

Short breaks for disabled children



A guide for parents and professionals



Aiming High for Disabled Children is a government initiative which aims to offer parents and carers of disabled children short breaks and activities for their families. A short break can be anything ranging from one hour's activity or more, either before or after school, or at the weekend or during a holiday, consisting of a positive, enjoyable activity for the disabled child. Meanwhile, parents and carers gain a well-earned break from caring.

Please note: a short break gives the parents respite from caring and the child a positive activity. Childcare – which enables parents to either work or train – is not counted as a short break.

Aiming High for Disabled Children funding has been used to promote a variety of regular, planned short breaks for disabled children on the Isle of Wight. These are aimed, in particular, at children with the most severe and complex needs who are more likely to have received fewer short breaks than most.

This booklet will help to explain which children are eligible for a short break through Aiming High funding. Children will normally have received an assessment prior to a short break being offered. This may have been through children's services, a common assessment or consist of a professional diagnosis, eg, from a paediatrician or psychologist. Alternatively, your child may have a statement of special educational needs or be in receipt of the higher level of disability care component living allowance. If this is the case, your child is likely to fall into tiers three to four (see pages six and seven) as the severity of your child's needs will increase the level of support they require.

Please note: These tiers are not rigid. A child's needs may fluctuate over time and so the child may move within the tiers.

Most children at tier one will be able to access a short break through social and leisure settings with the support of their parents, carers and families. Information, advice and guidance can be provided for you. It may be that you receive support through your GP, health visitor, local school or children's centre.

A child at tier two may need more support, either from a single professional, or from several professional teams. A common assessment framework (CAF) or initial assessment may be considered at this stage to clarify what support you and your child need. At all times, the child or young person is seen as part of the process. Your child will be eligible for a short break from Aiming High, but priority will be given to those children whose needs fall into tiers three and four.

If it is apparent that a child or young person has a severe or profound disability that is going to have a lifelong impact on their health, then a core assessment may be carried out by the specialist children's disability team. It is likely that children with a key worker in tiers three and four will fall into this category. Once a core assessment has been carried out, this will result in a care plan involving

input from several agencies. Both the parents and young person will be involved with the care planning process. All care plans are subject to ongoing monitoring and review.

If your child does not have a key worker and you still wish to access a short break, you will still be able to if your child has an assessment from a professional, eg, a paediatrician or psychologist.

A range of services have been planned to support you. Some will be provided through the children's disability team, others can be accessed by you for a small charge.

You should not expect to pay any more for your disabled child than any other parent.

TIER ONE

Universal services

Disabled child's care needs

The child leads life as normally as possible and additional care needs are easily met by the family.

Example: Child's disability not affecting family life.

Brothers and sisters' care needs

Brothers and sisters' opportunities are not significantly limited by the care needs of the child.

Parents or carers' needs

Parents' personal and social lives are not significantly limited by the child's care needs.

Parenting or caring capacity

Parents or carers can provide reasonable care using their existing support network (family, friends or support from a health visitor).

Example: Parents can manage the care of the child without additional support.

What support can you get?

Information, advice and guidance is provided at this level of need without the need for a formal assessment.

Accessible services might include the following:

- Community child-minding.
- Holiday clubs.
- Leisure and sport activities.
- Education support.
- Information, advice and guidance.
- GP surgeries.
- Nurseries.

TIER TWO

Single or multi agency response

Disabled child's care needs

The child has additional needs which require extra support to enable him or her to lead a healthy, fulfilling life, as well as helping to prevent the build up of stress in the family. Parents or carers may request an initial assessment.

Examples: The child has some developmental delay and/or behavioural problems. The child has sensory impairment or learning disabilities which do not significantly affect their care needs.

Brothers and sisters' care needs

Brothers and sisters' opportunities are restricted by the care needs of the child.

Examples: The family is unable to spend quality or individual time with brothers or sisters. The family may be unaware of services available (or how to access these) for brothers and sisters. Brothers and sisters are unable to attend leisure facilities, clubs etc, due to the care needs of the disabled child.

Parents or carers' needs

The child's care needs are impacting on the parents' personal and social lives.

Parenting or caring capacity

Parents can provide reasonable care but need support to provide more specialist parenting and caring.

Examples: Parents who need information and advice but cannot read or speak English or cannot read. Families who have other caring roles or competing demands. Families where there are marital or relationship problems.

What support can you get?

