

Contact publishes a wide range of guides for parents.

All our guides are free for parents who call our freephone helpline on 0808 808 3555. The helpline can print out and send you a copy. They can be also downloaded [free from our website](#)

If you are a professional, you can download our guides free from our [resource library](#). If you would like to order printed copies of our guides, please call our reception team on 0207 608 8700 or email publications@contact.org.uk

Contents

[General guides](#)

[Money and finance](#)

[Education and childcare](#)

[Family life](#)

[Behaviour](#)

[Health](#)

[Social care services](#)

[Reports and research](#)

[Parent carer participation](#)

[For parent support groups](#)

[Contact Annual Review](#)



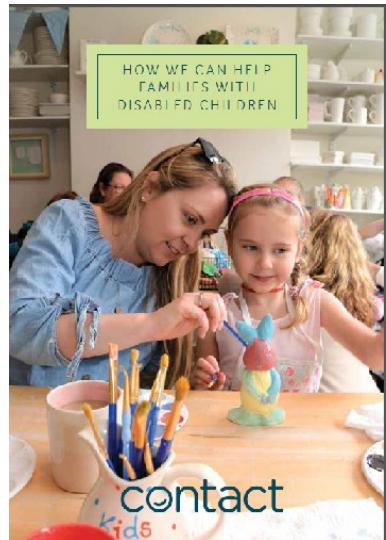
**Our
Impact
2023/24**

contact
For families with disabled children

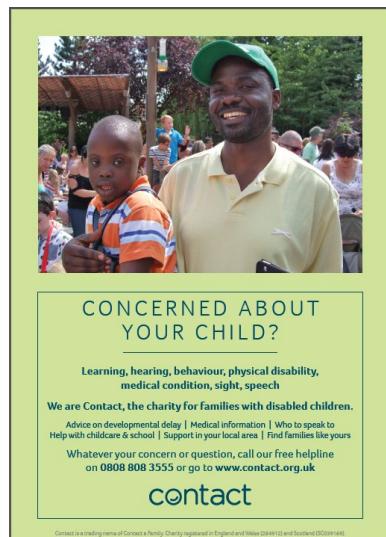
General. If you are a professional please call 0207 608 8700 or contact publications@contact.org.uk to order free for your setting

[How Contact can help](#) [in print and online]

All about how we can help – free



[Posters – different types](#) free to put up



Our Helpful Guide is an overview of all the help available.
Order your free copy by calling 0808 808 3555 or visit
www.contact.org.uk/helpful-guide.



Credit-card sized helpline cards – free



Bookmark – to publicise our helpful guide and other services – free to give to parents.



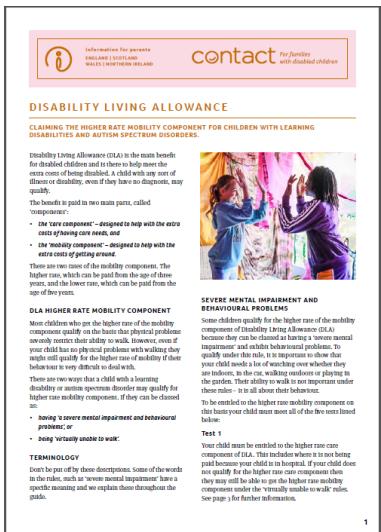
Money and finance

[Money Matters checklist – England/Wales](#)
[Money matters checklist – Scotland](#)

Benefits and other financial support [online]



[Disability Living Allowance for children with learning disabilities - high rate mobility component](#) [online]



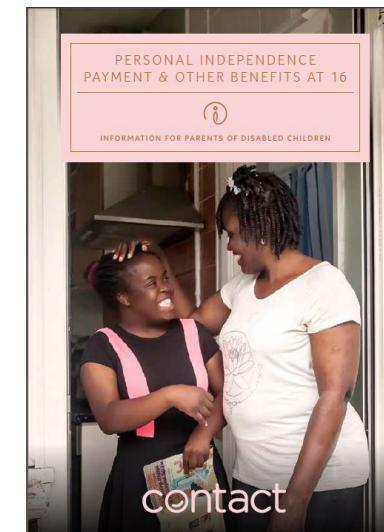
[Claiming Disability Living Allowance for children](#)
How to fill in the form [online]



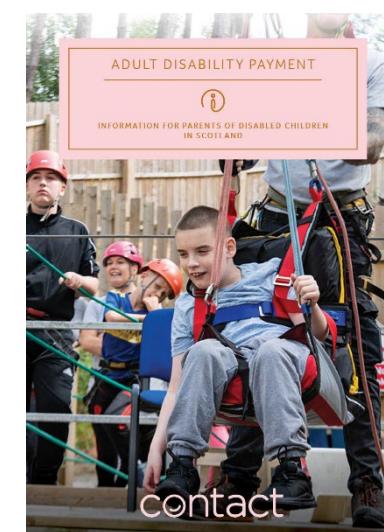
[Claiming Child Disability Payment – Scotland](#) [online]



[Personal Independence Payment and other benefits at 16](#) [online]



[Adult Disability Payment – Scotland](#) [online]



[Disability Living Allowance when your child is in hospital \[online\]](#)

Information for parents
ENGLAND | SCOTLAND
WALES | NORTHERN IRELAND

contact for families with disabled children

DISABILITY LIVING ALLOWANCE WHEN YOUR CHILD IS IN HOSPITAL

The government have scrapped the rules which previously stopped payment of Disability Living Allowance (DLA) or Personal Independence Payment (PIP) when a child was in hospital.

WHAT WERE THE DLA HOSPITAL RULES FOR?

In the past, once a child had been a hospital in-patient for 84 days (or 28 days if aged 16 or above) their DLA payments were suspended.

In addition, when a parent made a claim for DLA when they were in hospital, they used to have to wait until they were discharged home before these payments were made.

These rules have now been scrapped for children under 16 years of age.

HOW HAVE THE RULES BEEN SCRAPPED?

In July 2017, the Supreme Court found that the DLA hospital rules breached the human rights of a severely disabled child. The court ruled that the rules were discriminatory.

