

Developing Short Break Options

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Today's Session

Consider how -

- we work together to make things easier for disabled children and their families
- we unlock the resources that can support and strengthen families to stay together
- we enable disabled children and young people to be active citizens to have fuller and more meaningful lives

And the role of Local authorities?

A Journey



Families being Families

- Families want to keep their children at home
- Professionals often overwhelmed – with the enormity of the family's situation
- Invest in the development of community based family support services – to prevent family breakdown - foster resilience
- First we have to consider what families want and need?

What do families need when they have a child with a disability?

- Practical support
- Emotional support
- Peer support
- Advice
- Information
- Re-assurance
- A regular planned break from their caring responsibilities
- Access to equipment and therapies
- Hope!

Impact of Short Breaks

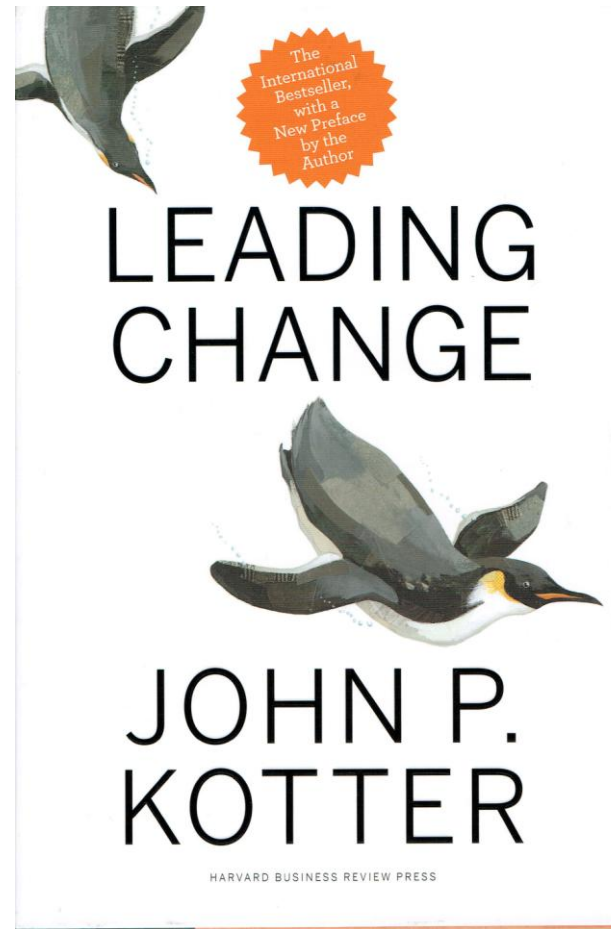
- Langer et al (2010) confirm the important role of short breaks on disabled children and their families
- The researchers contacted a number of voluntary sector providers delivering leisure activities and family sessions
- Parents value the family sessions as they relax with other parents who understand their child's needs and experience a sense of relief and well-being
- Langer et al recommend that Local Authorities should consider the roles of grassroots organisations in the lives of disabled children and their families

Impact of Short Breaks

- The challenges of an unskilled workforce is a barrier
- Hatton et al (2010) identify this as a key issue – short break services should instil parental confidence
- There is a role for health services in supporting the delivery of short breaks through provision of equipment and training
- Collaboration and partnership is a pre-requisite in supporting inclusive and specialist short breaks

Leading Change

John P Kotter



1. Establish a Sense of Urgency

Creating Change

How can we - *increase and develop family support services and make them fit for the 21st century?*

UN Convention on the Rights of the Child, Article 23 (children with a disability). A child with a disability has the right to live a full and decent life with dignity and, as far as possible, independence and to play an active part in the community. Governments must do all they can to support disabled children and their families

2. Assemble a coalition of individuals who embrace the change

Transformation cannot be the responsibility of one agency:

It is incumbent upon the Local Authority to take a lead on facilitating wider engagement with the local agenda

