

APPENDIX 1

Overnight Short Breaks Co-design Event Thursday 27th and Saturday 29th September 2018 Feedback of themes from the meeting

Attendees:

- Thursday – 54 (plus 4 observing councillors)
- Saturday – 20 (plus 1 observing councillor)

Two events were held by Worcestershire County Council and Families in Partnership (Worcestershire's parent carer forum) with parent carers, professionals and providers to work together to design the future of overnight short breaks. We heard a lot about the value of short breaks for the child/young person and for the parent carer and rest of the family. Attendees shared and suggested ideas for overnight short breaks for how and what could be done differently. This is an example of how parent carers and professionals are working together to co-design services. Co-design is about building an equal and reciprocal relationship where everyone's knowledge and skills are used to create better outcomes.

Since the events, the Overnight Short Breaks Steering Group have considered each of the ideas alongside Families in Partnership and discussed what we were already doing, any quick wins and what else could be done. The Steering Group is made up of parent carer representatives from Families in Partnership as well as County Council officers across adults' and children's services covering commissioning, contracts, research, finance, legal and communications.

These are a summary of the ideas that were generated during both meetings. We have divided these ideas in to three main themes:

1. Reduce/delay the demand for overnight short breaks

These are ideas that would provide support to families to help to build resilience, reduce the need for them to use overnight short breaks altogether, reduce the number of overnight short breaks needed or delay the use of overnight short breaks. These ideas include:

- Provide more support early on to families
- Improve the information and guidance available to allow families and professionals to find the support families need before reaching crisis point (either online, via a helpline or face-to-face)
- Improve the support system around Direct Payments to make it easier for families to find and recruit direct payment workers

The key outcomes within the SEND Improvement Plan address many of these ideas and work has started on these actions. The key outcomes within the SEND Improvement Plan are:

1. **The Local Offer** - Create a SEND Local Offer website that contains information about what support and services families can expect to be available across education, health and social care for children and young people with special educational needs and disabilities (SEND)
2. **Embedding the Graduated Response** - Embed the 'Graduated Response' which sets out the support that schools and settings should make available to children and young people with SEND
3. **Assessment and Planning** - Review assessment and planning processes and ensure that Education, Health and Care Plans are being planned and reviewed effectively
4. **Joint Commissioning and Leadership** - Improve partnership working and service delivery between all agencies
5. **Workforce and Engagement** - Ensure professionals understand their responsibilities around SEND and improve engagement with parent carers, professionals and providers

The SEND Improvement Plan can be found at www.worcestershire.gov.uk/SENDupdates

2. Help short breaks units to be more cost effective (use the money we have in the best way)

These ideas would help us to save money on what we are already delivering, or change the way services are run to use the money in a better way. The ideas generated included:

- Introduce daytime, evening and/or afterschool short breaks for families who need the break but not necessarily overnight
- Strengthen and grow the family-based overnight short breaks offer
- Make use of technology to assist families and short breaks provision to help care for and keep children safe
- Find ways to reduce times when overnight short breaks are booked and don't get used

The Steering Group is looking at the ideas generated and thinking about if they can be put in place and what benefits this would bring. Our first response to cancellations is that we are asking parents to let units know as soon as possible if they can't attend their break, so that it can be used by other families.

3. Bring in additional funding

Ideas to bring in extra funding include:

- Selling space in overnight short breaks units in the daytime (e.g. for childcare, support groups, meetings etc.)
- Share the cost of overnight short breaks units with adult services by using one or some of the units specifically for young people aged 16 to 25 years or using units for adults on days where they are closed for children

- Units could offer overnight short breaks to children and young people from other counties which would bring in funding.

We are working with the Health and Care Trust around the above options for how units could be used in the future.

What's happening next?

The Overnight Short Breaks Steering Group meets every month. In November we will share a further update on these options and plans going forward.