

contact

*For families
with disabled children*

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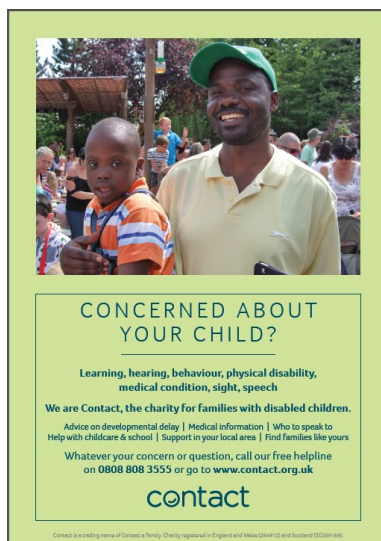
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Money and finance

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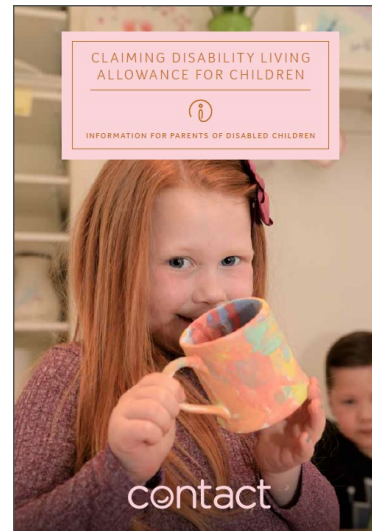
[Money matters checklist –Scotland](#)

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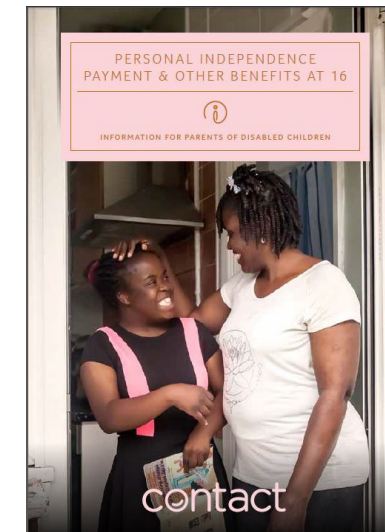


[Claiming Disability Living Allowance for children](#)

How to fill in the form [online]



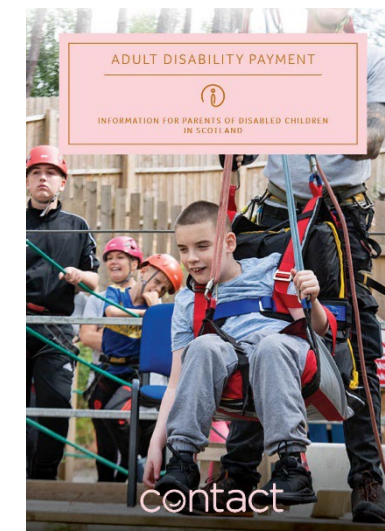
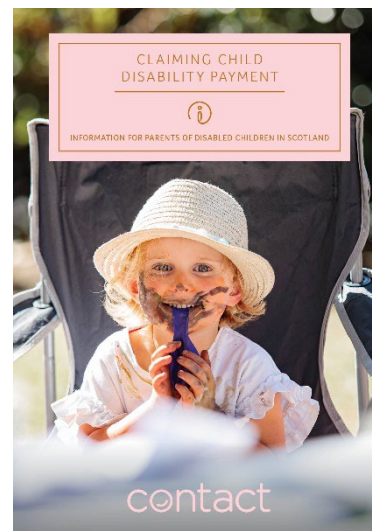
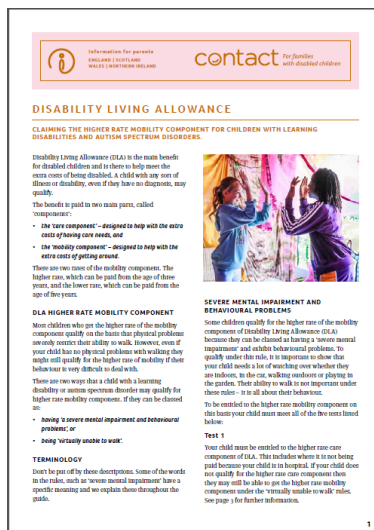
[Personal Independence Payment and other benefits at 16](#) [online]



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

[Claiming Child Disability Payment – Scotland](#) [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 has 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 CHILDREN?