These children's needs can often be met by a single agency, however the support of other agencies may also be required. A common assessment framework should be considered.

TIER THREE – complex

Significant level of multi agency response

Disabled child's care needs

The child is at risk of significant harm and it may be that there is a possibility of the child becoming looked after by the local authority.

These children are unlikely to enjoy a reasonable standard of health and development, and are often at personal risk. A common assessment framework should be undertaken.

Examples: The child has challenging or self-harming behaviour arising from their disability and requires supervision. The child has limited self-help skills and needs assistance with toileting, feeding and transferring. The child is wheelchair bound but can bear weight.

Brothers and sisters' care needs

Parents cannot meet all brothers and sisters' essential needs.

Example: Brother and sister may also have a disability.

Parents or carers' needs

The parents can only meet their child's essential needs at significant cost to their physical and mental health or with serious risk of a family breakdown.

Parenting or caring capacity

Parents cannot provide care to meet the child's needs.

Example: Families where one partner is the main carer, but they have difficulty coping because of mental health issues, isolation or medical conditions.

What support can you get?

These children will require specialist services and a multi-agency assessment. They will meet the eligibility criteria for the children's disability team. After an assessment of both the child's and family's needs by children's services, a package of support will be agreed with the child as well as their parents and carers. This package will involve one or more of the following (depending on their individual level of need and family circumstances):

- Direct payments.
- Home care.
- Family-based support, eg, Family Link.
- Sitting service.
- Overnight residential short breaks.
- Specialist holiday and weekend clubs.
- Specialist after-school clubs.
- Transition planning and support.

TIER FOUR – acute

Complex statutory assessment

Disabled child's care needs

Services or long term accommodation are required to prevent immediate risk of significant harm. These are children who require specialist support because of complex, prolonged or critical needs.

Examples: The child requires regular physical restraint, their behaviour can harm both themselves and those around them. They require night time supervision. The child has physical impairment requiring handling in hoists for all transfers, and they are unable to dress, toilet, bathe or feed themselves.

Brothers and sisters' care needs

Brothers and sisters' essential needs cannot be met because of the disabled child's special care needs.

Example: The parents are prevented from attending to the siblings' essential needs for any extended period of time. Brothers and sisters have significant care needs of their own.

Parents or carers' needs

The parents' mental or physical health prevents them meeting their child's essential needs, or there is a substantial risk of family breakdown.

Parenting or caring capacity

Parents cannot provide adequate parental care without provision of services.

Example: The parenting capacity is affected by mental health, disability, medical issues or serious stress. There are other major care responsibilities, eg, another member of the household who has significant disabilities.

What support can you get?

Please see page 6 of this booklet.

What's on offer for your child?

The Isle of Wight Council and NHS Isle of Wight are providing a range of planned short breaks and activities for disabled children, thanks to funding by Aiming High for Disabled Children.

How do you access the short breaks and activities?

You can find a current list of the short breaks and activities available by visiting www.wight.com/council/aiminghigh or www.wightchyps.org.uk



You can also call or visit the Family Information Zone (FIZ) for advice and support from the information officer. Your enrolment for short breaks and activities will be processed by FIZ.

To contact FIZ either telephone (01983) 821999, call in (Monday to Thursday, 8.30am to 5pm; Friday 8.30am to 4pm), or email familyinfozone@iow.gov.uk

FIZ are located next to the Newport Library at 11 Orchard Street, Newport, PO30 1JZ.

What next?

Complete the enrolment form on the previous page. It is also available to download online at www.iwight.com/aiminghigh and on www.wightchyps.org.uk and forward this to the information officer at FIZ.

Contact the short break or activity provider of your choice to book a place. You may wish to provide further specific information about your child's needs, as appropriate.

Please contact FIZ if you require any further assistance.

Will I have to pay?

In some cases a small charge will be asked for. This is indicated on the website or advised when making an enquiry. You should not, however, need to pay any more than any other parent.

