

Short Breaks/Respite Care

Context

From a **childrens'** perspective, short breaks provide families with an essential respite for both vulnerable children and their families and provide young people with individual support and enrichment activities.

Short breaks provide structured safe activities for children and young people within the community, providing the opportunity for children and young people to have fun, learn, develop and gain independence and confidence.

Providing meaningful short breaks allows families a regular break from their caring roles, preventing a family from going into crisis and the council having to intervene further to provide more intensive and costly forms of support including overnight short breaks, children entering the care of the local authority or being placed in residential special schools.

The provision of these services supports the council's priorities for Tackling Inequalities and providing the Best Start in Life for vulnerable children and young people.

Whilst the Council has a statutory responsibility to provide a range of short breaks, the demand for services has grown year-on-year. This is further exacerbated by limited provision within the borough.

Adults' services are seeking proposals for innovative approaches to delivering respite and short breaks services for carers of adults with a range of health and social care needs including dementia, mental health issues, learning disability, physical disability, long-term health condition etc.

Carers and the person they care for over the age of 18 will be provided with a range of options including home, community, centre-based and other settings. Carers and the person they care for to be supported to use community facilities, establish social networks, meet people and make friends.

We want to develop a varied respite and carers breaks offer that is available to all unpaid Adult Carers. The design of the service should be informed by carers to meet both their emotional and practical needs.

A varied range of respite care with flexibility to meet different needs including emergency respite will require a flexible and responsive range of high-quality respite care offers.

Budget

The proposed budget for Respite/ Short Break services for both adults and children from 2023 is £0.405m per year for 4 years (2023/24 to 2026/27) subject to annual approval.

Proposed funding priorities

For **children's services** provision moving forward will be focused on:

- reducing the current waiting list (approximately 100 young people on the waiting list at the time of writing)
- Increasing capacity – provision additional services during holidays and at weekends
- Increasing the diversity of provision – age-appropriate provision with more opportunities to access activities within the community
- Embedding Co-design in the development of services

- Implementing robust performance monitoring to drive up the quality of provision e.g. regular review, attendance, activity planning

Young people benefit from:

- Developing and pursuing new and existing interests and hobbies
- Making and sustaining a range of positive relationships outside of their families
- Taking part in a range of fun and interesting activities and life experiences
- Learning new skills that can contribute to help them prepare for adulthood

Parents and other members of the family benefit from:

- Being able to have break from their caring role(s)
- Having the opportunity to catch up with 'everyday activities' (sleep, employment, education)
- Have time to attend to their own physical and psychological wellbeing
- Spend time with other children in the family
- Maintain and develop social networks

The council is also looking to develop a range of **respite services for adults** that support prevention of placement breakdown and in-patient admission. This could be support provided in the customers/carers home, in the community, at a centre or other setting. The council want to look at a range of options and encourage innovation.

The service will provide both planned and emergency respite for unpaid carers of adults. This could include provision of regulated personal care. Both the planned and emergency respite provision is focused on helping individuals remain at home, sustain caring relationships and prevent crises developing. The service will be available 365 days per year.

Main changes from 2019/23 funding arrangements

For children's services

- The desire is to increase the range of short break providers. At present grant funding has been commissioned to two providers (short breaks and young carer provision respectively). The short breaks provider currently operates a waiting list.
- Funding will be utilised to provide a range of placements across all age groups and provide additional support to a smaller but more complex cohort who may need specialised support.
- Intelligence from an ongoing service review of Short Breaks provision (Feb 2022-Dec 2022) will help to further inform priorities.
- Funding will be used to ensure co-design informs service delivery to meet the diverse needs of the community.

In the previous round grant funding was provided to a consortium of organisations to deliver a short breaks service for **Adult Carers**. The council is seeking alternative innovative proposals to deliver a respite and short breaks service that meets the needs of carers and the person they care for.