In the past, once a child had been a hospital inpatient for 84 days (or all days of aged 16 or above) their DLA payments were suspended.

In addition, where a child first made a claim for DLA when they were in hospital, they needed to wait until they were discharged home before those payments could start. Similar rules applied to PIP.

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

WHY HAVE THE RULES BEEN SCRAPPED?

In July 2016 the Supreme Court found that the DLA hospital rules breached the human rights of a severely disabled child called Cameron Mathison.

Following the Mathison decision, the government introduced an interim policy of not suspending DLA or PIP payments where a child was in hospital.

This interim policy has now become law, as a result of changes to regulations introduced on the 26 June 2018 in England, Wales and Scotland, and on 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 inpatient, payments of DLA or PIP continue as normal while they are in hospital. It does not matter how long they are in hospital for.

You do not have to prove how much care you continue to provide to your child while in hospital, nor what care costs you will incur – all children aged under 16 are exempt from the rules restricting DLA/PIP payments in hospital.

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


When a child on DLA turns 16, they are normally entitled to claim PIP. However, if your child is still in hospital when they turn 16, their DLA payments should be temporarily suspended, and they will not be limited to claim PIP until they have left hospital.

YOUNG PEOPLE AGED 16 OR ABOVE

The hospital rules remain for young people and adults aged 16 or over. This means that if your child is aged 16 or over on the date that their time as a hospital inpatient starts, their DLA or PIP payments will be suspended once they have spent all days in hospital.

If someone is aged 16 or above and first claims PIP when they are a hospital inpatient (and they do not already have DLA), they will need to wait until they are discharged home before their PIP payments can start.

Young people who turn 16 while in hospital are not affected by the DLA/PIP hospital rules. This is because you can exempt the long as you were under 16 when you first became a hospital inpatient.



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 it if your child receives Disability Living 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 factsheet **Claiming Disability Living Allowance for children and Personal Independence Payment (PIP)**.

Carer's Allowance is not means tested. It does not matter what savings you have and most forms of income are also ignored. However, if you work you can only get Carer's Allowance if your earnings after deductions are no more than £123 per week.

HOW DO I QUALIFY FOR CARER'S ALLOWANCE?

You can claim if you are aged 16 years or over and:

- you look after someone who gets DLA care component at the middle or highest rate or the daily living component of PIP or a benefit for other people with disabilities called Attendance Allowance
- you look after that person for at least 35 hours a week
- you are not earning more than £123 a week. See below for more details about how your earnings are calculated.

You are not eligible if you are:

- studying at full-time education if your course is described as full-time by the educational establishment, although there are some exceptions for evening part-time courses requiring private study. Even if the course isn't described as full-time, you still have to be on a full-time education if it involves 21 hours or more supervised study per week
- you meet certain tests linked to your immigration status and the length of your presence in the UK.

You can only get one award of Carer's Allowance, even if you are looking after more than one disabled person. If you share the care of your child with another person and you each provide care for 10 hours a week each, only one of you can get Carer's Allowance for that child.

HOW ARE MY EARNINGS ASSESSED FOR CARER'S ALLOWANCE?

Only your own earnings are counted. If you have a partner who works their earnings are ignored. In calculating your earnings, the Department for Work and Pensions (DWP) can make certain deductions from your gross pay. This includes not only tax and national insurance you pay but also deductions for:

- any other taxable care costs that you have. This includes any childcare costs you have while you are working whether this is for a disabled child or any other children under 16. If the person you care for is aged 16 or over and you have no one else to look after them while you work then those care costs can also be deducted. There is a cap on the maximum amount that can be deducted in this way – this is half of your net earnings. There is an exemption that says a regular childcare provider. These costs can still be deducted to long as you pay someone other than a close relative.
- 50 per cent of any pension contributions that you make into a work or personal pension scheme and
- an amount for any expenses you have that are wholly and necessarily incurred in carrying out your work and which you are not reimbursed by your employer for, such as having to buy equipment or specialist clothing or have to pay for travel to work which does not otherwise work out of how you are taxed.


If your earnings vary they should be averaged out, although the period over which they are averaged is at the discretion of the DWP. If you are self-employed your average earnings will normally be based on your most recent year's accounts, unless there has been a change in the pattern of your business.