Following the Supreme Court decision, the government introduced an interim policy of suspending DLA or PIP payments when a child was in hospital.

That interim policy has now become law, as a result of changes to regulations introduced on the 20 June 2018 in England, Wales and Scotland, and from the 6 July 2018 in Northern Ireland.

WHAT ARE THE NEW RULES?

So long as your son or daughter is aged under 16 when they become an in-patient, payments of DLA or PIP continue as normal while they are in hospital. It does not matter if they are in hospital for a short or long time.

You do not have to prove how much care you continue to provide to your child while in hospital, nor what additional care costs you have.

Young people who are in hospital are not affected by the DLA/PIP hospital rules. This is because you are exempt as long as you were under 16 when your child first became an in-patient.

If your child first claims DLA or PIP when they are in hospital, payments can start regardless of the fact that

[Carer's Allowance \[online\]](#)

Explains the rules of the main benefit for carers

Information for parents
ENGLAND | SCOTLAND
WALES | NORTHERN IRELAND

contact for families with disabled children

CARER'S ALLOWANCE

Carer's Allowance is the main benefit for carers. You might be able to claim if your child receives Disability Allowance (DLA) care component at the middle or highest rate or the daily living component of Personal Independence Payment (PIP). For more information about DLA and PIP see our factheets [Claiming Disability Living Allowance for children](#) and [Personal Independence Payment \(PIP\)](#).

Carer's Allowance is not means tested. It does not matter what you have and most forms of income are disregarded when it is claimed. If you are a carer who works then earnings are ignored. In calculating your earnings, the Department for Work and Pensions (DWP) deducts certain costs from your gross wages. This includes not only any tax and national insurance you pay but also deductions for:

- any alternative care costs that you have. This includes child care costs, such as nannies, if you are caring for a child who is a disabled child or any other children under 16. If the person you care for is aged 16 or over and has a disability, you can claim Carer's Allowance if you work then those care costs can also be deducted.
- any care costs that you have if you are a carer who works part-time. DWP deducts a proportion of your net earnings in this case – this is half of your net earnings. There is no requirement that you are registered as self-employed or that you are working part-time as long as you pay someone other than a close relative.
- 50 per cent of any pension you receive that you make into a pension personal pension (PPP).

If you look after someone who has a *scholastic disability* and receives *recreational care* in carrying out your work and for which you are not reimbursed by your employer, you will be treated as being in full-time employment. This means that you will be deducted in this way – this is half of your net earnings.

If you are not earning more than £122 a week, see [How do I qualify for Carer's Allowance?](#) for more details about how your earnings are calculated.

You are not entitled to Carer's Allowance if:

- you are in full-time education. Generally you're treated as in full-time education if your course is described as full-time in the course handbook, unless there are exceptions (for example you've been granted an exemption from parts of your course, or the course is described as part-time). If you are in part-time education, you will be treated as being in full-time education if you are registered as self-employed or specialise in caring for a child or more supervised study work.
- you need certain teaching or training to do your job, such as a qualification or a apprenticeship.

If your earnings vary they should be averaged out, although pensioner rates when they are averaged in this way will not affect your weekly Carer's Allowance. Your weekly Carer's Allowance will normally be based on your most recent year's earnings, unless there has been a change in the pattern of your business.

[Help with Council Tax bills \[online\]](#)

Information for parents
ENGLAND | SCOTLAND
WALES | NORTHERN IRELAND

contact for families with disabled children

HELP WITH COUNCIL TAX BILLS

Information for parents of disabled children

contact for families with disabled children



[Universal Credit for young disabled people in education \[online\]](#)

Information for parents
ENGLAND | WALES
SCOTLAND

contact for families with disabled children

UNIVERSAL CREDIT FOR YOUNG DISABLED PEOPLE IN EDUCATION

Universal Credit is a single benefit for people aged 16 to 64 in England, Scotland and Wales. It replaces Income Support, Income-based Jobseeker's Allowance, Income-related Employment and Support Allowance, Child Tax Credit, Working Tax Credit and Housing Benefit.

WHAT IS UNIVERSAL CREDIT?

Universal Credit is a new benefit for people aged 16 to 64. It can be paid to people who are not in work and to people who are in work. It is replacing most of the existing means-tested benefits for people of working age.

Universal Credit is a means-tested benefit for people of working age. It is designed to help people to move into work and to support them while they are in work. It is administered by the Department for Work and Pensions (DWP) and most people are expected to work.

WHICH BENEFITS ARE BEING REPLACED BY UNIVERSAL CREDIT?

We use a number of phrases or acronyms to describe the benefit, including:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit
- Working Tax Credit
- Housing Benefit

These are known as the legacy benefits.

WHO CAN CLAIM UNIVERSAL CREDIT?

You cannot claim Universal Credit if you have these or more than one job, or if you are not able to work or are not working to claim it. You can claim regardless of whether you are out of work or in employment. You can claim if you are a carer, or if you are a pensioner who is able to work. You must be certain you have a job or work and can be paid alongside Universal Credit.

WHAT AGE MUST I BE TO MAKE A CLAIM?

Usually claimants must be aged at least 16 but special rules apply to disabled people aged 16 to 18 and to many disabled 16 to 17 year olds. Most people in full-time education can claim Universal Credit unless they have a special exemption. However, disabled students can claim if they are in full-time work and are also assessed as able to work.

For example, if a young person with a disability is in full-time education, they can claim Universal Credit as long as they are in full-time work. If they are not in full-time work, they can claim if they are in part-time work or if they are in a part-time apprenticeship.

However, it is important to know that there are additional rules for young people in education. For example, if a young person is in full-time education, they can only claim Universal Credit if they are in part-time work or apprenticeships. This is because the DWP has a special rule for young people in education.

Universal Credit is available to disabled people aged 16 to 18 who are in full-time education, apprenticeships, or training, or who are in part-time work. This is because the DWP has a special rule for young people in education.

