to reflect the needs of all the different families living in Torbay who have children with disabilities.

The Local Authority aims to continue working with the Disability Council to produce a young people's version of this document. If you wish to be involved in that, or would like further information, please contact us. Please refer to the end of this statement for contact details.

## **Short Breaks in Torbay**

### **What are Short Breaks?**

- **Short Breaks promote the health, safety and wellbeing of children and young people with disabilities, ensuring they can fully participate in family and community life, enjoy themselves with friends and make decisions about their lives.**
- **Short Breaks reduce stress within the family system through the provision of the right level of support, at the right time.**
- **Short Breaks need to be fair and equitable.**

Short Breaks form part of provision for children in need and their families; any decision for Short Breaks to be included within a plan for a child will be subject to robust assessment, which identifies that Short Breaks are a proportionate way of promoting the needs of the child and safeguarding their welfare.

Short Breaks provide children and young people with disabilities with an opportunity to engage in positive activities, potentially away from their home. Short Breaks provide families with a 'pause' from their caring responsibilities; they give parents a chance to unwind rest or spend time with other children, in recognition of the significant of their caring role for a child with disabilities. Examples of short breaks include holiday play schemes and short breaks with high dependency carers.

It is important to note that whilst it is known that both local and national research demonstrates that short breaks are a priority for families with children with disabilities, they should be delivered as part of a much broader package of family support services in line with the SEND Reforms. This means that any staff who work with families will offer advice, guidance and information on other issues that are important to them.

### **Who are Short Breaks for?**

Children and young people are eligible for short breaks when they have a physical or mental impairment that has a substantial and long-term effect on their ability to carry out day-to-day activities. This may include for example, a physical or learning disability, a hearing or visual impairment, 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.

Short Breaks, together with other support packages, are tailored to meet the identified need of the child, and their family, through the provision of appropriate support at the right time. Not all children and families will need the same level of support or Short Breaks; some will need more than others because of the nature of their child's disability and the impact this has on them. Some families may need more support because of their individual family circumstances. This is why there is a need to ensure services provide the right level of support with Short Breaks at the right time through the completion of a Single Assessment of need.

### **Children with Disabilities Team Eligibility Criteria:**

The CWD Team will usually only provide services to children and young people who have a physical or mental impairment which has a substantial long term adverse effect at a severe or profound level. The factors which will be applied to determine whether severe or profound are set out in the table below.

Disability	Meets Criteria for Specialist Provision		Meets Criteria for Inclusive Provision	
Level	Profound	Severe	Moderate	Mild
<b>Health</b>	<p>Complex health needs prevents participation in social and educational activities without minimum of constant 24 hour 1:1 specialist support.</p> <p>Condition is unable to be managed effectively by medication.</p>	<p>Requires daily specialist medical or nursing care.</p> <p>Regular admissions to hospital for treatment.</p> <p>Daily use of specialist equipment that needs operational assistance.</p> <p>Life limiting condition.</p> <p>Requires intensive therapy programme.</p> <p>Health needs have a significant impact on development and learning.</p>	<p>Regular nursing care and support (more than once or twice weekly).</p> <p>Uses specialist equipment that needs operational assistance.</p> <p>A planned programme of therapy required for the disability.</p> <p>Complex daily medication.</p> <p>Unstable health which impacts adversely on child and or family.</p> <p>Health needs limit ability to perform everyday tasks.</p>	<p>Requires no or minimal nursing care or support.</p> <p>Routine medical checks only.</p> <p>Nil or minimal treatment/ medication.</p> <p>No or little therapy involved with disability.</p> <p>Uses specialist equipment that does not require operational assistance.</p> <p>Known health condition which is under control and only occasionally interfering with everyday activities in a minor way.</p>

