

East Lothian Short Breaks Statement: Parent Carers of Children with Disabilities

East Lothian Health & Social Care Partnership



Introduction

Carers of all ages often provide a great deal of support to the people in their lives, whether that is a parent, a sibling, relative or neighbour. This support helps the people they care for to continue to be able to live at home and to be a part of their communities.

Being able to take a break from caring is vital for carers to be able to stay healthy themselves. Breaks can help you to take time for yourself, try new activities, allow you to spend more time with your family away from caring, or to take a break away from the person you care for.

We have written this statement to help give you an idea of the different types of breaks and services that are available within East Lothian to help you to get a break from caring. It also includes details of local services which may be of help to you.

The information in this Short Breaks Statement is for parent carers whose child is under the age of 16. If your child is over the age of 16 please read our Adult Short Breaks Statement which has information about other services available for adults.

Help to Arrange a Break

There are many ways to organise a break and help is available to support you through the process.

Help from Social Work

For eligible children and families, a social worker can assess your needs and the needs of the person you care for, to help you find a break that suits you both.

Help from East Lothian Young Carers

East Lothian Young Carers is a local carers organisation that provides young carers with information and support, as well as help with school and homework. It also runs five Young Carers Clubs which offer a range of activities that allow carers to take time out from their caring role. The clubs also give young carers the chance to meet other young carers.

Help from Carers of East Lothian

Adults and parent carers can get information, advice and support from Carers of East Lothian. They also offer help with all aspects of arranging breaks from caring, provide emotional support and offer opportunities to meet other carers.

Carers can also receive an assessment in their own right, called a Young Carer Statement or if you are an adult, an Adult Carer Support Plan. These will consider, among other things, whether you need a break from caring and how best to support you to access one. The above organisations can provide more information on this.

Charges for breaks

Where a break has been assessed by Children's Services as being required due to carer need or as part of the Child's Plan, there will be no charge for the service.

If a break from caring is organised by East Lothian Young Carers, the services they provide are also free of charge.

Services for Children with a disability

The information below is aimed at families who may be caring for a child with a disability

Short Breaks for parent carers

There are various specialist community based services that allow children with a disability to meet with their peers, while their parent/care has a short break:

- The **Star Youth Club** is a specialist youth club supporting teenagers aged 12 – 18 with a wide range of disabilities. The Club runs once a week during school term time on Thursday at the North Berwick Community Centre and on Tuesday at Meadowpark School, Haddington. Activities are chosen by the members at the start of each term
- The **Pennypit Special Needs Youth Club** supports teenagers aged 15 – 26 and runs twice a week at the Pennypit Centre in Prestonpans.
- **East Lothian Special Needs Playscheme** is available for children with disabilities aged 5 – 16 years old. The scheme offers play, social and educational activities for up to 5 weeks during school holidays. There is a significant waiting list for this resource and places are allocated by date of application. Applications are welcome from the age of 5 years.
- **Edge Autism Ltd** in Musselburgh provide daytime support to people with Aspergers and autism aged 10 and upwards in their own homes.
- **Scottish Autism** in Musselburgh provide an outreach service for a minimum of three hours between 7am – 10pm. They are registered to work with children and adults. The service can be accessed through social work.

Specialist Services

There are a number of specialist services available in East Lothian, some of which require social work assessment and may only be available to children and young people who are eligible. These children will have a budget and a support plan. Examples of breaks that could be included in the support plan are:

- The **Share the Care** service is run by the Children's Disability Team. This service provides support to children with a disability and their families by offering regular breaks in a share the carer's home, the child's home or the local community.

These breaks give children the opportunity to take part in different activities and make new friends while giving their parent carers some time for themselves or with other members of the family. Breaks using the Share the Care service can either be short day time breaks, overnight breaks, or for longer periods of time.

- **Aberlour** provides overnight breaks for young people normally over the weekend but can provide support for a day or a few hours. The service is available to those aged 18 and under and can be accessed through social work.
- **Common Thread** in Tranent provides residential care for a maximum of three young people with complex needs for whom the alternative would likely be secure accommodation. The service is for those aged 8 – 18 years and can be accessed through social work, or directly.
- **The Action Group** in Haddington are registered to work with children and adults who have learning disabilities, physical disabilities and autism. The service provides daytime support, overnight care at home and support for people with disabilities to attend mainstream activities and services

CASE STUDY - Overnight Support

Jacqueline cares for her son, David 9, who has learning disabilities, as well as epilepsy. He often has seizures at night that requires monitoring, medication and personal care. Jacqueline provides most of the care for David during the day, when he is not at school, but needed a regular break overnight.

David was assessed by a social worker from the children's disability team as eligible for support. Support planning with the family led to a link with a share the carer and now David receives a monthly short break. David enjoys spending time with the Share the Carer and her family. Jacqueline is able to relax and have a break knowing her son is well cared for and happy.

- **Care agencies** can offer a break from caring by providing a support worker to help the child go to local clubs and activities. These providers are registered with the Care Inspectorate to deliver services to children and their families and have been through a tendering process to ensure they meet Health and Social Care Quality Standards and are on the East Lothian Health and Social Care Framework. Current providers on the Children's Framework are:

Allied Healthcare

ELCAP

Enable

Mears

You can also find out more about a service including their care grades by looking at the inspection reports on the Care Inspectorate [website](#).

- **Direct Payments** allow you to organise and purchase the care you feel best meets your child's needs. This is the most flexible way of directing your child's support.