Help with Council Tax bills [online]

Information for parents ENGLAND | SCOTLAND | WALES **contact** for families with disabled children

HELP WITH COUNCIL TAX BILLS

Information for parents of disabled children ENGLAND, SCOTLAND & WALES



contact

Universal Credit for young disabled people in education [online]

Information for parents ENGLAND | SCOTLAND | WALES | NORTHERN IRELAND **contact** for families with disabled children

UNIVERSAL CREDIT FOR YOUNG DISABLED PEOPLE IN EDUCATION

Universal Credit is a benefit for people aged between 16 and 64. It can be paid to people who are not or work and do have an employment. It is replacing most of the existing means tested benefits for people of working age with a single monthly payment. It is administered by the Department for Work and Pensions (DWP) and most people are expected to claim it online.

WHICH BENEFITS ARE BEING REPLACED BY UNIVERSAL CREDIT?

Universal credit is gradually replacing:

- Income Support
- Income-based jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit
- Working Tax Credit
- Housing Benefit (except for those in some types of supported accommodation)

There are known as the 'legacy benefits'. Other benefits such as Carer's Allowance, Child Benefit, Disability Living Allowance (DLA), Personal Independence Payment (PIP), and Council Tax Reduction will remain and will be paid alongside Universal Credit.

WHO CAN CLAIM UNIVERSAL CREDIT?

You can claim Universal Credit if you have one or more dependent children. Apart from this, most people of working age can claim, but you can claim regardless of whether you are not or work or in employment. You can claim if you are a job-seeker, a carer, or someone who is unable to work. You must have certain ties linked to your residence and presence in the UK.

WHAT AGE MUST I BE TO MAKE A CLAIM?

Usually claimants have to be aged 16 or over. In exceptional cases some 16 or 17 year olds can claim, including some disabled 16 or 17 year olds. Most people in full-time education cannot claim Universal Credit unless they have a dependent child. However, disabled students can claim if they get DLA or PIP and are also assessed as unable to work.

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Universal Credit – the essentials [online]

Information for parents ENGLAND | SCOTLAND | WALES | NORTHERN IRELAND **contact** for families with disabled children

UNIVERSAL CREDIT – THE ESSENTIALS

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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

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Benefits if your child is in residential accommodation [online]

Information for parents ENGLAND | SCOTLAND | WALES | NORTHERN IRELAND

contact For families with disabled children

BENEFITS IF YOUR CHILD IS IN RESIDENTIAL ACCOMMODATION

This factheet 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.

This factsheet will explain what happens to your benefits if your disabled child is away from home in any of the following settings:

- residential school or college
- residential care home
- respite or short break placement in a residential setting.

HOW WILL IT AFFECT MY BENEFITS?

There are different rules for each benefit. Some may stop altogether, some may be reduced, while others may continue to be paid at least. It is important that you tell the relevant benefit office. The DWP officers who your child goes into 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 overpayments.

Disability Living Allowance (DLA) or Personal Independence Payment (PIP)

If you get either of these benefits for your child, contact:

- DLA Unit: 0800 121 4600
- PIP office: 0800 121 4533

Career's Allowance

If you get Career's Allowance, contact:

- Career's Allowance Unit: 0800 371 0297

The rules for each benefit are explained overleaf.

Challenging school transport decisions – England [online]

Information for parents ENGLAND

contact For families with disabled children

CHALLENGING SCHOOL TRANSPORT POLICIES – ENGLAND

The provision of home to school transport is governed by law, statutory guidance and local authority policies. Local policies must offer at least the minimum legal entitlement. However, research as part of Contact's school transport campaign 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 individual parents who want to challenge a local school transport policy. It will help you understand:

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

For more details on transport eligibility see our factsheet on Home to school transport.

CHILDREN OF STATUTORY SCHOOL AGE (5-16)

The local authority must publish its school transport policy under the Education (School Information) (England) Regulations. This must form part of the composite prospectus published annually for school admissions in the following year. The composite prospectus must be published by 12 September in the year before admission.

Statutory guidance from the Department for Education Home to school transport and transport guidance – states that the information should:

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

– explain both statutory transport provisions and that provided as a discretionary benefit

– set out the appeal process.

The law does not say how or when the local authority should consult on transport policies for this age group. However, Home to school transport and transport guidance recommends that local authorities consult widely on any changes to their school transport policy with all interested parties for at least 21 days during term time.