[Universal Credit – the essentials \[online\]](#)

Information for parents
ENGLAND | SCOTLAND
WALES | NORTHERN IRELAND

contact for families with disabled children

UNIVERSAL CREDIT – THE ESSENTIALS

Universal Credit is a new benefit for people aged between 16 and 64. It can be paid to people who are not in work and to people who are in work. It is replacing most of the existing means-tested benefits for people of working age.

Universal Credit is a means-tested benefit for people of working age. It is designed to help people to move into work and to support them while they are in work. It is administered by the Department for Work and Pensions (DWP) and most people are expected to work.

WHAT IS UNIVERSAL CREDIT?

Universal Credit is a new benefit for people aged 16 to 64 in England, Scotland and Wales. It replaces Income Support, Income-based Jobseeker's Allowance, Income-related Employment and Support Allowance, Child Tax Credit, Working Tax Credit and Housing Benefit.

WHICH BENEFITS ARE BEING REPLACED BY UNIVERSAL CREDIT?

We use a number of phrases or acronyms to describe the benefit, including:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit
- Working Tax Credit
- Housing Benefit

These are known as the legacy benefits.

WHO CAN CLAIM UNIVERSAL CREDIT?

When Universal Credit was first introduced, you could only claim if you were a single person, a child, or if you were a disabled adult. However, this is slowly changing and soon disabled adults will be able to claim Universal Credit if they are in work. The Universal Credit 'full service' has not been introduced to all service areas yet but will be expected to claim in the future.

WHEN WILL YOU BE EXPECTED TO CLAIM UNIVERSAL CREDIT?

When Universal Credit was first introduced, you could only claim if you were a single person, a child, or if you were a disabled adult. However, this is slowly changing and soon disabled adults will be able to claim Universal Credit if they are in work. The Universal Credit 'full service' has not been introduced to all service areas yet but will be expected to claim in the future.

WHAT AGE MUST I BE TO MAKE A CLAIM?

Usually claimants must be aged at least 16 but special rules apply to disabled people aged 16 to 18 and to many disabled 16 to 17 year olds. Most people in full-time education can claim Universal Credit unless they have a special exemption. However, disabled students can claim if they are in full-time work and are also assessed as able to work.

For example, if a young person with a disability is in full-time education, they can claim Universal Credit as long as they are in full-time work. If they are not in full-time work, they can claim if they are in part-time work or if they are in a part-time apprenticeship.

However, it is important to know that there are additional rules for young people in education. For example, if a young person is in full-time education, they can only claim Universal Credit if they are in part-time work or apprenticeships. This is because the DWP has a special rule for young people in education.

[Universal Credit – claiming for a young person \[online\]](#)

Information for parents
ENGLAND | SCOTLAND
WALES | NORTHERN IRELAND

contact for families with disabled children

UNIVERSAL CREDIT – CLAIMING FOR A YOUNG DISABLED PERSON

Universal Credit is a new benefit for people aged between 16 and 64 in England, Scotland and Wales. It is replacing most of the existing means-tested benefits for people of working age.

Universal Credit is a means-tested benefit for people of working age. It is designed to help people to move into work and to support them while they are in work. It is administered by the Department for Work and Pensions (DWP) and most people are expected to work.

WHAT IS UNIVERSAL CREDIT?

Universal Credit is a new benefit for people aged 16 to 64 in England, Scotland and Wales. It replaces Income Support, Income-based Jobseeker's Allowance, Income-related Employment and Support Allowance, Child Tax Credit, Working Tax Credit and Housing Benefit.

WHICH BENEFITS ARE BEING REPLACED BY UNIVERSAL CREDIT?

We use a number of phrases or acronyms to describe the benefit, including:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit
- Working Tax Credit
- Housing Benefit

These are known as the legacy benefits.

WHO CAN CLAIM UNIVERSAL CREDIT?

When Universal Credit was first introduced, you could only claim if you were a single person, a child, or if you were a disabled adult. However, this is slowly changing and soon disabled adults will be able to claim Universal Credit if they are in work. The Universal Credit 'full service' has not been introduced to all service areas yet but will be expected to claim in the future.

WHEN WILL YOU BE EXPECTED TO CLAIM UNIVERSAL CREDIT?

When Universal Credit was first introduced, you could only claim if you were a single person, a child, or if you were a disabled adult. However, this is slowly changing and soon disabled adults will be able to claim Universal Credit if they are in work. The Universal Credit 'full service' has not been introduced to all service areas yet but will be expected to claim in the future.

WHAT AGE MUST I BE TO MAKE A CLAIM?

Usually claimants must be aged at least 16 but special rules apply to disabled people aged 16 to 18 and to many disabled 16 to 17 year olds. Most people in full-time education can claim Universal Credit unless they have a special exemption. However, disabled students can claim if they are in full-time work and are also assessed as able to work.

For example, if a young person with a disability is in full-time education, they can claim Universal Credit as long as they are in full-time work. If they are not in full-time work, they can claim if they are in part-time work or if they are in a part-time apprenticeship.

However, it is important to know that there are additional rules for young people in education. For example, if a young person is in full-time education, they can only claim Universal Credit if they are in part-time work or apprenticeships. This is because the DWP has a special rule for young people in education.

[Benefits if your child is in residential accommodation \[online\]](#)

BENEFITS IF YOUR CHILD IS IN RESIDENTIAL ACCOMMODATION

This factsheet looks at what happens to benefit payments when a disabled child is in residential accommodation. If your child has overnight stays away from home in a residential care or a residential educational setting, some of the benefits you receive are likely to be affected.

The factsheet will explain what happens to benefit payments when a disabled child is in residential accommodation, what to do if you have concerns, and what to do if you think your child is not receiving the right care.

HOW WILL IT AFFECT MY BENEFITS?

There are different rules for each benefit. Some may stop altogether, some may be reduced, while others may increase. It is important that you tell the relevant benefit and Tax Credit offices when your child is in residential care even if they only go for a few nights each month.

WHO SHOULD I TELL?

You need to tell each office separately as they do not always pass on information. No one else will do this on your behalf, so tell them as soon as you can to avoid any problems.

