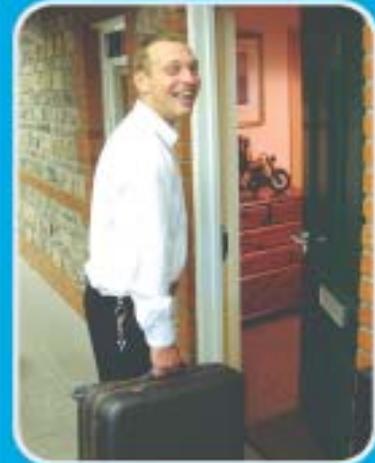




BATH & NORTH EAST SOMERSET

# Short Breaks for People with Learning Difficulties in B&NES



# About short breaks



## Introduction



Some people live with their family and need support/care.



Short stay breaks give people the chance to have a break away from the family home.

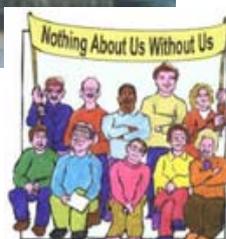


There are different places to have short breaks and get the support/care needed.

Short breaks are also a chance for carers to have some time away from caring/supporting others.



The Government wrote a white paper called "Valuing People".





This looks at ways people with learning difficulties can have more choice in how they live and more control of their own lives.



“Valuing People” says it wants councils to make sure that short breaks are good.



In B&NES these Councillors have looked at ways of making the short break service better for people with learning difficulties.



B&NES spends half a million a year on short breaks.



The council want to make sure there are different sorts of breaks that suit each person’s needs.



Short breaks can help people become more independent and help people to plan their own future.

# Different types of short breaks



With a family - Family Link

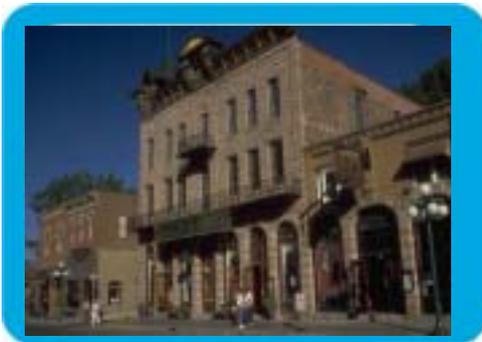
With voluntary organisations



In a small registered home with staff support



In a larger registered home or hostel with staff support



With a holiday trust



With a supporter or befriender for an evening or weekend

Sat Sun

**There are also organisations that offer short breaks for carers - Care Network**



Short breaks can last for one night or up to 3 months.



# Finding out about short breaks



The Councillors asked lots of people about short break services including:



People with Learning Difficulties



Carers



Staff in B&NES



The Valuing People Team



Councils in other parts of the country



Organisations who offer short break services like:

SWALLOW



The Care Network



# What people told the councillors about short breaks



Half of people with learning difficulties live with older parents.



Sometimes people only ask for short breaks in an emergency.



Some carers are worried that there are not enough short break services.



Some people give up asking for a service because finding out can take a long time.



Some people did not know how to get short breaks.



Short breaks need to be what the person wants (Person Centred).



There needs to be a choice of short breaks for people with learning difficulties.



# Transition - Children to Adults



Transition is a part of growing up and a time of change, it is when young people move on to Adult Services

It can be a very difficult time for young people and their carers

Planning needs to be very good to make sure this is a positive time



Young people need a different sort of service to adults.

Staff from the Children and Adult Services are working together.



The council are looking at different ways of getting short breaks right for young people.

A working group has been set up to make sure this happens properly.



Young people and their carers get information about Adult Services from the age of 14.

## Things that worry carers about Transition:

?



Sharing with people of different ages

Keeping safe and having more freedom



?