YOUNG PEOPLE OF SIXTH FORM AGE (16-18)

Under section 546B of the Education Act 1996, the local authority must publish a transport policy statement for 16-18 year olds. This must be published by 31 May to take effect the next academic year (from September). Local authorities must have regard to statutory guidance (Home to school transport and transport guidance) when they draw up their local policy for this age group. There are no legal requirements relating who must be involved in the consultation including young people and their parents.

YOUNG ADULTS (19-24 YEAR-OLDS WITH AN EHC PLAN)

Under section 546C of the Education Act 1996, the local authority must publish a transport policy statement for 'volunteer young adults' who are entitled to transport under the adult transport duty. Relevant young adults are defined as those under 25 with an EHC plan (the guidance however still uses the old terminology 'subject to housing criteria or assessment'). The policy must be published by 31 May to take effect the next academic year. There are no legal requirements who must be involved in the consultation, including relevant young adults and their parents.

A guide to dealing with bullying [online]

DEALING WITH BULLYING

Information for parents of disabled children

contact

Education and childcare

Home to school transport – England [online]

Information for parents ENGLAND

contact For families with disabled children

HOME TO SCHOOL TRANSPORT – ENGLAND

Most children make their own way to school either accompanied by their parents, or independently if they are older. 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 free travel arrangements for these children.

THIS FACTSHEET WILL TELL YOU

- which children are eligible for free 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 out more.

This factsheet covers children of compulsory school age (5 to 16) in England only. References to children with Education, Health and Care plans (EHCP) plans 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 eligible children to attend school. These arrangements must be provided free of charge under section 508B of the Education Act 1996.

Local authorities also have the discretion under section 508C of the Education Act 1996 to provide transport for a wider group of children. This could be free or charged for.

WHO IS ELIGIBLE?

Some criteria apply to all children, and pupils with special educational needs or disabilities (SEND) 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]

Information for parents ENGLAND

contact For families with disabled children

EXTRA HELP IN EDUCATION FOR 19-25-YEAR-OLDS

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

A request can be made at any time before a young person's 25th birthday. See our factsheet Education, Health and Care plans for further information about the process.

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 support to learners with a special educational need that is disability (SEND)
- young people with special educational needs can have an EHC plan if they need more educational support than a mainstream education setting could normally provide
- young people can express a preference for a residential or specialist college to be named on an EHC plan, including a wide range of independent providers
- young people have a right to be consulted and to make their own decisions about the EHC process if they have the mental capacity to do so.

WHAT IS AN EHC PLAN?

An EHC plan is a legal document which outlines a child or young person's extra help in their current education. Some young people will need an EHC plan to finish their education or training. This is likely to be the case if they need more help with their education than a mainstream college can normally provide, and if they were previously supported through a Statement of Special Educational Needs in school or a Learning Difficulty Statement in college.

Your son or daughter may have had this support, or they may be returning to education after a long break. If they may need an EHC Plan to finish their education or training, you or your son or daughter can ask the local authority to carry out an EHC needs assessment.

Free school meals – England & Wales [online]

Information for parents ENGLAND & WALES

contact For families with disabled children

FREE SCHOOL MEALS

Many disabled children are entitled to free school meals, but struggle to access or eat them. Because their disability or medical condition, 15th grade pupils who is eligible to receive free school meals and the legislation that requires schools to provide them when they provide meals as voluntary.

The guide includes links to local support helpline (190) you can use to ask the school to provide free school meals to a new pupil child who is new there.

Richie has guided the campaign letters were written by the pupils in low income right to eat, Alex Koo, Kevin Campbell and Kevin Smith from St Paul's Primary School and 5 new pupils from St Paul's Church.

WHAT THE LAW SAYS

Schools have a legal duty to make "reasonable adjustments" to their services to make sure disabled pupils can access them. This means that they must have a policy to support the needs of disabled pupils. It is a requirement of the Equality Act 2010 that schools must make "reasonable adjustments" to their services to make sure disabled pupils can access them.

In deciding what is reasonable, the law says schools will take all the circumstances into account, including the costs the school will incur to make the adjustment.

ASKING FOR A REASONABLE ADJUSTMENT

If your child is eligible for free school meals, you can ask the school to provide them. The law says that schools must make "reasonable adjustments" to their services to make sure disabled pupils can access them.

If your school has a policy to make "reasonable adjustments" to their services to make sure disabled pupils can access them, you can ask the school to provide them. The law says that schools must make "reasonable adjustments" to their services to make sure disabled pupils can access them.