Useful contacts

Isle of Wight Council

FIZ – The Family Information Zone

11 Orchard Street, Newport,
Isle of Wight PO30 1JZ

Tel: (01983) 821999

www.wightchyps.org.uk

Children's Disability Team

Oak House, Halberry Lane, Newport,
Isle of Wight PO30 2ER

Tel: (01983) 535370

Special Educational Needs Services

Thompson House, Sandy Lane,
Newport, Isle of Wight PO30 3NA

Tel: (01983) 533523

Children's Service Centre

Atkinson Drive, Newport, Isle of Wight
PO30 2LS

Tel: (01983) 525790

Out of hours: (01983) 821105

You can also visit www.iwight.com/childrensservices

Independent advice

Parent Partnership

11 Orchard St, Newport, Isle of Wight
PO30 1JZ

Tel: 01983 825548



For more general information about short breaks and activities for your disabled child, please contact:

Short Breaks,
Thompson House,
Sandy Lane,
Newport,
Isle of Wight,
PO30 3NA

Tel: (01983) 533523

Fax: (01983) 528383

Web: www.iwight.com/council/aiminghigh

For enrolment details about availability of short breaks and activities, please contact:

FIZ
11 Orchard Street
Newport,
Isle of Wight
PO30 1JZ

Tel: (01983) 821999

Web: www.wightchyps.org.uk

This publication is available on request in large print, audiotape or Braille and in other languages. For further details please contact the Isle of Wight Council on (01983) 821000 (Typetalk available)

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Enrolment form

Child/Young person’s details

First name:

Family name or surname:

Date of birth:

D	D	M	M	Y	Y	Y	Y
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 Gender: Male ☐ Female ☐

Address:

Telephone number:

Please state the primary disability:

Autistic spectrum ☐ Learning difficulties ☐

Physical disability ☐ Complex health needs ☐

Other (please state below) ☐

Parent or carer’s details

Title: First name:

Family name or surname:

Address:

Telephone number:

Mobile phone number:

Email:

How would you like us to contact you? By email ☐ By post ☐ Not at all ☐

Ethnic origin

Please tick the category that best fits your ethnic origin.

A – White

- ☐ British
- ☐ Irish
- ☐ Any other white origin

C – Asian or Asian British

- ☐ Indian
- ☐ Pakistani
- ☐ Bangladeshi
- ☐ Any other Asian origin

E – Chinese

- ☐ Chinese

B – Mixed

- ☐ White and Black Caribbean
- ☐ White and Black African
- ☐ White and Asian
- ☐ Any other mixed

D – Black or Black British

- ☐ Caribbean
- ☐ African
- ☐ Any other Black origin

F – Other ethnic group

- ☐ Other (please specify)

Please complete the following questions if you wish to be considered for a short break funded by Aiming High for Disabled Children

You are automatically eligible if you live on the Isle of Wight and are able to tick **one or more** of the following categories for your child:

- ☐ In receipt of higher level disability living care component allowance.
- ☐ Has a statement of special educational needs.
- ☐ Has undergone a professional assessment, eg, core assessment, common assessment framework or a professional diagnosis (from a paediatrician or psychologist).

My child is receiving a service from one of the following:

- | | |
|--|---|
| <input type="checkbox"/> Children's disability team. | <input type="checkbox"/> Physiotherapy service. |
| <input type="checkbox"/> Portage service/Early support team. | <input type="checkbox"/> Beaulieu House or Family Link. |
| <input type="checkbox"/> Occupational therapy service. | <input type="checkbox"/> Acute nursing team. |

You are also eligible if you live on the Isle of Wight and are able to tick **any two of the following** for your child:

- ☐ Normal activities are interrupted by frequent health needs, affecting progress in development or education.
- ☐ Requires frequent use of specialist equipment, including a wheelchair/buggy and/or help from a carer/parent to get around.
- ☐ Requires regular support with basic self-care functions, eg: eating, going to the toilet, washing, dressing. Also they need more regular supervision during the day and sometimes at night, than you would expect for a child of their age.
- ☐ Does not hear spoken words, and/or needs help to make up for the complete loss of sound awareness, and may have hearing aids or implants.
- ☐ Has very little or no sight, and/or is registered blind, or needs support to move around.

Data sharing

Your information will be held on a confidential database and will only be used to provide you with information, and/or to enable you to use the services funded through Aiming High. You may also be eligible for any new short breaks provided in the future.

If you are eligible, your information will be shared with the organisations supplying services for Aiming High for Disabled Children. Your information may also be shared with any new organisations that provide short breaks for the Isle of Wight Council.

Your information may also be used for statistical purposes to plan short break services to meet future demand and the needs of disabled children and young people.

☐ **I agree to the Isle of Wight Council keeping my details on a confidential database only for the purposes agreed above.**

Signature:

Date:

D

D

M

M

Y

Y

Y

Y