Disability Living Allowance (DLA) or Personal Independence Payment (PIP)
If you get either of these benefits for your child, contact:
DLA/PIP: 0800 121 4000
PIP Office: 0800 121 4433

Career's Allowance
If you get Career's Allowance, contact:
Career's Allowance Unit: 0800 371 0297

BENEFITS IF YOUR CHILD IS IN RESIDENTIAL ACCOMMODATION

Child Tax Credit
If you get Child Tax Credit contact:
Tax Credit Office: 0800 371 0297

Child Benefit
If you get Child Benefit contact:
Child Benefit Office: 0300 200 1100

Income Support, Universal Credit or another benefit
Tell the relevant benefit office:
Housing Benefit or Council Tax reduction arrangements
Toll your local council.

The rules for each benefit are explained overleaf.

[Challenging school transport decisions – England \[online\]](#)

CHALLENGING SCHOOL TRANSPORT POLICIES – ENGLAND

The provision of free school transport is governed by law, statutory guidance and local authorities' own policies. Local policies must offer at least the minimum legal entitlement. However, research by part of Contact for families with disabled children has shown that a number of policies do not comply with the law. We are also aware of parent groups who have successfully challenged potentially unlawful policies when they have been put out for consultation.

WHAT THIS FACTSHEET WILL TELL YOU

This factsheet will be useful to parent groups and other organisations and individuals who want to challenge a local school transport provision. It will help you understand:

- local authorities' duties with regard to transport
- the need for fair consultation
- common issues on which a policy could be challenged.

For more details on transport eligibility see our factsheet on [travel and transport](#).

CHILDREN OF STATUTORY SCHOOL AGE (5-16)
The local authority must publish a statutory school transport policy statement for the statutory school age group (5-16). This must be published in the prospectus published annually for school admissions and published on the authority's website. The prospectus must be published by 12 September in the year before admissions.

Statutory guidance from the Department for Education – [Home to school travel and transport guidance](#) – states that the information should:

- be clear and easy to understand
- give full information on travel and transport arrangements.

YOUNG PEOPLE (16-24 YEAR-OLDS WITH AN EHC PLAN)
Under section 50(6) of the Education Act 1996, the local authority must publish a transport plan statement for the 16-24 year-old age group. This must be published in the prospectus published annually for school admissions and published on the authority's website under the adult transport duty. Relevant young adults with an EHC plan will be entitled to the same transport guidance however still use the old terminology 'subject to learning difficulty assessment'. The policy must be published by 12 September in the year before admissions. There are legal requirements for who must be involved in the consultation, including relevant young adults and their parents.

[Education and childcare](#)

[Home to school transport – England \[online\]](#)

HOME TO SCHOOL TRANSPORT – ENGLAND

Most children make their own way to school either accompanied by their parents, or independently if they are able. For some disabled children this may not be possible, either because their school is too far away, or because they are not able to walk or use public transport in the same way as other children. Local authorities must make travel arrangements for these children.

THIS FACTSHEET TELLS YOU:

- what local authorities must do about school transport
- what sort of transport can be provided
- how to apply for school transport
- how to challenge a school transport decision
- where to find more.

This factsheet covers children of compulsory school age (5-16) and young people with special educational needs (SEN) or disabilities (0-5). It also covers arrangements for children with Education, Health and Care Plans (EHC plans) who also cover those who still have Statements under the old system.

LOCAL AUTHORITY DUTIES IN BRIEF
Local authorities must make travel arrangements they consider necessary to enable children with SEN or disabilities to attend their school. These arrangements must be provided free of charge for 16-24 year-olds.

Local authorities also have the discretion under section 50(6) of the Education Act 1996 to make arrangements for children with SEN or disabilities under 5 years old. This may be free or charged.

CHILDREN WITH A SPECIAL EDUCATIONAL NEED, DISABILITY, OR MOBILITY DIFFICULTY
If your child cannot reasonably be expected to walk to school because of a special educational need, disability, or mobility difficulty, the local authority must provide transport, regardless of the distance they live from the school. An assessment must be made on the child's individual circumstances.

UNSTABLE WALKING DISTANCE
This applies if your child lives within the 2 or 3 miles limit but there is no safe walking route, for instance if the only route was along an unlit busy road with no crossings. This applies to children and young people with SEN or disabilities under 5 years old.

EDUCATION, HEALTH AND CARE PLANS
An EHC plan is a legal document which entitles a child or young person to extra help so they can access education, health and care services. It is a plan to support them to finish their education or training. This is likely to be the case if they need more help with their education than a Statement of SEN or Disability can provide, and if they were previously supported through a Statement of SEN or Disability or a school or college's Learning Difficulties Assessment in college.

WHO'S ELIGIBLE?
Some criteria apply to all children, and apply with different rules for disabled children. These may be eligible under these. Others apply only to children with a disability, special need, or mobility difficulty.

[Extra help in education for 19-25 year olds \[online\]](#)

EXTRA HELP IN EDUCATION FOR 19-25 YEAR-OLDS

This factsheet is for parents/carers of young people with special educational needs aged between 19-25 in England. It describes the education options available for you or your child, and their right to extra help.

WHAT ARE SPECIAL EDUCATIONAL NEEDS?
This factsheet applies if your child has special educational needs (fe) or has a learning difficulty or disability which calls for special educational provision (sdp) under section 20.1 of the Children and Families Act 2014.

A child with special educational needs (SEN) may need extra help to achieve a difficult level of help, than a child with a learning difficulty or disability.

IMPORTANT CHANGES UNDER THE CHILDREN AND FAMILIES ACT

- further education colleges have the same duties as schools to use their best endeavours to provide extra educational provision for a child with a special educational need or disability (SEN).
- young people with special educational needs can have an education, health and care plan (EHC plan) rather than a maintenance education setting could normally provide extra help.
- young people can request a preference for a maintenance or specialist college to be issued on an EHC plan including a wide range of independent providers.
- young people have a right to be consulted and to make a choice about the education, health and care services they receive.