Disability	Meets Criteria for Specialist Provision		Meets Criteria for Inclusive Provision	
Level	Profound	Severe	Moderate	Mild
<b>Education</b>	<p>Child/Young Person has a profound learning difficulty.</p> <p>Attends educational provision for with Profound Learning Difficulties</p> <p>Follows P Levels of the curriculum.</p>	<p>Child/Young Person has a severe learning difficulty.</p> <p>Attends educational provision for children with severe learning difficulties.</p> <p>Follows P Levels of the curriculum.</p>	<p>Attends educational provision with 1:1 support some of the time or a specialist provision not for profound or severe learning difficulties.</p> <p>Assessment shows abilities will achieve less than 70% of the expected attainment for age.</p>	<p>Attends mainstream school/pre-school/college with or without support.</p> <p>Assessment shows abilities will achieve within 70-80% of the expected attainment for age.</p>
<b>Communication</b>	<p>No verbal communication.</p> <p>Unable to communicate needs using any method. Unable to use communication aid.</p> <p>Severely delayed processing skills.</p>	<p>None or very little communication used but can communicate at least basic needs using any method.</p> <p>Significantly delayed processing skills.</p>	<p>Delayed or disordered communication including language disorders causing significant difficulty in communicating outside the home.</p> <p>Reduced ability to understand and process information in comparison to peers.</p>	<p>Marked delay in language development. Requires minimal support to communicate.</p> <p>Able to use signing or other communication method consistently.</p>

Disability	Meets Criteria for Specialist Provision		Meets Criteria for Inclusive Provision	
Level	Profound	Severe	Moderate	Mild
<b>Behaviour Associated with disability</b>	<p>Profound challenging behaviour which impacts on all aspects of the Child/ Young Person's functioning and the Child/Young Person poses a severe risk to self or others.</p> <p>Requires constant monitoring, supervision and a structured programme for managing behaviour overseen by specialist services.</p> <p>Frequent behaviour that may be of risk to the child or carers.</p> <p>No awareness of impact of behaviour on others.</p>	<p>Behaviour demonstrates significant risk to self or others.</p> <p>Requires monitoring, supervision and a structured programme for managing behaviour overseen by specialist services.</p> <p>Challenging behaviour which impact significantly on community life and requires specialist provision to function socially/educationally.</p>	<p>Behaviour demonstrates moderate risk to self or others.</p> <p>Requires monitoring/ supervision in some circumstances.</p> <p>Input required to manage behaviour.</p> <p>Has difficulties in relating to peers.</p> <p>Behavioural or management difficulties which may require specialist advice.</p>	<p>Behaviour does not demonstrate to self and others.</p> <p>Need for monitoring/ supervision appropriate for age.</p> <p>Minor difficulties in relationships with parents/ peers/others.</p> <p>Behaviour that can be difficult to manage at times but can be managed without specialist provision.</p>

Disability	Meets Criteria for Specialist Provision		Meets Criteria for Inclusive Provision	
Level	Profound	Severe	Moderate	Mild
<b>Family and Social Relationships</b>	<p>Inability to build and maintain friendships and relationships without constant support with all aspects.</p>	<p>Limited ability to build and maintain friendships without significant support with all aspects.</p> <p>Total dependence on carer for social integration.</p> <p>Very limited awareness of impact of behaviour on others.</p>	<p>Difficulty building and maintaining friendships and relationships without support.</p>	<p>Able to sustain limited peer relationships and social integration with support.</p>
<b>Self-care</b>	<p>Fully dependant on others for all personal care, (eating/ drinking/toileting and washing).</p> <p>Needs physical support with all personal care.</p> <p>Requires specialist equipment to support all their care needs.</p>	<p>Needs physical assistance with personal care.</p> <p>Needs high level of supervision with all personal care (eating/ drinking/toileting and washing).</p>	<p>Requires some prompts and supervision greater than that expected for developmental age.</p>	<p>Independent in majority of personal care activities. Requires occasional supervision beyond that expected for chronological age.</p>