CHILDREN IN RECEPTION, YEAR 1, OR YEAR 2 OF STATE SCHOOLS, ACADEMIES, AND FREE SCHOOLS

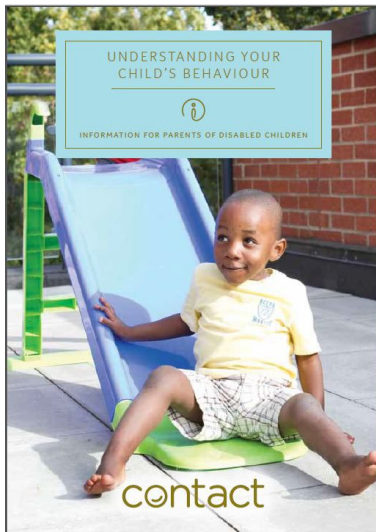
All children in Reception, Year 1, or Year 2 who are eligible for free school meals can also receive free school meals. This is the case whether or not the child is eligible for free school meals.

- mainstream school
- academy
- free school

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Behaviour

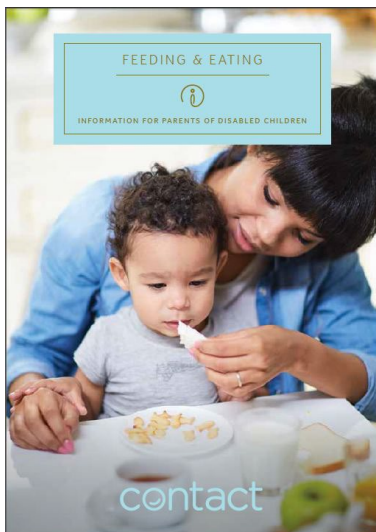
[Understanding your child's behaviour](#) [in print and online]



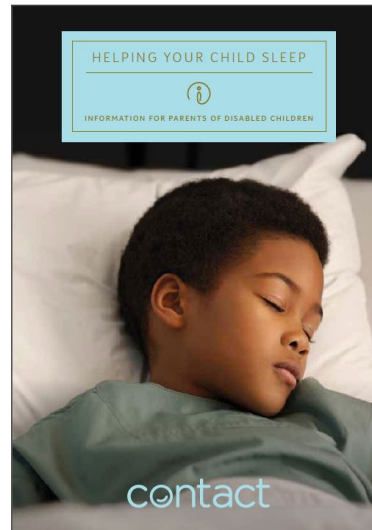
[Potty/Toilet training](#) [in print and online]



[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]

SERVICES & SUPPORT FROM YOUR LOCAL AUTHORITY

INFORMATION FOR PARENTS OF DISABLED CHILDREN

contact for families with disabled children

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

CARERS ASSESSMENTS – HELP FOR PARENT CARERS

Information for parents ENGLAND **contact** for families with disabled children

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

A carer's assessment focuses on you as a parent and your needs. Social services should discuss issues like the help you need, and whether there is anyone else who helps or cares for your child with care.

The carer's assessment should also consider your wellbeing, including health and safety issues, and important concerns 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 to an assessment of their needs under the Children and Families Act 2014.

The Children and Families Act amended the Children Act 1989 (sections 67A, 67B and 67C) under it, local authorities must consider a parent's:

- **it appears to be the authority that the parent carer may have needs for support or help**
- **whether a request from the parent carer to assess the parent carer's needs for support?**

These assessments are called parent carers' needs assessments. The Act also says that:

- **A parent carer's needs assessment must include an assessment of whether it is appropriate for the parent carer to provide, or continue to provide, care for the disabled child, in the light of the parent carer's needs for support, other needs and wishes.** (Children and Families Act 2014, section 67A(2)(b))
- **They must also take into account:**
 - **the well-being of the parent carer; and**
 - **the need to support and promote the welfare of the disabled child cared for and other child for whom the parent carer has parental responsibility.** (Children and Families Act 2014, section 67A(2)(c))

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

- **personal dignity and respect**
- **physical and mental health and emotional wellbeing**
- **protection from abuse and neglect**
- **control by the individual over day-to-day life**
- **participation in work, education, training or recreation**
- **social and economic wellbeing**
- **domestic, family and personal relationships**
- **ability of being accommodated**
- **contributions to society**