EDUCATION BEYOND 19 – WHAT DOES IT LOOK LIKE?
Many young people with SEN will move on from their school or college at around age 19. Some may continue to receive education or training in a maintenance or specialist education setting, while others may continue their education outside a formal education setting.

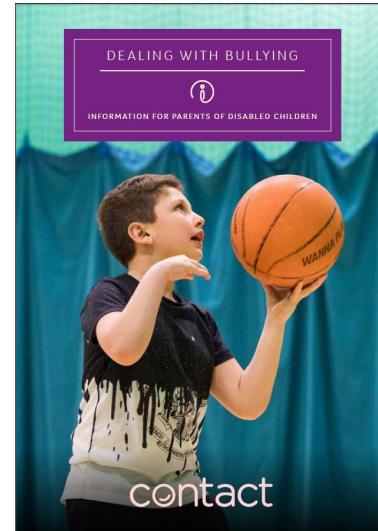
EDUCATION BEYOND 19 – WHAT DOES IT LOOK LIKE?
Many young people with SEN will move on from their school or college at around age 19. Some may continue to receive education or training in a maintenance or specialist education setting, while others may continue their education outside a formal education setting.

EDUCATION BEYOND 19 – WHAT DOES IT LOOK LIKE?
Many young people with SEN will move on from their school or college at around age 19. Some may continue to receive education or training in a maintenance or specialist education setting, while others may continue their education outside a formal education setting.

[A guide to dealing with bullying \[online\]](#)

DEALING WITH BULLYING

INFORMATION FOR PARENTS OF DISABLED CHILDREN



contact

[Free school meals – England & Wales \[online\]](#)

FREE SCHOOL MEALS

Many disabled children are entitled to school meals, but struggle to access or eat them because their disability, medical condition, or dietary restrictions make it difficult for them to eat school meals and the legislation does not always make it clear where they should receive school meals.

This factsheet is designed to help you understand what the school meal legislation says, and what you can do to help your child access school meals.

WHAT THE LAW SAYS
Schools have a duty to make reasonable arrangements for children with SEN or disabilities to access school meals. This means that the school must make a reasonable adjustment to the way it provides school meals to enable the child to access them. This could mean adapting the school meal service, or providing a meal in a different place or at a different time.

ASKING FOR A 'REASONABLE ADJUSTMENT'
If your child is in a setting run by a school, the school must make reasonable arrangements for your child to access school meals. If your child is not in a school, the school must make reasonable arrangements for your child to access school meals. This could mean adapting the school meal service, or providing a meal in a different place or at a different time.

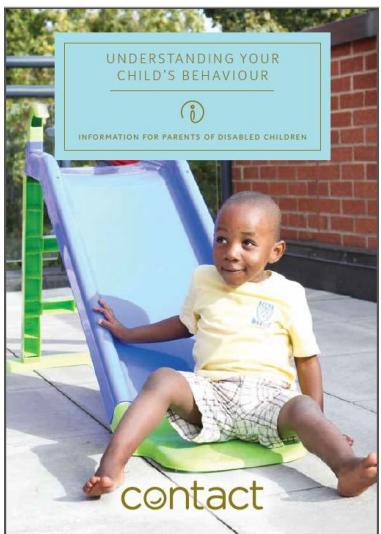
WHAT'S IN IT FOR YOUR CHILD?
The government says that all schools and academies in England must provide free school meals to all eligible free school meal children.

- more information about free school meals
- eligibility for free school meals
- what to do if your child is not getting free school meals

1 Section 7 of the Education Act 1996 and The Education (Free School Meals) Regulations 1995.

Behaviour

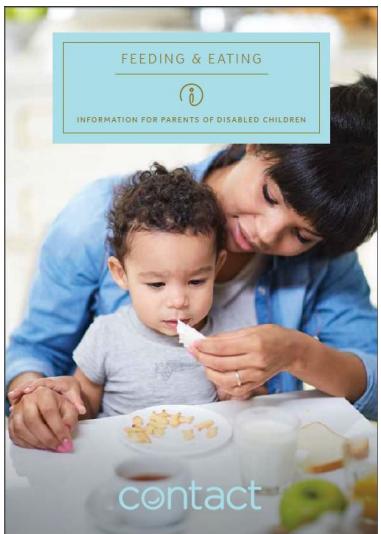
[Understanding your child's behaviour](#) [in print and online]



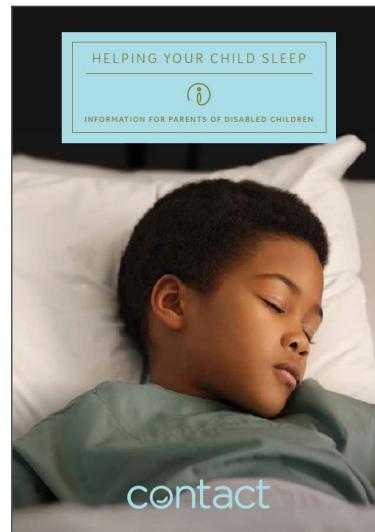
[Potty/Toilet training](#) [in print and online]



[Feeding and eating](#) [in print and online]



[Helping your child's sleep](#) [online]



Social care services

Services and support from your local authority – England [in print and online]

A photograph of a woman with a disability, wearing a yellow shirt, and her young child, who is wearing a pink top. They are smiling and appear to be in a public transport setting. The Contact logo is overlaid on the bottom left of the image.

Carers' assessments – help for parent carers - England how parents can access their own support [online]



Information for parents
ENGLAND

contact for families with disabled children

CARERS ASSESSMENTS – HELP FOR PARENT CARERS

All parent carers have a right to ask for an assessment of their needs at any time. The aim of a carers' assessment is to give carers a chance to tell social services about the things that could make looking after their child easier for you. This may result in getting services or direct payments to meet your own assessed needs.

A carers' assessment focuses on you as a parent and your needs. Social services will ask you who helps you, who helps the child, and whether there is anyone else who helps or if any of your child's carers only help.

The assessment should consider your well-being, including health and safety issues, and important commitments like relationships and employment.