Disability	Meets Criteria for Specialist Provision		Meets Criteria for Inclusive Provision	
	Level	Profound	Severe	Moderate
<b>Safety</b>	Needs constant supervision both during the day and night.  Does not have any awareness of danger to self or others.	Needs constant supervision during the day.  Would place themselves or others at risk without supervision.  No awareness of danger to self or others.	Needs some supervision at times.  Limited perception of danger to self or others.	Occasionally requires more supervision than Children/ Young People of same age.  Some awareness of danger to self or others.
<b>Mobility</b>	Unable to walk.  Uses a wheelchair.  Totally dependent upon carer for mobility.	Unable to walk. May be able to stand or transfer with support.  Able to manoeuvre self at least some of the time.	Walks but only with aids or assistance.  May use wheelchair for intermittent use.	Able to walk and function independently but with some limitation of function.
<b>Children under the age of 5</b>	Child requires significantly greater care and attention because of the nature of health or learning condition.  Significant failure to reach developmental milestones.	Child is functioning around ½ the level expected for their age.	Child is functioning around 2/3 the level expected for their age.	Child is functioning slightly behind the level expected for their age.

Disability	Meets Criteria for Specialist Provision		Meets Criteria for Inclusive Provision	
	Level	Profound	Severe	Moderate
<b>Visual Impairment</b>	Mobility restricted without specialist provision.  Requires education by non-sighted methods.  Eligible for registration as visually impaired.	Mobility restricted without special provision.  Unable to read large print without intensive educational assistance or aids.  Severe visual field defect with impaired visual acuity.  Eligible for registration as blind or partially sighted.	Able to read print with simple aid or assistance.  Defect of at least half the visual field.  May be eligible for registration as partially sighted.	Severe or profound problem with one eye.  Less than half visual field loss.  Able to function independently.
<b>Hearing Impairment</b>	Total or near total loss of hearing. (<95Db)	Severe hearing loss (71-95 Db).	Significant hearing loss but able to function with a hearing aid.  Hearing loss (41-70Db)	Severe or profound hearing loss in one ear.  Moderate hearing loss (20-40Db)

## How do families in Torbay access Short Breaks?

In Torbay, parents or carers of children and young people with disabilities (see definition of 'disability' above), can access Short Breaks in the following ways:

- a) For general advice and information about clubs, groups, societies and activities in Torbay, families can call the Torbay Family Information Service. This service provides information about what activities available as locally as possible. They will post out or email any details if required. Please see the end of this document for contact details.
- b) Should the level of the child's disability or the impact of the disability on family life be considered more complex, a referral for 'an assessment of need' can be made into Multi-Agency Safeguarding Hub, where the referral will be screened and sent to the relevant team. Where the impact of a child's disability is considered severe or profound and it is felt that a more complex/larger package of support is required, the referral will be sent to the Children with Disabilities Team; if the impact is considered to be mild to moderate, however support is still required, the referral will be passed to the Single