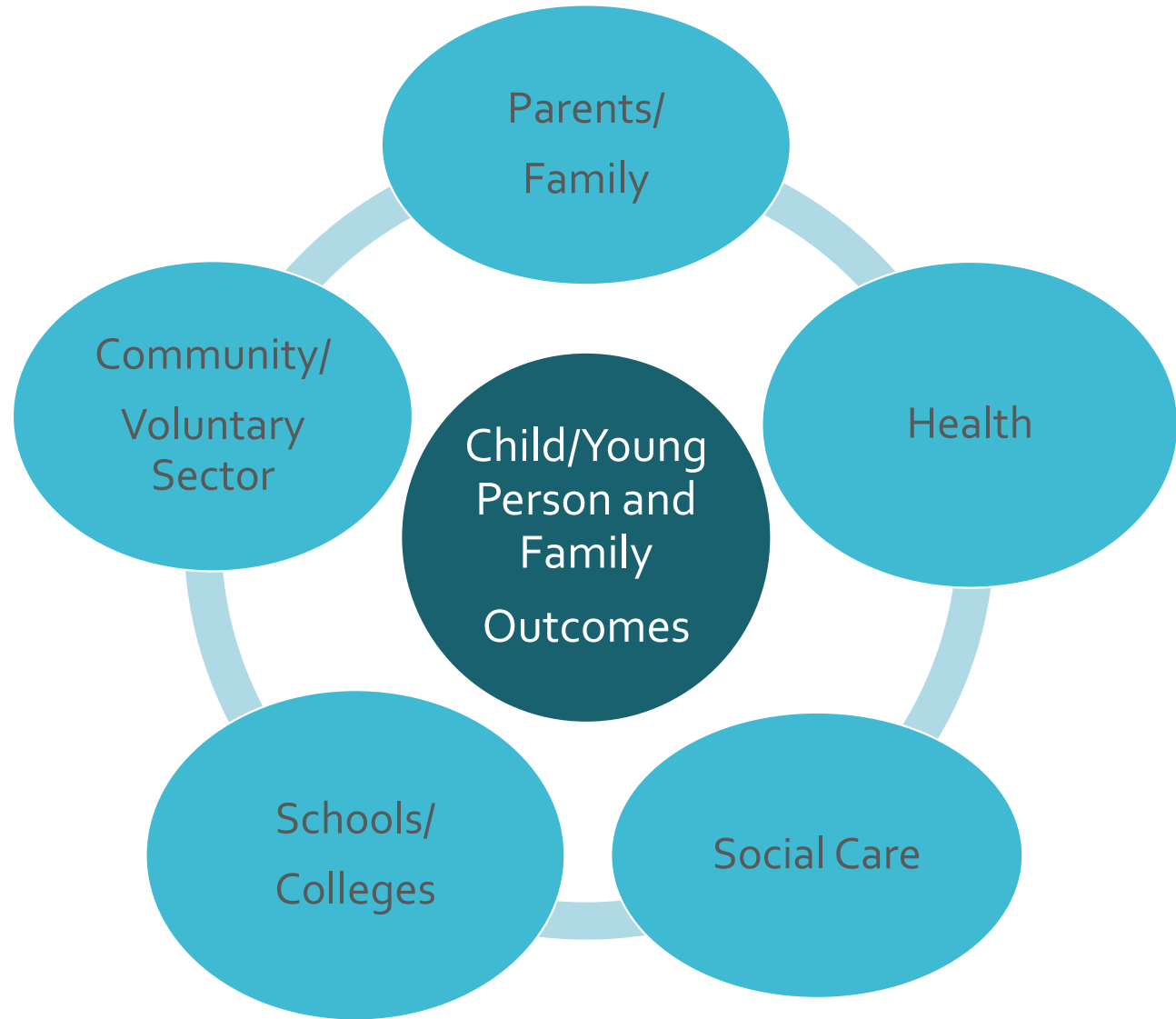
Disability Services

Political engagement

other partners including:-

- Schools and Health services
- Play, Sport and Youth Development teams
- Voluntary Sector and grass roots organisations

Joint Working



3. Create a vision to direct the change

Disabled children are everybody's business:

A simple strong message – that everyone can buy into

Share new ideas – explore how to make this a reality

Develop a menu of options that offer families choice and control and reflect the changing stages of family life

Costs

A number of studies have identified the cost benefit of good community support services to disabled children and their families

'The costs of Short Break Provision' (Holmes Mcdermid and Sempik)

- Costing support is complex – families vary a 'one size fits all' approach cannot be applied.
- Families needs and circumstances vary.

Development of Community Services – Menu of Short Break Options

- Home Care
- Home Sitting
- Holiday play schemes
- After school activities
- Weekend support
- Family based overnight short breaks/residential overnight short breaks
- Befriending
- Family Fun Days

Giving families choice and control

Agree your Outcomes

- Parents/Carers feel supported and have a break
- Family resilience – disabled children experience safe and effective parenting – good quality of family life
- Social integration – disabled children have an ordinary experience of socialising and having fun with their peers – increase their involvement in community activities
- Independence – raise the confidence, independence and safety of disabled children by developing their life skills
- Parents develop friendships

4. Communicate the vision and teach new behaviours

Our role is to create an environment that encourages community services to do the work – to take responsibility for 'our children'.

Collective accountability for disabled children and young people

Short Break Duty

Since 2011 all Local Authorities have been required to comply with the Short Break Duty.

- This duty requires each local authority to produce a Statement – explaining what short breaks are available
- They must explain the eligibility criteria for these services, and how the range of short breaks is designed to meet the local needs of families with disabled children



Develop Early Years Provision

What Early Years support is available?

What existing resources could be developed?

- Drop-ins/Coffee mornings
- Parent Networks
- Specific advice sessions
- Early years stay and play/nursery/childcare sessions

Having fun at the Playing & Moving Group



5. Empower others to act on the vision

Learn and train together to facilitate change - don't instruct or impose ideas – explore the possibilities together and give permission to take risks.

Children with disabilities are often 'risk assessed' out of participating - the emphasis should be on how to include all children

Develop provision and training with parents - co-production

Developing School Age Provision

- What existing resources could be developed –either specialist or inclusive - youth/sports/drama/arts?
- Where are your local champions?
- Stress of key family times – weekends and school holidays

6. Plan for short term wins

- Visible differences
- Publish success
- Pilot projects: exploring the dilemma together and create win-win situations

7. Consolidate Improvements

Keep the process alive with new projects, new ideas and inspired colleagues

Success leads to success!

8. Institutionalise 'the new approach'

This is the way we do
things around here

Look for opportunities

In partnership with parents, children and young people and with the local community look for opportunities

What makes this possible?

- Developing relationships – trust and understanding
- Constructive challenge
- Strong connections across all agencies
- Willingness of parents to give up their time – co-production
- Leadership on the part of the Local Authority- local Councillors, Politicians

Local Authorities must:

Give families the choice to access short breaks services using a direct payment

And they should ensure that -

- short breaks are reliable and regular to best meet families' needs
- reach groups of parents who may be more difficult to engage
- ensure parents are engaged in the design of short breaks services



Local Authorities are working with Agencies to involve families:

- In discussion about their needs and working with local and national parent/carer forums to co-produce service models
- To develop the market and support inclusive and specialist short breaks.
- More recently further legislation addressing the needs of children and young people with special educational needs/disabilities has been enacted further promoting personal budgets.



Enfield's Local Offer

<https://new.enfield.gov.uk/services/children-and-education/local-offer/>

Any Questions?