Assessments under the Children's Act 1989 can lead to the provision of services which support families, including short breaks. The assessment is the process social services use to gather information about your child and family, or they may make a decision about what help you may need. The Working Together to Safeguard Children guidance emphasises the importance of the assessment being 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]

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

Information for parents ENGLAND **contact** for families with disabled children

Many families with disabled children and/or health conditions benefit from regular breaks from their caring responsibilities. Taking a break from caring for your child is not an admission of failure or a way of saying you don't care. It is a chance to recharge batteries, spend time with others or pursue a particular interest. A break may also allow your child a change of scene, try different experiences, have fun and make friends. This may contribute to your child's personal and social development and reduce social isolation. It can also be helpful to get your child used to spending time in different settings and with other people as they grow up. In the event you need to leave them with someone in the future.

WHAT ARE SHORT BREAKS?

Local authorities have legal duties to provide breaks for carers and disabled children, called 'short breaks' and make it easier for families with disabled children to access them. Short breaks come in a variety of forms. Each one can last from just a few hours to a few days, and occasionally longer, depending on the type of provision and the needs of your child and family. Short breaks can include:

- **Day care at home**
This includes sitting or care schemes, which provide someone to sit with or 'babysit' your child while you do another activity. They can also be useful in preparing children and parents for eventual placements in a care home.
- **Family link schemes**
Where your child may with another family on a regular basis or occasionally.
- **Support for disabled children/young people**
To access activities in universal settings, for example with the support of a befriending, reading or specialist service, volunteer or mentor.
- **Day care away from home**
This includes nurseries, playgroups, after school and weekend clubs, young clubs, summer holiday play schemes, sports activities, for example inclusive cycling or martial arts, music, art and drama activities.

PERSONAL BREAKS

When your child stays in a residential home, special unit in hospital or hospice – especially they offer both indoor and outdoor activities as well as being used to provide nursing care and support to residents.

WHAT DOES THE LAW SAY ABOUT SHORT BREAKS?

The Carers (Inclusion and Disabled Persons) Act 1970

Creates a right for disabled children to receive social care services, including short breaks, when they are assessed to be necessary to meet their needs. Under this Act, the duty to provide services is to the individual disabled child and does not extend to other members of the family.

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

PERSONAL BUDGETS

Information for parents ENGLAND **contact** for families with disabled children

A personal budget sets out the amount of money that is available to spend on support for your child, to meet their assessed needs. This money may come from your local social care services team, local education department, or in some cases from your NHS clinical commissioning group (CCG), if you receive funding from the NHS this is known as a personal health budget.

Having a personal budget should mean that it is much easier for you to manage and control over how your child's needs are met. You should:

- **know more say in what outcomes you want to achieve for your child and whether to use the extra help and benefit your child, for example walking in at school can be easier if being better able to communicate with others**
- **know how much money is available to pay the support your child needs to meet their assessed needs**
- **have more involvement in creating a plan for how your child's needs will be met**
- **have a choice over how the money funding support for your child is held and managed, including in some circumstances, the right to ask for it direct payment so you can buy and manage these services yourself. This means you should be able to spend the money in ways that meet what suits your child, as 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 managed. The amount of control that you have over how your child's needs are met will vary depending on which of these options are used.

Direct payments

This is where you receive the money yourself so you can buy the support that your child needs. Using direct payments means you will have a lot more control and choice over how your child's needs are met. However, it also involves more responsibility for you in managing these services.

You may decide to use direct payments to buy a service from a provider, for example a care agency, or use a sensory room or short break service. Alternatively you may decide to employ someone to support your child and this means you would have all the legal responsibilities of an employer.

Every local authority must ensure that there is a service in their area offering 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.

[Introduction to the Care Act 2014](#) – England [online]

INTRODUCTION TO THE CARE ACT 2014 – ENGLAND

Information for parents ENGLAND **contact** for families with disabled children

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 18 or over and their carers. The Act also includes new rights for families with a child who may need support to prepare for the transition to adult services, and also young carers who are approaching adulthood, their case for you. This may result in getting services or direct payments to meet your own assessed needs.

The aim of the Care Act 2014 is to get a full picture of the person and what needs and goals they may have. The local authority will then consider whether any of the needs identified are eligible for support.

The duties on how local authorities implement the Act and regulations is in the Care and Support (statutory) guidance, but local authorities should also make available information about the process. Contact your local authority or visit their website for further information.