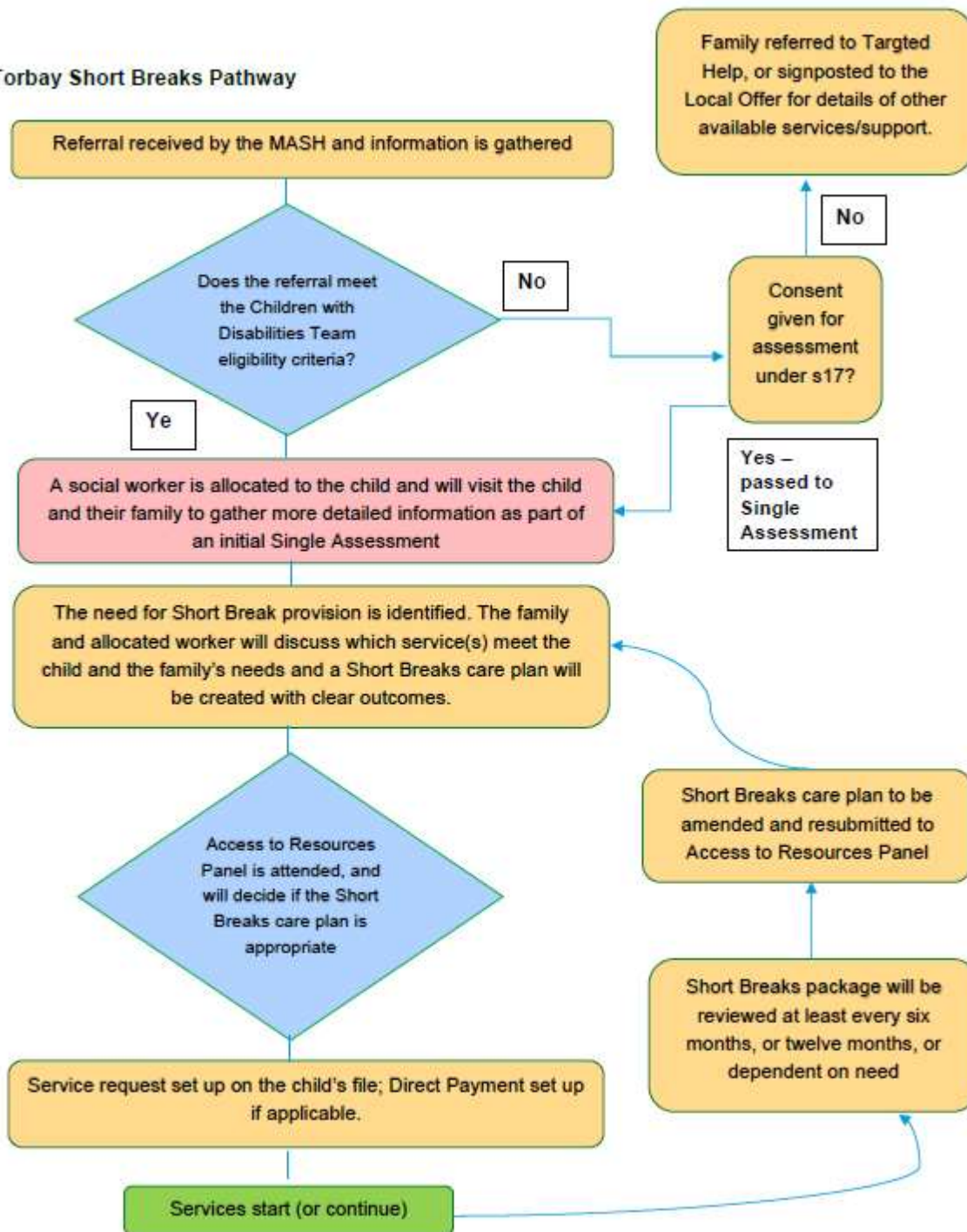
Assessment team. The referral can be submitted by the parent/carer, a family member or by someone already working with the family. To make this referral, contact the MASH. Please see the end of this document for contact details.

- c) At this point some basic information will be requested about the child and their disability. If appropriate, the case will be allocated to an appropriate member of staff who will be given some basic information about the referral. An appointment will be arranged to meet with the family, usually in their own home.

If the allocated social worker identifies that some support to access Short Breaks would be beneficial for the child and family, the completed assessment will be used to identify what level and type of Short Breaks a family may need to support them in their caring role. A discussion will take place on the Short Breaks options available to the family and choose one or more that best meet identified needs from services available under the Local Offer. Should the family feel that nothing on offer meets their needs, they can discuss other options with their Professional and together can design a bespoke, package of short breaks.

Please refer to the Torbay Short Breaks Pathway:

## Torbay Short Breaks Pathway



## How are Short Breaks paid for?

A Short Breaks plan is endorsed by the Access to Resources panel, to meet the family's needs, there are two options available in terms of how these Short Breaks are paid for. Torbay Council can put the short break in place and pay for it directly; alternatively, a family can choose to have a "Direct Payment".

Direct Payments provide families with money "in lieu" of Short Breaks and they are therefore an alternative means of providing families with this support. This means that a family can buy their own Short Breaks thereby entering into contracts or becoming an 'employer'. For example, a family may employ their own home sitter. It is possible to have a mixture of Direct Payments and other services funded by the Local Authority and some families may just have Direct Payments. Direct Payments tend to work really well, when there is an

identified professional or family member who knows the child and has a good relationship with them, and that person is in a good position to offer the Short Breaks support through Direct Payments.

Families in Torbay will be offered the opportunity to have a Direct Payment in place of a service directly provided through the Local Authority, if this is appropriate and in line with the child's needs; families will be offered a full package of support to ensure that they can confidently use and benefit from Direct Payments.

