

**MAKING CHANGES TOGETHER
PARENT CARER CONFERENCE**

**SHORT BREAKS
NOVEMBER 2023**



SHORT BREAKS

A 'short break' is an opportunity for a parent carer of a disabled child to have some 'breathing space', to be able to think, rest, reduce their stress levels, do something they enjoy, socialise or anything that will improve their mental health and wellbeing to help them fulfil the challenges of their caring role. It allows children to develop their independence, take part in social opportunities and improve their physical and mental health.

These short windows of time help parent carers to cope and deal with the challenges they face in supporting a child with additional needs.

A 'lifeline' for carers.



This could include (but not limited to)

Support for the disabled child to access a couple of hours at an activity without their parent carer, support into the home, an activity for all of the family with support, support worker taking the child out of the home for a longer period, or could even include an overnight stay away from their home depending on needs.



Although it is **NOT** a legal duty that the Local Authority **provide** all short breaks, however we **MUST**:

Ensure there is sufficient accessible provision for children with disabilities that allows parent carers short breaks when needed.



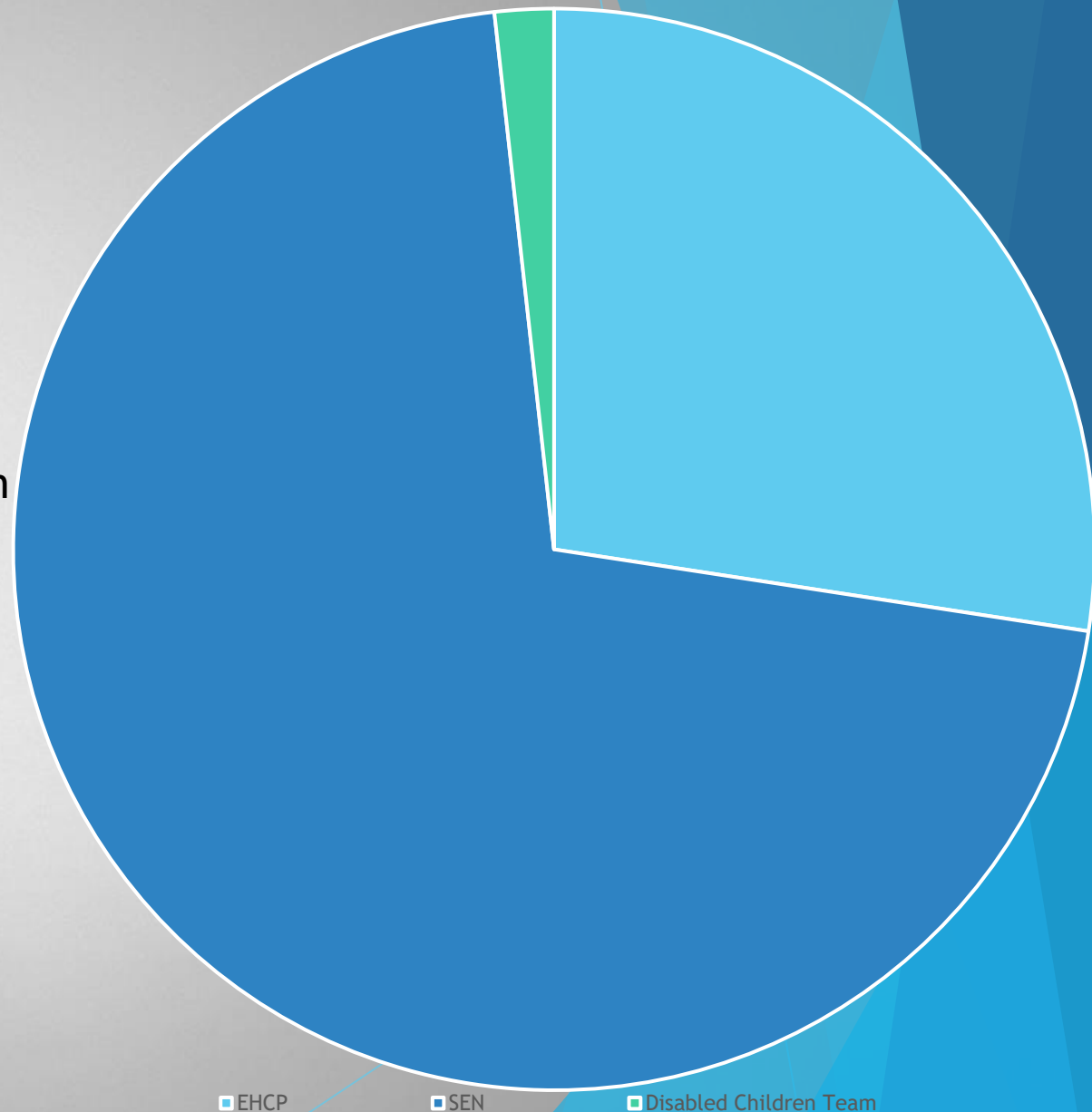
There are 14, 807 children in County Durham with additional support in place,

4321 children and young people in Durham with an Educational Health Care Plan and there is 10486 children and young people with SEN support Plans in County Durham.