Having less support and the right staff

Getting the right place to stay

## What the Councillors think should happen now



Transition should be better

The council should look at having a service for people aged 18-30

The council want to make sure everyone is working together



There should be:

Good links with special schools and Adult Services

Networks with other organisations

Shared training



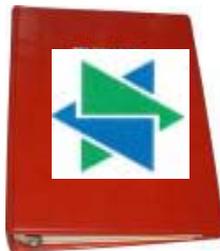


There should be a place to stay for people with “different high support needs”

(Sometimes called people with complex needs or challenging behaviour)

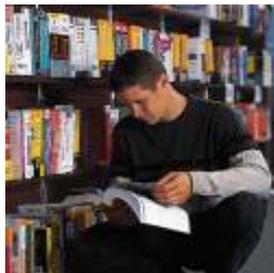


There should be accessible information about short break services



There should be a directory for people with learning difficulties

The directory should have information about short breaks and other services like:



Libraries



Doctors surgeries



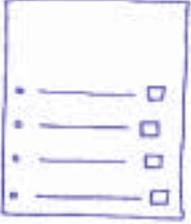
The directory should also be on the internet

## More things the Councillors think should happen now:



Employ a team of paid carers for **on-call work**

Pay more for this service if it is short notice



### On Call Workers



**A list of paid carers who may be able to offer short breaks in emergencies**



All people with learning difficulties should have a plan in case there is an emergency  
(This could be if someone who is a carer gets ill)



There should be places for people to have emergency short breaks

Find better ways to make sure people from black and ethnic minorities know about the short break service

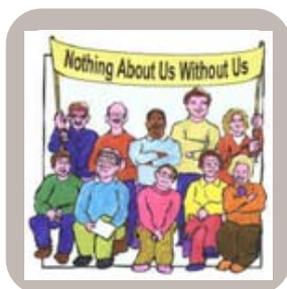


Have people from black and ethnic minorities involved in the Family Link Service

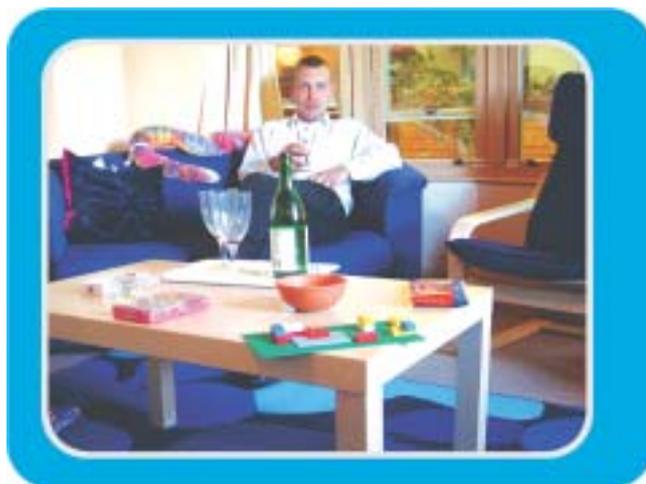
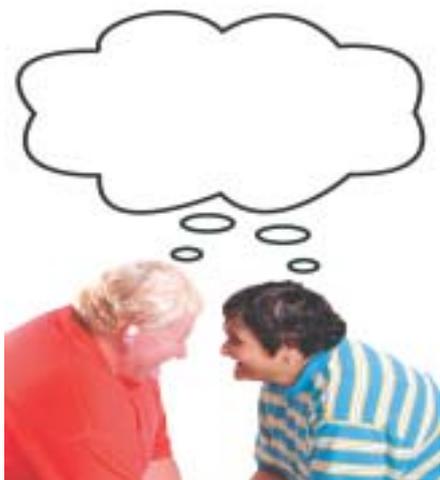


The council want to plan a big meeting each year to find out what people think about the short break service

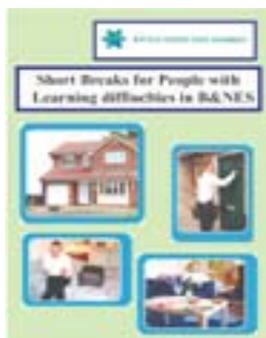
**Better services empower people with learning difficulties to build their own lives and become more independent.**



**The council want to make sure the money B&NES has is spent well so that we have a good short breaks service.**



**To find out more about short breaks or to get this report on CD or tape**



**01225 831566**