What about emergencies?

All families experience times of difficulty from time to time and may require additional Short Breaks to help them through this. This may be because there is no extended family or network of friends nearby who they can call on to help. Our aim is to support families during particularly difficult times in whatever way is most appropriate.

### **What about transport to and from a Short Break?**

The Local Authority understands that transport may be required by some families to enable their child to get to their Short Break. This will be considered within the Single Assessment and subsequent Short Break care plan. Part of the discussion will be to establish individual children and young people's level of mobility and their allocation of care allowances which could be used to support access to their Short Breaks. Should there be an identified need for transport, this will be agreed at Access to Resources, when the Short Break care plan is endorsed.

The Local Authority will work with families, schools, providers and colleagues in Adult Services to ensure that where possible and where appropriate young people are supported to become independent travellers.

### **What about when a child reaches the age of 18 years?**

Torbay Children's Disability Team is working together with adult social care to make the transition from Children's to Adult's Services an exciting and optimistic time for young people.

The Local Authority must support young people as they become young adults and take their place in the world. Developing positive activities for young people and allowing them to take part in local community activities will be at the heart of our continued transitions work.

Please refer to the 'Preparing for Adulthood' section of the Local Offer for further information: [Local Offer in Torbay | Torbay FIS Directory](#)

### **What else is there to access in the local community?**

Universal services, for example after school clubs and youth clubs, are really important in ensuring children and young people with disabilities have fun and enjoy themselves with friends, just like other children and young people in their own community.

The Children with Disabilities Team will continue to develop the range of short breaks including specialist short break services in universal settings. Genuine inclusion means services which are designed and equipped to enable children and young people with disabilities to enjoy the same activities and opportunities as non-disabled children. The aim of the work is to ensure that all children and young people have access to the most appropriate short break.

Children and young people with palliative and life limiting care needs will be supported to participate in the full range of inclusive Short Breaks, ensuring they too can enjoy themselves and have fun with friends.

### **Local Offer**

Short Breaks form part of the Local Offer for children and young people with special educational needs and/or a disability within Torbay. The local offer has two purposes:



- To provide clear, comprehensive and accessible information about the provision available; and
- To make provision more responsive to local needs and aspirations by directly involving children and young people with SEN, parents and carers, and service providers in its development and review.

For more information about what is available in the local community, please visit: [Local Offer in Torbay | Torbay FIS Directory](#)

### Measuring Impact

The Local Authority must ensure that our Short Break Services focus on improving the life opportunities of children with disabilities and their families through continuing to develop our strategy with parents and young people. The views of families, both parents and children are essential for future success and must be used to inform the shape of services within Torbay. The Children's Disability Team will therefore ensure that young people and parents are consulted both individually and by working with local organisations including the Parent Participation Forum and Disability Council.

There is a commitment from the Local Authority to ensure that all Short Breaks on offer will make a positive difference to Torbay's young people. The views of children, parents and staff will continue to be monitored to ensure that a cycle of continuous improvement is in place.

The Children's Disability Team will provide progress reports to the Children's Services Senior Management Team, embedding the principle that 'children with disabilities are important to everybody' and thereby developing ownership and accountability at the highest strategic level.

### **What next and how can you get involved?**

If you would like to get more involved in shaping short break services in Torbay, there are a number of ways you can do this:

#### ***Links and contact numbers:***

- If you are a child, young person, parent or carer, and you would like to become involved in a Short Breaks Participation group, please email:  
Becky Thompson, Head of Service for Regulated Services on [becky.thompson@torbay.gov.uk](mailto:becky.thompson@torbay.gov.uk)  
Kerrie Ford, Team Manager for Children with Disabilities on [kerrie.ford@torbay.gov.uk](mailto:kerrie.ford@torbay.gov.uk)
- If you are a young person, you can join the Disability Council – email: for more details [www.childrenssociety.org.uk](http://www.childrenssociety.org.uk)
- Or contact the Torbay Family Information Service 08003 285974 or email: [fis@torbay.gov.uk](mailto:fis@torbay.gov.uk).