

Want to know more?

To find out more about The Record, short breaks and whether your child is eligible, please contact:

☎ Kelly Stott on 01204 338756 or 07789 031966

✉ shortbreaks@bolton.gov.uk



Short breaks make a big difference

Do you have a disabled child?

Find out how short breaks could make a difference for your child and family



Please note:

The specialist short breaks service is not able to support:

- young people with behaviour difficulties which are a result of their life experiences rather than a diagnosed impairment
- health needs such as asthma, eczema, epilepsy (unless it gives rise to care needs as described overleaf or is accompanied by another condition)
- intermittent mental health problems

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**Bolton
Council**

What is a short break?

Short breaks provide a specialist service which aims to support disabled children and their families, over and above 'universal' services, which are available to all families. They include services which you may think of as 'respite care', but 'short breaks' is a better way of describing support which both children and parents enjoy.

Short breaks:

- give disabled children and young people the chance to enjoy new experiences and make new friends
- give parents and families a break from caring and time to recharge their batteries

Short breaks can be:

- in the day, evening, overnight or at the weekend
- in your home, at an approved carer's home or in a community setting (like a leisure centre, youth club or school), or somewhere where children can sleep over
- in regular groups (like cubs, brownies, karate, drama, swimming etc) with the extra support your child needs to take part fully
- an extra pair of hands so that the whole family can enjoy doing things together
- for a few hours or up to a couple of weeks at a time, depending on what a child and their family need



Who can have a short break?

Short breaks support disabled young people in Bolton aged 0 to 18 and their families.

We want to make sure services work well for the children and families who need them most, so we look at a number of factors, including the impact of any impairment on both the young person and their family – we do not just look at a medical diagnosis.

To get specialist support, your son or daughter is likely to:

- ✓ receive Disability Living Allowance (DLA) for care at the high or middle rate
- ✓ if school age, receive additional support in school, normally with a Special Educational Needs statement for support of 15 hours a week or more
- ✓ have a disability¹ which has a substantial effect on them and the family being able to live an ordinary life in at least three of the following areas:
 - mobility/physical ability
 - awareness of risk/danger
 - communication/understanding
 - behaviour
 - independence



¹ A disability might be a hearing or visual, learning or physical disability, communication difficulties or complex health care needs. 'Substantial' means more than minor or trivial and should be apparent for more than 12 months. 'An ordinary life' here means compared with other children/young people of the same age.

What happens next if I think my son or daughter is eligible?

This depends on the amount and type of support you are looking for.

As a first step, we strongly encourage all families to register their child on The Record, Bolton's disabled children's database. This means you will receive our On The Record newsletter and information about short break leisure activities. Some of these might be especially for disabled children; for others, support could be made available for your child to attend. You should be able to enrol your son or daughter for them directly with the provider, for an agreed number of sessions, which might be weekly or during school holiday periods.

What if I want more support?

If you are looking for more support, then an individual assessment of your child's and family's needs will be completed by a professional already known to your family or by a social worker from the Children with Disabilities Team. The assessment is an opportunity for you and your child to explore and explain what support you need. When you have agreed the information, you will be given a copy of the assessment. Its recommendations will be discussed at a resource panel and a response given to you and the assessor as soon as possible.

Following an assessment, you could choose a direct payment instead of a particular service, which allows parents (and young people themselves, as they get older) to employ someone of their choice to provide support.