You can become an employer and recruit a Personal Assistant (PA). A Personal Assistant can help with day to day routines, provide longer periods of support or even go away on holiday with you and your child. Links to further information on direct payments and self-directed support are provided at the end of the document.

- **Residential Short Breaks** For children with the most complex needs. Their support plan may identify a short overnight break in a residential respite unit. Your social worker will be able to support you to find a suitable resource based on your child's needs.

CASE STUDY - Using a Personal Assistant

Sarah looks after her son, Jason aged 14, who has a learning disability. Jason has a personal budget from Children's Services that is used to purchase some 1:1 support from a personal assistant (PA).

In addition Sarah felt she needed a break from caring. There was enough budget available for Sarah and Jason to plan a visit to a holiday park. Sarah arranged for Jason's PA to come away with them. Jason's PA provided all the personal care and support needed to allow Sarah to have a break.

Although Sarah is familiar with how direct payments work, she knows she can contact her local support organisation, Lothian Centre for Inclusive Living (LCIL), at any time for advice and support.

How Telecare technology can help parent carers of children

- **Telecare** can help you care for your child and can reassure you that your child is safe. There are a range of sensors that can be fitted in your home for example door sensors, bed sensors and window sensors.

CASE STUDY - Using Telecare

Ben is 6 years old and has autism and learning disabilities. His Mum and Dad say, “Ben is as fast as lightning. You need eyes in the back of your head when he is around!” Ben often wakes up in the middle of the night and gets up. One morning he managed to climb over the stairgate on his bedroom door. After this incident his Mum had interrupted sleep keeping an ear open in case Ben went wandering.

We put Ben’s parents in touch with the Telecare Team who put sensors on Ben’s bed and bedroom door, they also fitted sensors on his bedroom, the lounge windows and the back door. You still need to keep a watchful eye on speedy Ben but his parents appreciate the additional reassurance this technology offers.

Important Contacts

Local Organisations

Children's Services

Randall House
Macmerry Business Park
Macmerry
EH33 1RW
01875 824 309 (Contact Centre)
communityaccess@eastlothian.gov.uk
www.eastlothian.gov.uk

Carers of East Lothian

94 High Street
Musselburgh
EH21 7EA
0131 665 0135
centre@coel.org.uk
www.coel.org.uk

East Lothian Young Carers

Unit 1
Cheviot House
Mill Wynd
Haddington
EH41 4DB
01620 826558
eastLothianYC@aol.com
www.eastlothianyoungcarers.org

National organisations

Shared Care Scotland

Unit 2, Dunfermline Business Centre
Izatt Avenue
Dunfermline
Fife
KY11 3BZ
01383 622462
office@sharedcarescotland.com
www.sharedcarescotland.org.uk

Carers Scotland

The Cottage
21 Pearce Street
Glasgow
G51 3UT
0141 445 3070
info@carerscotland.org
www.carersuk.org.uk/scotland

Website Information

East Lothian Health & Social Care Partnership

www.eastlothian.gov.uk

Care Inspectorate

www.careinspectorate.com

Self-Directed Support

https://www.eastlothian.gov.uk/info/210558/social_care_and_health/12324/self_directed_support/1

Employing Personal Assistants and Direct Payments

https://www.eastlothian.gov.uk/info/210558/social_care_and_health/12324/self_directed_support/2

Telecare

https://www.eastlothian.gov.uk/info/210581/disability_and_additional_support_needs/1905/community_alarm_and_telecare_service/1

Euans Guide

<https://www.euansguide.com/>

Get Connected

<https://www.eastlothian.gov.uk/info/210555/getconnected>

List of Local Services

The following are some examples of services based in East Lothian. For information on services outwith the area you may wish to contact the relevant Local Authority for their own Short Breaks Statement.

Services highlighted in green are ones that can only be accessed through a referral via social work.

Provider	Office Address	Contact Details
Care at Home Agencies – Framework Providers		
Allied	Macmerry Business Park, Macmerry	01875 619140 https://www.alliedhealthcare.com/
ELCAP	Woodbine Cottage, Prestonpans	01875 814114 http://www.elcap.org/
Enable	Unit 4, Newhailes Business Park, Musselburgh	0300 0200 101 https://www.enable.org.uk/
Mears	9 Mill Walk Business Park North Berwick	0333 4343 113 https://www.mearsgroup.co.uk/
Clubs and Playschemes for Children and Young People		
East Lothian Special Needs Playscheme	8 Law Road, North Berwick	01620 893823 http://www.elsnp.com
The Star Youth Club	8 Law Road, North Berwick	01620 893823 http://www.elsnp.com/star-youth-club/4572569990
Pennypit Special Needs Youth Club	Pennypit Centre, Rope Walk, Prestonpans	01875 819 635 07759 844339
Other Services		
Aberlour (Bankfoot)	5 Bankfoot, Prestonpans	Contact through social work 01875 824 309 http://www.aberlour.org.uk
Share the Care	Run by East Lothian Health & Social Care Partnership	Contact through social work 01875 824 309

Scottish Autism	17d North High Street, Musselburgh	Contact through social work 01875 824 309 http://www.scottishautism.org
The Action Group	1 Court Street, Haddington	01620 823282 http://actiongroup.org.uk
Edge Autism Ltd	Suite 1, Summers House, Station Road, Eskmills, Musselburgh	0131 273 4377 http://www.edgeautism.com