Considerations in relation to Local Authority statutory responsibilities to provide services if identified under section 17. There are only 261 of the 14, 807 who are open to the Disability Families First Team and are under social care assessments, with 65 within this number having complex health care needs and continuing health care.



Data Breakdown

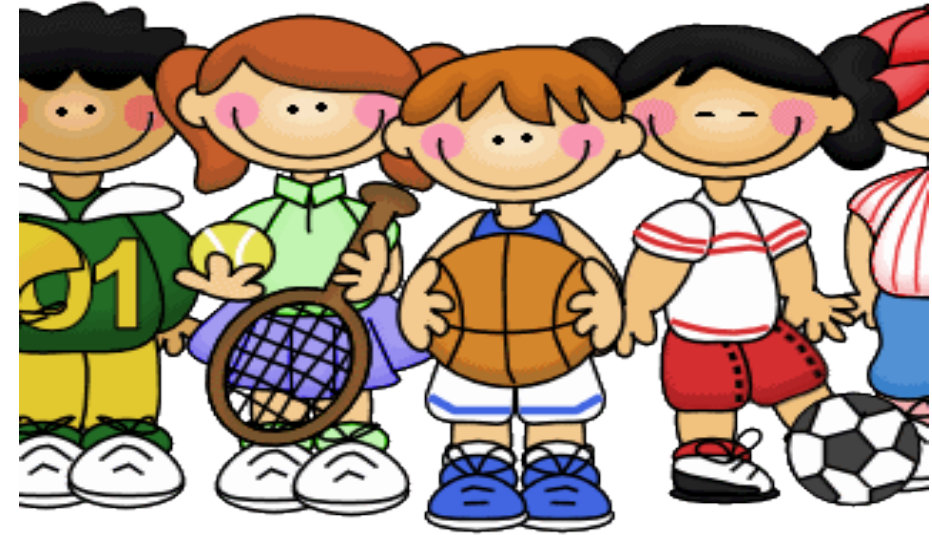


EHCP

SEN

Disabled Children Team

We work with families to develop a 'Short Break' offer to meet their needs and this is outlined and published in a short breaks statement. In County Durham this includes:



Advice, signposting and enabling access



Additional support



Specialist support



A

Advice, signposting and enabling access

*Provide funding to Durham County Carers Support, to work with parent carers to consider their needs including a carers assessment completed as part of this service.

*work with families to help them develop a personalised response to meeting their needs for a positive activity and short break.



B

Additional support

***work with families and organisations to develop local community activities with additional support for children/young people who require this to enable them to take part in an activity to allow parent carers to have a short break from their caring role. A focus on removing barriers and growing capacity and ensuring all children can be supported to access.**

***Youth groups, activities and projects for children who cannot take part in community activities**



C

Specialist support

For families who feel they require more specialist support for children/young people with a range of complex needs that are unable to be met within the existing offer, they can access a statutory assessment to help identify unmet needs and work on potential solutions to meet these needs.

There is a menu of specialist services to meet these needs as part of the offer.



Advice, signposting and enabling access

We are continuing to see an increase in the number of enquiries a total of 1500 to date, this has over doubled in volume in the last 10 months. From families and within the last 10 months there have been more contacts to the service than that of the previous 23 months



Additional support

155 families have been referred for additional support within the commissioned offer during this time.



