


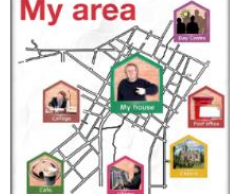


Short Breaks





Leicester
City Council

What is a short break?

	<p>Short breaks are services for children and young people, designed for their development and wellbeing</p>
	<p>Short breaks let the child or young person do activities independent from their parent or carers</p>
	<p>Short breaks can happen at different times such as during the day, after school, at the weekends, in the school holidays or overnight</p>
	<p>The activities can be in different locations including at home, in the local community, at a carer's home or in a residential setting</p>



Who can have a short break?

	<p>To get a short break the child or young person must have complex needs and/or a disability</p>
	<p>The Equality Act 2010 says you are disabled:</p> <ul style="list-style-type: none">• If you have a physical or mental impairment• If the impairment has a 'substantial' and 'long-term' negative impact on your daily living




How can you get short break?

	<p>Contact the Duty and Advice Team on:</p> <p>Telephone: 0116 454 1004</p> <p>Email: das.team@leicester.gov.uk</p>
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Short Break Needs Assessment

	<p>You will need to have a short break assessment</p> <p>This assessment is to find out what type of short break you need</p>
	<p>The assessment is used to write a short break plan</p> <p>The plan tells you what type of short break will be given and how it will be provided</p>

The assessment will look at:

	<p>Your health, education, emotional and social needs</p>
	<p>The needs and abilities of your parents or carers</p>
	<p>Environmental factors including what activities the local community has to offer</p>

Short Break Review Meeting

	<p>A short break review meeting will happen at least every 6 months</p> <p>This is to check that the short break you are given is right for you</p>
	<p>The child or young person, parent, carer, support worker and other key professionals should attend the short break review meetings</p>
	<p>Before each meeting the support worker will meet with the child and young person to get their view on the plan and short break they are given</p>

More Help

	<p>Duty and Advice Service, Social Care and Early Help, Leicester City Council 91 Charles Street Leicester, LE1 1HL</p> <p>Telephone: 0116 454 1004 Email: das.team@leicester.gov.uk Secure email: das.team@leicester.gcsx.gov.uk</p>
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