Changes to funding for care and eligibility will come into force later 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, and for a disabled adult's care and support needs. Under the Act the local authority must promote the wellbeing of disabled adults and their carers.

This means they must consider a person's:

- **personal dignity and respect**
- **physical and mental health and emotional well-being**
- **protection from abuse and neglect**
- **control by the individual over day-to-day life (including over their care and support, and the way support is provided to the individual)**
- **participation in work, education, training or recreation**
- **social and economic wellbeing**

domestic, family and personal relationships

ability of being accommodated

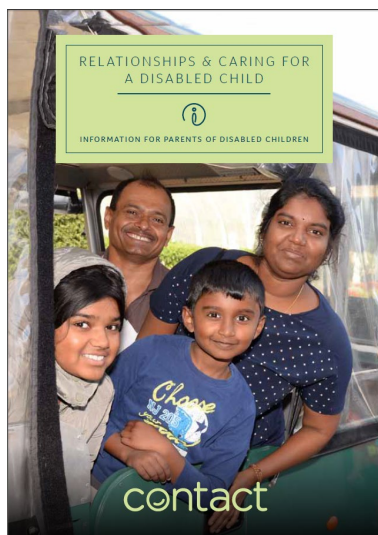
contribution to society

They must also:

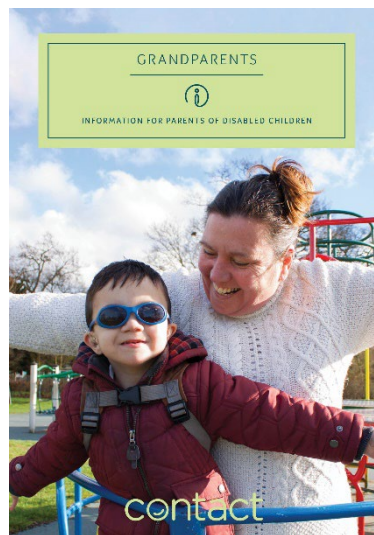
- **provide or arrange services that will contribute towards preventing, delaying or reducing a person's need for care and support**
- **take and coordinate services with the local Clinical Commissioning Group (CCG) and NHS**
- **establish and maintain an information and advice service relevant to care and support for adults and carers**

Family Life

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



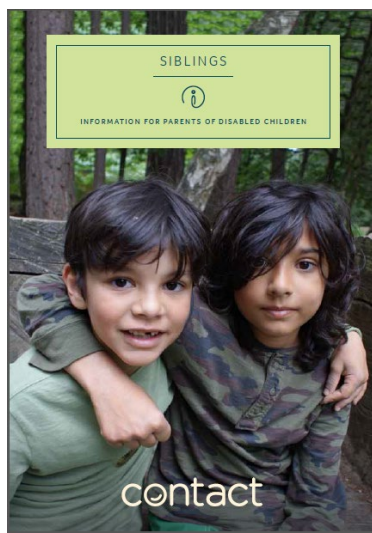
[Grandparents](#) – [online]



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



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



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



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



Health

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

contact For families with disabled children

Concerned about your child?

These people may be able to help

- Speech
- Feeding
- Coordination
- Teeth
- Toilet training
- Learning
- Behaviour
- Sleep

Contact working with The Royal College of Paediatrics and Child Health

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

DEVELOPMENTAL DELAY

INFORMATION FOR PARENTS OF DISABLED CHILDREN

contact

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

LIVING WITH A RARE CONDITION

INFORMATION FOR PARENTS OF DISABLED CHILDREN

contact

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

LIVING WITHOUT A DIAGNOSIS

INFORMATION FOR PARENTS OF DISABLED CHILDREN

contact

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

Information for parents ENGLAND, NORTHERN IRELAND, SCOTLAND, WALES **contact** For families with disabled children

GP ANNUAL HEALTH CHECKS FOR CHILDREN WITH LEARNING DIFFICULTIES

This brochure is for parents of a child or young person with a learning disability. It has information on GP learning disability registers and annual health checks, why they are important and how you can support your child or young person to access the services they are entitled to.

GP LEARNING DISABILITY REGISTERS

GP learning disability registers are a record of all the people registered with the practice that have a learning disability. This is different to the Register of Disabled Children that all local authorities are required to keep. The GP learning disability register enables practice staff to identify children, young people and their families who may need extra help or support to access health services.