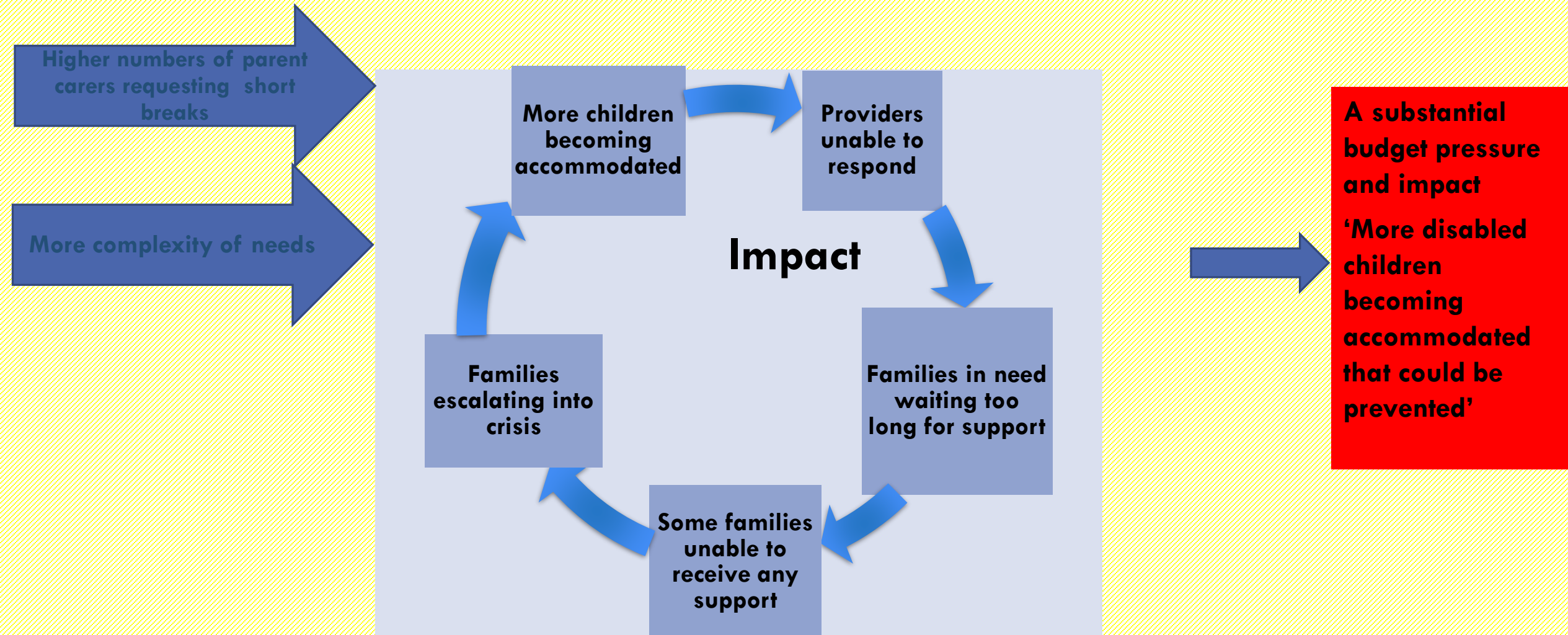
Specialist support

There are currently 372 Specialist packages

Service Type	
Specialist Outreach - Positive Activity	30
Specialist Outreach - Short Break	82
Specialist Outreach - Intensive	9
Overnight	69
Care in the home & Community (Dom Care Providers)	22
Specialist Health Care into the Home	9
Direct Payments	99
Overall Total	320

Main challenges, pressures and impact on families?

Challenges for families of children with complex needs who need a short break
(those that we are legally required to provide - specialist)



We have developed a Short Breaks Sufficiency Strategy and Action Plan in response to the review

2 Key Strategic Priorities

1. Transform

Transform universal services to increase inclusion, access and opportunities for children and young people with a range of additional needs in local community activities.

2. Develop

Develop and commission a graduated and flexible response for those children with SEND unable to access the existing community to allow carers a short break. A menu of support that will enable independence and can provide the right support at the right time to prevent needs of families from escalating.

PRIORITY 1- Transform universal services to meet needs

Using the barriers shared by families a model has been developed which will be driven through an empowering approach against each barrier to deliver transformation and maximise inclusion for those with additional needs in their community



