

Getting a Short Break

*In this how to guide
you'll find out
about...*

- *What is a short break?*
- *When can my disabled child have their short break?*
- *Are there breaks for the rest of the family?*
- *How to get a short break*

What is a short break?

A short break gives your disabled child some fun experiences away from your family allowing them to build their independence and confidence. They also give you and the rest of your family a bit of a break from the responsibilities of caring for your child.

Each short break will be different depending on your family's needs and what your Local Authority can offer. Short breaks are tailor made, so that might be a trip to the movies, a weekend away, babysitting so you and your partner can have a night out or someone to support your child to go to an afterschool club or Scouts group.



Top Tips...

- *When you talk to your Local Authority try to get a name to keep in contact with. Then back up what you chat about on the phone in a letter and send it to them.*
- *Photocopy everything you send to your Local Authority.*
- *Don't worry about a visit from the Disability Team - they are there to help you.*
- *Make contact with local carers, sibling and parent groups. They'll keep you in the loop about what else is available in your area.*

When can my child have their short break?

All Local Authorities have to have a range of short breaks including...

- ✓ Day-time care for disabled children
- ✓ Overnight care for disabled children
- ✓ Educational or leisure activities for disabled children outside their homes
- ✓ Services to carers in the evenings, at weekends and during the school holidays.

Are there breaks for the rest of the family?

Absolutely! Check out Sky Badger's holiday zone for lots of free getaways and holiday grants. Some local authorities offer short breaks and grants for carers too. This might include your other children if they are 'young carers'. This basically means that the caring needs of your disabled child significantly impact on them too. Some regions even offer 'prescriptions' through GPs for short break hours.

How to get a short break

Your GP or Disability Social Worker will be able to sort out a short break for your child. Contact your Local Authority to see what they can offer you and if your family would be eligible for support. In England local authorities have to tell you about what they offer on their website.

Other Sky Badger How to Guides

Sky Badger have a wide range of *How to Guides* to help you in all areas of your lives. Download them on our website www.skybadger.co.uk or contact our ehelphdesk with any other questions.



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