

Short Breaks

Disabled children and young people

5 Minute Facts

What are they?

Short breaks are part of a continuum of services which support children in need and their families.

They include the provision of day, evening, overnight and weekend activities for the child or young person, and can take place in the child's own home, the home of an approved carer or in a residential or community setting. Short breaks can be:

- **Universal** – the breaks we all enjoy! Time with friends and extended family, going to a local club etc
- **Targeted** – out of school activities where disabled children and young people are welcomed. These might be **inclusive** services, where all young people are welcomed, or they may be **exclusively** for disabled children and young people
- **Specialist** – services set up for disabled children and young people who need some more specialised support. These are funded by the local authority or, sometimes, by the voluntary sector

Why do we have them?

Short breaks give children and young people fun and interesting things to do as well as giving parents or usual carers a short rest from caring.

What does the law say about them?

Part 3 of the Children Act 1989 sets out local authorities' powers and duties to provide support services for children in need and their families. The definition of children in need includes children who are disabled within the meaning of the 1989 Act.

In performing their duty under paragraph 6(1)(c) of Schedule 2 to the 1989 Act, a local authority must provide, so far as is reasonably practicable, a range of services which is sufficient to assist carers to continue to provide care or to do so more effectively.

In particular, the local authority must provide, as appropriate, a range of:

- Day-time care in the homes of disabled children or elsewhere
- Overnight care in the homes of disabled children or elsewhere
- Educational or leisure activities for disabled children outside their homes
- Services available to assist carers in the evenings, at weekends and during the school holidays

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What do we have in Bolton?

- A range of universal and targeted services that are identified in the Local Offer by the SEND (Special Educational Needs and Disability) www.mylifeinbolton.org.uk
- A range of voluntary sector services that meet the specific needs of disabled children and young people
- A range of "in house" Local Authority provision (BRIDGES) including residential short break care, family based short break care and Family Support. If assessed for any of these services, the need may be met by a Direct Payment
- Commissioned out of school support, Play Is For All, Saturday Club and after school clubs
- The Record – Bolton's register of disability
- Parent Information and Support Worker. This person coordinates The Record but will also offer advice and guidance

What can families do?

- Look on Bolton's Local Offer for universal or targeted services that may be able to meet the needs of your child
- Arrange to meet with our Information and Support Worker to consider eligibility and options
- Talk to your key worker in health, education or social care to ask for an Early Help Assessment with a view to identifying and meeting your need for a short break

How to request an assessment for a Short Break

In the first instance we recommend you consult the www.mylifeinbolton.org.uk activities and events section for details about what can be accessed without an assessment.

If your child has a severe and substantial disability, they may be eligible for targeted help to provide a short break. An online referral form should be completed by your lead professional and sent through to the Integrated Front Door (IFD). A social worker from the Children with Disabilities Team will offer further advice and guidance, and where appropriate, complete a short break assessment - Resource Allocation System (RAS) - to determine how Short Breaks could support you and your family, and how they will be provided.

Key contacts...

Short Breaks
Tel: **01204 331500, option 4**
Email: CWD@bolton.gov.uk
for a discussion

Bolton SEND Local Offer
[www.bolton.gov.uk/sendlocaloffer/
short-breaks-shared-care](http://www.bolton.gov.uk/sendlocaloffer/short-breaks-shared-care)

**All the local info I need
is just a **click** away!**

www.mylifeinbolton.org.uk



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