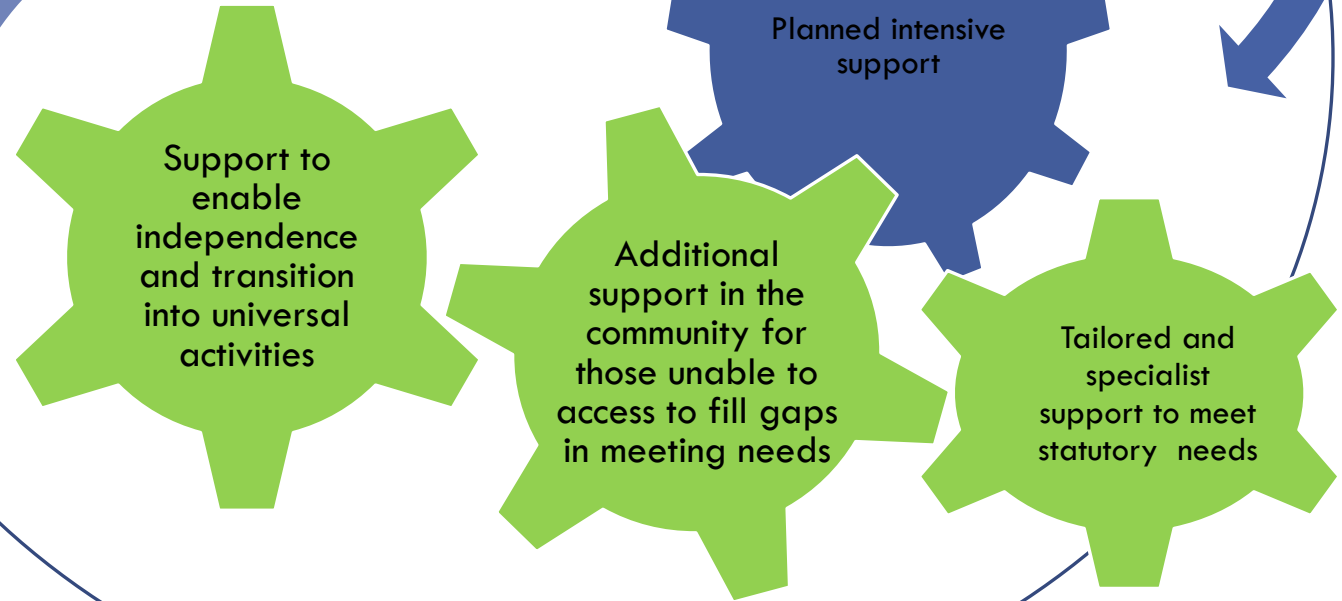
This diagram shows how each priority area is linked and all impact the other

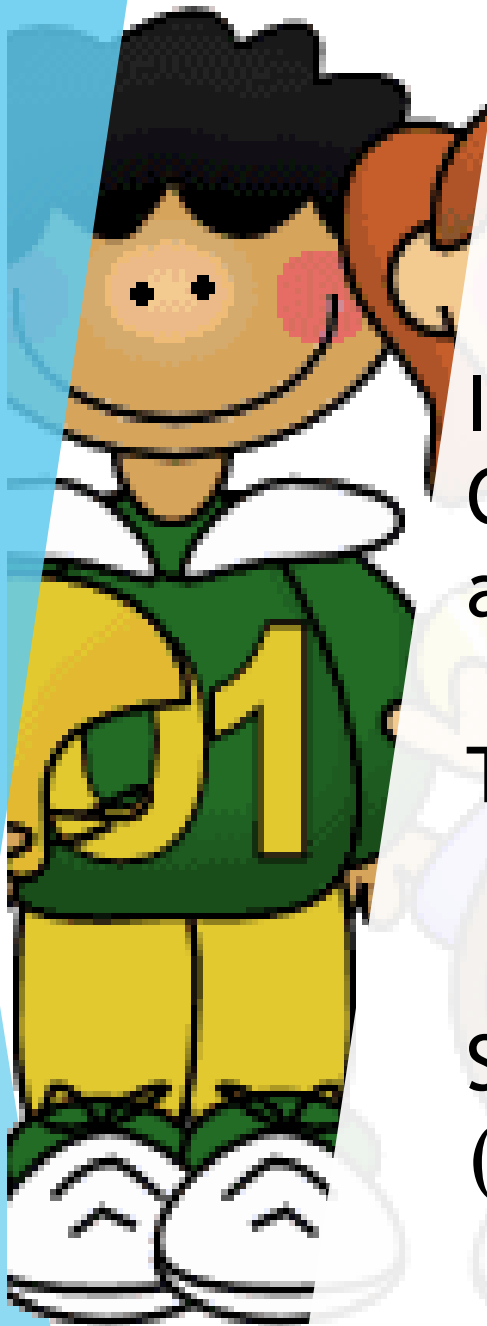
Transform universal services



Commissioned graduated solution

Child/ family needs unable to be supported within the universal offer





If you feel you need a short break from caring
Children, young people and families want to
access a positive activity

Telephone single point of contact
0300 026 0270

**SEND Empowering Inclusive Communities
(SENDEIC)**



How to get involved?