Anyone with a learning disability, regardless of whether they have a diagnosis of learning disability, can ask to go on it.

Other aims of the register should include all ages, not just those over 16.

All those on the register aged 16 and over should be offered an annual health check.

Being on the register will help GPs and practice staff understand the complexities of care for children and young people with learning disabilities. It can also help practice staff identify who they may need to make reasonable adjustments for.

WHAT ARE REASONABLE ADJUSTMENTS?

Reasonable adjustments are the changes that services or people must make so that someone with a disability can use or access something just as easily as everyone else. Some examples of what a 'reasonable adjustment' might be are:

- making sure there is wheelchair access
- having a 'quiet' waiting room
- providing easy read appointment letters
- prioritising appointments or first appointments of the day if waiting is difficult

WHAT ARE THE BENEFITS OF BEING ON THE REGISTER?

The benefits of being on the Learning Disability Register include:

- being an annual health check, if 16 or over
- parent carers and siblings being identified as carers
- a better understanding of a child or young person's needs before they attend health or care settings
- improved visibility to adult services, so your GP will be aware of your young person's needs and can be involved in any planning.

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

Information for parents ENGLAND, NORTHERN IRELAND, SCOTLAND, WALES **contact** For families with disabled children

WHEN YOUR CHILD IS IN HOSPITAL - MAKING THINGS MORE MANAGEABLE

Taking your child to hospital can be a worrying time, and it helps to have plans about if you can. This booklet looks at making hospital appointments and admissions better.

FACE-TO-FACE APPOINTMENTS VERSUS VIRTUAL APPOINTMENTS

Many hospitals and clinics are now offering virtual appointments. Virtual appointments are the same as face-to-face appointments, but you can have your appointment in a different way. Virtual appointments can be helpful for children with learning disabilities, but they can also be challenging. It's important to think about what your child's needs are and what support you can offer.

TELEHEALTH

Telehealth is a way of talking about your appointment or your child's care online. This can help to reduce the time and stress of going to hospital. It can also help to make appointments easier to book and to attend. It's important to think about what your child's needs are and what support you can offer.

WHAT IF MY CHILD DOESN'T WANT TO GO INTO HOSPITAL?

If a young person with a learning disability is going to hospital, it's important to think about how to make the experience as good as possible. This can include things like having a familiar person with them, having a familiar room, and having a familiar routine. It's also important to think about what your child's needs are and what support you can offer.

WHAT YOU CAN DO TO PREPARE YOUR CHILD

There are many things you can do to help your child get ready for hospital. This can include things like talking to your child about what to expect, having a familiar person with them, and having a familiar routine. It's also important to think about what your child's needs are and what support you can offer.

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

[Understanding your child's sensory needs](#) [online]

Information for parents, carers, teachers, health professionals, Scotland, Wales **contact** For Families with disabled children

UNDERSTANDING YOUR CHILD'S SENSORY NEEDS

This guide is based on Contact's parent workshop *Understanding your Child's Sensory Needs*. Contact is a charity supporting families with disabled children.

MAKING SENSE OF SENSORY PROCESSING
Every moment, our brains are taking in messages from the world through our senses – sounds, sights, smells, movement, texture, and taste. For most of us, our brains automatically filter, organise, and respond to this information without us even thinking about it.

For some children, this process works differently. Their brains may be more responsive to certain inputs or need more sensory input to feel calm and focused. These differences are known as sensory processing differences or sensory integration differences.

This doesn't mean there's something wrong – it simply means that the child's sensory system works differently. Understanding their unique sensory profile can help you create an environment and routines that make daily life calmer and more enjoyable.

Examples:

- A child might cover their ears when a vacuum cleaner is on but seek loud music later.
- Another may dislike the feeling of certain clothes but enjoy being wrapped tightly in a blanket.
- Some children are so concerned that it's hard for them to play football or to feel happy when their feet leave the ground.

Our website has lots of information on common concerns like feeding and eating, helping your child sleep, and understanding your child's behaviour, including Free Resources for parents. Visit: [contact.org.uk/when-we-communicate](http://www.contact.org.uk/when-we-communicate)

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

A Parents' Guide to hearing care for children with a learning disability, autism or both

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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>

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

A Parents' Guide to eye care for children with a learning disability, autism or both

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National Children's Society contact

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

A Parents' Guide to oral health and dental care for children with a learning disability, autism or both

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