WHAT THE LAW SAYS

Parents of disabled children (called parent carers in the legislation), young people and young carers have strengthened rights in an assessment of their needs under the Children and Families Act.

The Children and Families Act amended the Children Act 1989 (sections 1(1), 17(2) and 19(2)). Under it, local authorities must consider a parent's needs.

- **if you ask for an assessment, the parent carer may need more support;** or
- **receive a request from a parent carer to assess the parent carer's needs for services;** or
- **there is a reasonable suspicion that the parent carer's needs assessment, the Act also says that:**

• a parent carer's needs assessment must include an assessment of the parent carer's needs for services to provide, or continue to provide, for the disabled child in the light of the parent carer's needs; for example, for a child with autism. (Children Act 1989 section 17(2)(b))

They must also take into account:

- **the well-being of the parent carer;** and
- **the well-being of the child; and the welfare of the disabled child cared for and any other child for whom the parent carer has parental responsibility;** (Children Act 1989 section 17(2)(c))



This 'well-being' duty is an important addition. It means local authorities must consider a person's:

- **personal dignity and respect;**
- **physical and mental health;** and
- **financial well-being;**
- **control by the individual over day-to-day life;**
- **ability to live independently;**
- **ability to form and maintain relationships;**
- **ability to live accommodation;**
- **entitlement to society;**

Assessment under the Children Act 1989 can lead to a range of outcomes, including services, support, or funding short breaks. The assessment is the process and service is as gather information about your child and your needs, and then think about what help you may need. The Working Together to Safeguard Children guidance emphasises that, in the interests of the vulnerable child and family centred, the approach should also be holistic, addressing the child's needs within their family and wider community.

Short breaks – help for you and your child to take a break – England [online]

**Information for parents
ENGLAND**

contact for families
with disabled children

SHORT BREAKS – HELP FOR YOU & YOUR CHILD TO TAKE A BREAK

Many families with disabled children and/or health conditions benefit from regular breaks from their caring responsibilities. Taking a break in caring for your child is not an admission of failure or a sign of saying you don't care. It allows an opportunity to recharge batteries, spend time with other people or pursue a particular hobby. Breaks may also allow you to take a break from trying to manage your child's care needs. Breaks can help to support the well-being of your child's person and social development and reduce social isolation. It can also be helpful to get your child used with someone in the future.

WHAT ARE SHORT BREAKS?

Local authorities have legal duties to provide breaks for carers and disabled children, called 'short break' and make sure that these breaks are available to the people who choose them. Short breaks come in a variety of formats. Each one can have from just 1 hour to the next is a day, and can be arranged to meet the specific needs and priorities and the needs of your child and family.

Short breaks can include:

- Day care at home:** This means breaks for you or another carer, which provide someone to sit with or mind your child while you do another activity. They can also be used to give you time to rest and parents for overnight placements as a last resort.
- Overnight short breaks:** Taken in your own home, or an overnight stay or morning service. These breaks may include a night stay at home to service with children, carer contact and palliative care needs.
- Day care away from home:** This may be a day centre, playgroup, after school and weekend youth club, summer holiday play scheme, sports activities. For example include cycling or swimming, arts and crafts, drama and dance.
- Residential breaks:** Where your child stays in a residential home, special unit in hospital or hospice – typically they offer both indoor and outdoor activities as well as having time to pursue learning, care and support as needed.

Family links schemes
Help your child may come with another family on a regular basis or as a one-off visit.

Support for disabled children/young people
To access activities in universal settings, for example with the support of a befriender, carer, training or medical service.

WHAT DOES THE LAW SAY ABOUT SHORT BREAKS?

THE DISABILITY DISABILITY AND DISABLING CONDITIONS ACT 1995
Creates a right for disabled children to receive social care services, including short breaks, when they are assessed as having a disability. This right is protected by this Act, the duty to provide services is to the individual disabled child and does not extend to other members of the family.

Introduction to the Care Act 2014 – England [online]



information for parents
ENGLAND

contact for families
with disabled children

INTRODUCTION TO THE CARE ACT 2014 – ENGLAND

The Care Act 2014 came into force on 1 April 2015. The Act is accompanied by new regulations and statutory (legal) guidance, which replaced the system for providing support and services for disabled adults aged 16 or over and their carers. The Act also introduces new rights for families with a child who may need support to prepare for the transition to adult services, and new young carers who are approaching adulthood, right earlier for you. This may mean getting services or direct payments to meet your own assessed needs.

The aim of the Care Act is to get a full picture of the person's needs and what they want to happen. The local authority will then consider whether any of the person's needs require support.

The start in how local authorities will assess the care and support needs under the Care and support act of statutory guidance, but local authorities should also make available a local information and advice service, through your local authority or visit the website for further information.

For more information for adults and slightly will come into effect in April 2015.

DUTIES ON LOCAL AUTHORITIES

Local authorities have legal duties when they make any decisions in a carer's assessment. These duties also apply when they plan for a young person's transition to adult services. These duties are:

- **protecting the person's health and welfare** (including their care and support over one day in day life including that care and support that is provided to the individual)
- **participation in work, education, training or recreation**
- **social and economic wellbeing**

This means they consider a person's:

- **personal dignity and respect**
- **physical and mental health and emotional well-being**
- **protection from abuse and neglect**

• **discretion, family and personal relationships**

• **means of living independently**

• **contribution to society**

They must also:

- **provide or arrange services that will contribute towards preventing, delaying or reducing a person's need for care and support**
- **Refer and coordinate services with the local Clinical Commissioning Groups (CCGs) and NHS**
- **establish and maintain an information and advice service or day visiting or care and support for adults and children**

[Personal budgets in England](#) overview of personal budgets [online]



Information for parents
ENGLAND

contact for families
with disabled children

PERSONAL BUDGETS

A personal budget describes the amount of money that is available to spend on support for your child, to meet their assessed needs. It is a budget that reflects your local social services, local education department, or in some cases money that has been clinical commissioning group (CCG). If you receive funding from the NHS this is known as a personal health budget.

