

Who do I speak to for more information?

If you need help in arranging a referral or require any other information, please contact:

Family Information Coordinator

Child Development Centre
Overdale Campus
Westmount
St Helier
JE2 3UH

Telephone: (01534) 444817

Email: familyinformation@health.gov.je



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Service Information

Short Breaks for Children with Disabilities

This leaflet is for families of children with disabilities interested in short breaks. It outlines the provision available, who is eligible and how to apply.

Short Break Service
Child Development Centre, Overdale

What is a short break?

Short breaks provide disabled children and young people opportunities to spend time away from their primary carers and take part in activities that enable them to have fun and develop their independence, emotional resilience and confidence. They also provide a valuable, and sometimes necessary, break from caring responsibilities for parents and carers of disabled children and young people.

Informed by the views of children, young people and their families, three tiers of short break support are available in Jersey.

Children will be supported at the lowest tier required to meet their needs.

Tier 1: Universal short breaks

Short breaks can be provided for children and young people by accessing mainstream activities without an assessment. This includes youth clubs, uniformed groups (e.g. cubs, brownies), leisure centres, nurseries, childminders and activity-based groups.

To help children and young people access these activities, the Youth Service in partnership with the Jersey Child Care Trust offers:

- support to providers to develop skills and;

Tier 3: Specialist short breaks

If your child's needs cannot be met at a Universal or Targeted level, a professional will support you to complete an Early Help assessment. This will also involve any other agencies working with your family and will identify strengths and needs.

If the Early Help assessment shows that more support is needed, then a referral can be made to a social worker. The social worker will use the Early Help assessment to identify how needs might be met through a range of services.

This might include specialist short breaks, including:

- 1:1 support to access community activities
- daytime support at a Short Break Centre
- overnight short breaks
- short break foster care

Children and young people who access specialist services may also access universal and targeted short break opportunities to meet some of their needs.

How can families access the targeted short break offer?

If you meet the eligibility criteria, you can ask any professional working with your child to make a referral to the Short Breaks Service. This could be their teacher, Special Educational Needs Coordinator (SENCO), Family Care Coordinator or any health professional.

What happens next?

If your short break application is approved, we will allocate your child a place on an appropriate play or youth scheme depending on their age. If you accept the place, we will send the referral form to the provider. The provider will contact you to arrange a visit and agree a start date.

If your request is not agreed, we will signpost you to other services that may be able to offer support. You can also find lots of information and support listed in the Children with Disabilities Directory that you can search for on gov.je.

- support to families to help them find activities that their child could access. This might include some support alongside the child/young person taking part in the activity. This support would be for a limited period until the provider is skilled and confident at including the child/young person.

Tier 2: Targeted short breaks

Targeted short breaks are for children and young people who cannot access mainstream activities without ongoing additional support but whose needs can be met in targeted groups for children/young people with disabilities. Some of these activities need a referral and some do not.

Targeted short breaks opportunities available without a referral

Children and young people with disabilities can access some targeted activities without a referral. These include:

- Inclusion Project run by the Youth Service
- Jersey Sport's Sportability sessions
- Autism Jersey's school holiday scheme
- Youth Service's targeted school holiday scheme

Organisations usually charge a fee. The Children with Disabilities Directory on gov.je has more information on these activities.

Targeted short breaks that need a referral

The Child Development and Therapy Centre co-ordinate a targeted short break offer for children and young people aged 4-18 whose families meet the eligibility criteria.

This offer consists of:

- a weekly session at a 3 hour weekend play or youth group. A charge of £5 per session will be introduced from 1st January 2020
- 7 sessions per year at a short break authorised school holiday play or youth scheme. A charge of £10 per 6 hour session will be introduced from 1st January 2020

We do not want any child or young person to miss the opportunity for their short break activity because their family cannot afford the charge. If you are on low income and will struggle to pay these fees, please contact us.

Who is eligible for the targeted short break offer?

Your child is eligible if:

- your child has a permanent and substantial disability or health condition that severely impacts on your family's ability to do normal everyday activities and your child would benefit from a short break

AND

- your child is unable to access universal services (e.g. youth club, after school activities, time away from parents with extended family and friends)

Your family must also meet **two** of the following criteria:

- your child has behaviours that you find challenging – behaviours may present risk of harm to themselves, to other people or to the environment
- you are a single parent without extended family support
- you have more than one child with a disability or you have other children under 18 years of age whose opportunities to enjoy ordinary life are restricted because of the support required for their sibling
- you have a disability or a diagnosed health need which affects your ability to care for your child
- your sleep is disturbed regularly due to your child's additional needs