Having a personal budget does not mean that it is much cheaper. The money is available to support the needs that your child has been assessed as needing; it should also mean that you can have more involvement in deciding how the money is spent.

Having a personal budget does not mean your child will only get extra funding. It should be used to support the extra help that you will need to help your child to reach their potential (such as extra support in school or extra help with care or activities or getting better one to one communication with others).

WHAT ARE THE ADVANTAGES OF HAVING A PERSONAL BUDGET?

In principle, having a personal budget should provide your family with more choice and control over how your child's support is provided.

- more help as and when you want to achieve for your child to reach outcomes in the extra help we will bring you closer to your child's potential (such as extra support in school or extra help with care or activities or getting better one to one communication with others)
- more money is available to help support your child's needs to meet those outcomes
- more investment in creating a plan for your child's needs will be made
- more choice and control over how your money is spent for your child's care and health needs; including in some circumstances, the right to pay an extra payment if you feel your child needs more support than is available
- more choice and control over how your money means you should be able to spend the money in ways and at times that best suits your child, so long as the agreed outcomes are met.

HOW MUCH CONTROL WILL I HAVE OVER MY CHILD'S PERSONAL BUDGET?

There are four different ways a personal budget can be provided. The way your budget is provided will depend on how your child's needs can best be met depending on which of these options are used:

Direct payments

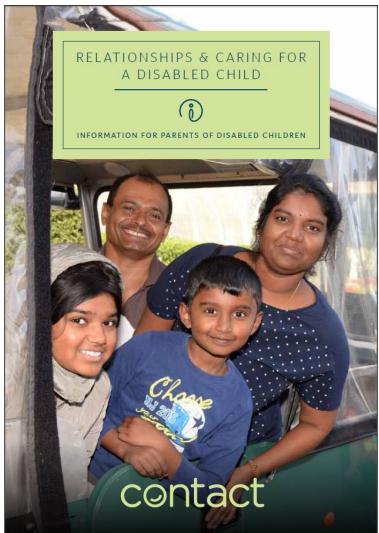
This is when you receive the money yourself to use and manage your child's care needs. If you receive a direct payments money you will have a lot more control and choice over how your child's care needs are met, however, it also involves you having to be more involved in managing these services.

You may be asked to use direct payments if you have a service provider, for example, to care a carer, or, alternatively a sensory room or break centre. Alternatively, you may be asked to use direct payments if you have a child and this means you will have the legal responsibilities of an employer.

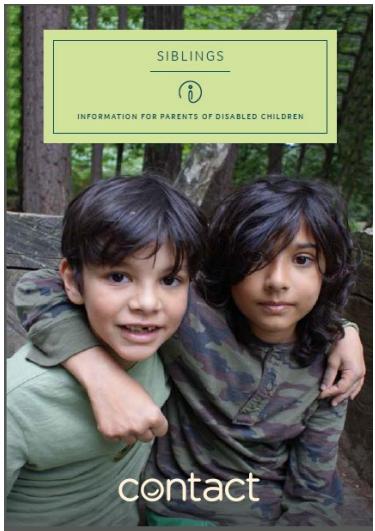
Very local authority areas have that a service provider can provide advice and information on setting up and managing direct payments. You should be able to find out who this is by contacting your local authority.

Family Life

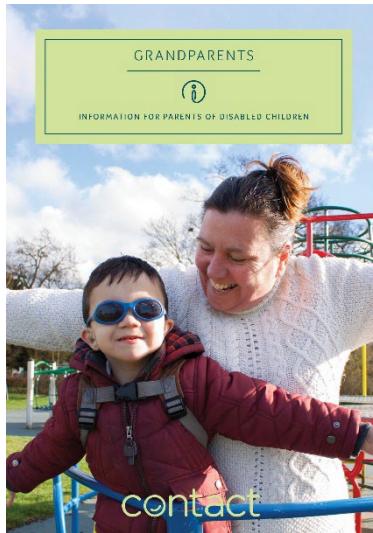
[Relationships and caring for a disabled child](#) [online]



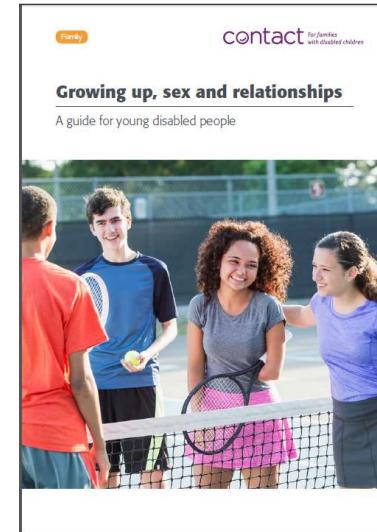
[Siblings: information and resources](#) [online]



[Grandparents](#) – [online]



[Growing up, sex and relationships - for young disabled people](#) [online]



[Practical support for bereaved parents](#) [online]



WHERE DID THE DEATH OCCUR?
If your child died in a hospital or hospice, a residential care home, or at home, contact the coroner or health and social care authority who registered the death. You will also need to speak to your GP, who can advise you about what to do if your child died at home or elsewhere.

WHO CAN HELP?
If your child died in a hospital or hospice, you can contact the support of your local children's hospital. They have an expert team for your child's specific medical needs.

What help can they give?
Hospitals can provide practical support and, if necessary, give information about other support services. They can also provide emotional support, although this information may be limited. Other health professionals, such as a GP, can provide support and information about the death and the process of bereavement. You can find out more by speaking to your local hospital or your local authority's website.

[Growing up, sex and relationships - for parents of young disabled people](#) [online]



About this guide

This guide looks at how being disabled might impact on issues around sex and relationships. We use the term 'disabled children' to include children with physical, sensory, learning, mental impairments, special educational need, health or genetic condition or developmental delay. It also looks at how you can support your child to support your child as they grow into young adults and form intimate relationships. There are three different cases of relationships and the range of development a child may have will depend very much on the diagnosis, how their condition is managed and what support and help is available.

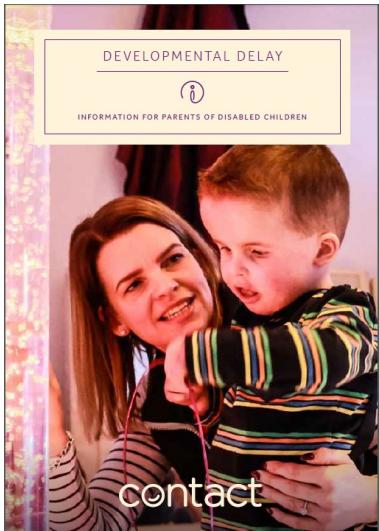
Throughout this guide we use terms such as 'talk to' and 'discuss'. Not all children are able to communicate verbally, and you will know how best to communicate with your child. We also have an information leaflet for young people, written for disabled young people in an easy-to-read format. Parents and carers may wish to read some of the information with a younger child or a child with learning difficulties. Or you may want to read some of the information in this guide which explain the process of puberty and growing up in simple words and pictures.

Health

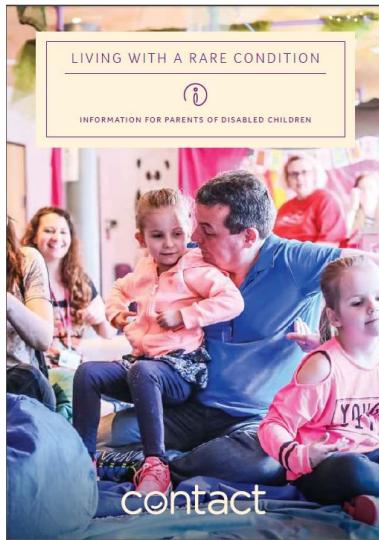
[Concerned about your child](#) Professionals who can help [in print and online]



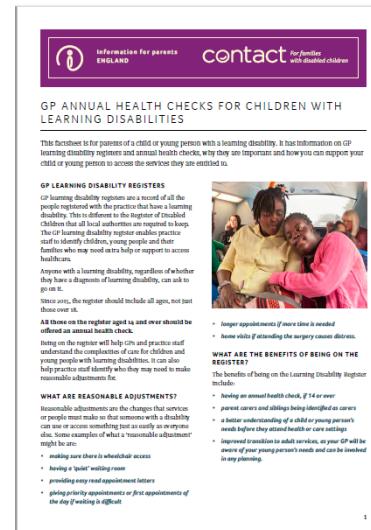
[Developmental Delay](#) - help for concerned parents, with developmental milestones [in print and online]



[Living with a rare condition](#) – for parents of children who have a rare condition [in print and online]

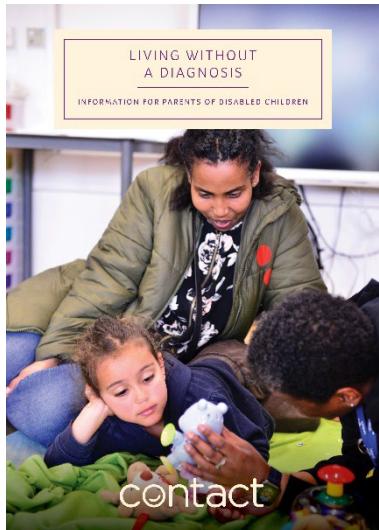


[GP annual health checks for children with learning difficulties](#) – how to access health support [online]



[\[back to top\]](#)

[Living without a diagnosis](#) – if your child doesn't have a diagnosis or if you are waiting for one [in print and online]

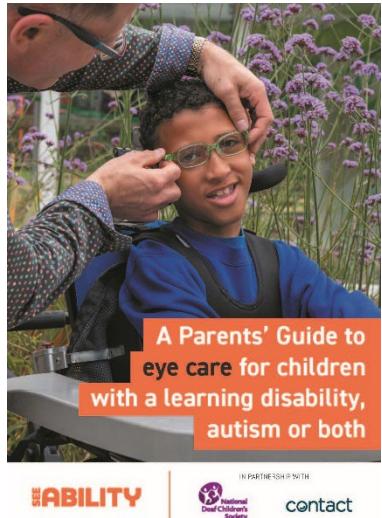


[When your child is in hospital: making things more manageable](#) [online]

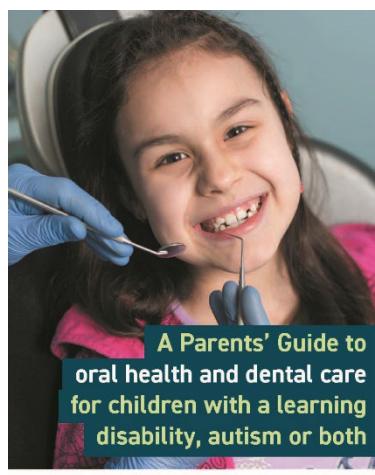


1

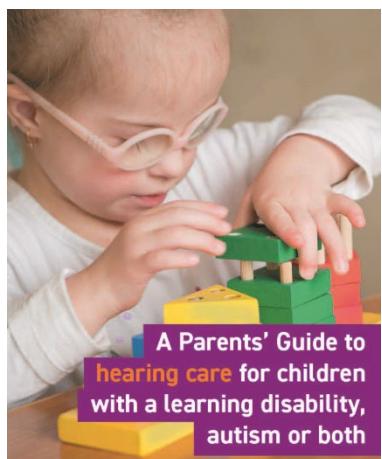
[Guide to eye care](#) for children with learning disability, autism or both



[Guide to dental care](#) for children with learning disability, autism or both



[Guide to hearing care](#) for children with learning disability, autism or both



Reports and research

We publish a number of research, reports and campaign briefings, see www.contact.org.uk/research

Parent Carer Participation

To find information and resources for parent carer forums, see <http://www.contact.org.uk/pcp/resources>

For parent support groups

To find resources for local and national support groups, see <http://www.contact.org.uk/lgn>

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169). Company limited by guarantee registered in England and Wales (1633333). VAT registration GB 749 3846 82.

