

# Children and Families

## *Information for parents and kinship carers*

VOCAL - Voice of Carers Across Lothian ● August 2018

## Introduction

Families who have children with additional support needs often have to navigate education, health and social care and medical systems to get support. This factsheet introduces some of the support and resources available to families and parent carers.

## Arranging for care and support services

The first step to getting support from health and social care is to contact Social Care Direct on **0131 200 2324**. Your details are then passed to one of the following assessment teams:

- **Children's Practice Team (Disability)** provides information and assessments, as well as statutory support (child protection and crisis care).
- **Children and Families Occupational Therapy Team** supports children's practical and social skills within Child and Family Centres, as well as assessing for equipment and adaptations in the home.
- **Transition Team** supports the move from school and children's services to adult services.

The assessment team will discuss:

- Services which you may access directly.
- Visiting you to obtain more information.
- Referring you to our partner providers for support with behavioural or sleep issues.
- Placing your name on a waiting list for further assessment.

Following a Section 23 assessment, a referral is made to an

## Section 23 assessment

Local Authorities have a duty to assess the needs of children with or affected by disability. This is called a section 23 assessment and is needed to access services. Traditionally these assessments have been carried out by social workers, but recently this has changed to extend to keyworkers and other professionals working with the family.

## Education

Find out more about additional support for learning and the resources available to parents. See page 2 for details.

## Transition

When a child turns 16 they begin the transition from child to adult services. Education choices, benefit changes and the move to adult support services can make this a difficult time for many carers. See page 3.

allocation panel who use a scoring system to ensure that those with the greatest needs are prioritised for services including:

- Clubs, befriending and sitter service
- Day and overnight short breaks services
- Equipment and adaptations

## **Additional support for learning (ASL)**

The Education (Additional Support for Learning) (Scotland) Act 2004 became active in 2005 introducing significant changes to current arrangements for school age children and young people who experience difficulties in learning. The Act was introduced to ensure disabled children could be educated, wherever possible, in mainstream schools with additional support.

Key requirements of the Act:

- The term ‘additional support needs’ refers to the needs of all children who, for whatever reason, require additional support, short or long term, to help them make the most of their education.
- A Co-ordinated Support Plan (CSP) is opened for children who have complex needs requiring multi agency intervention.
- The local authority must provide a system for resolving disputes in relation to provision for additional support needs which parents and young people can access.
- There is a nationally organised Tribunal to hear appeals relating to Co-ordinated Support Plans.

### **The act also gives rights to parents to:**

- Request an assessment to determine if their child has additional support needs.
- Request an assessment to determine if their child requires a Co-ordinated Support Plan (CSP).
- Request a specific type of assessment (eg. medical).
- Be informed of the outcome of any requests they make.
- Receive advice and information about their child’s support needs and a copy of any CSP.
- Have their views sought and taken into account and noted in a CSP where there is one.
- Request a specific school placement.

## **Support and activities**

**Sleep Scotland** - one to one sleep support for families and workshops  
**Tel: 0131 651 1392**

**TailorEd Foundation** - home based support and courses.  
**Tel: 0131 624 8970**

**Positive Paths** - support with behaviour and activities and socialising for children with additional needs.  
**Tel: 0131 332 3848 or 07903962450**

**The Richmond Fellowship** - support with behaviour issues and other supports.  
**[www.trfs.org.uk/contact](http://www.trfs.org.uk/contact)**

**Lothian Autistic Society** - Activities and groups for children with additional support needs.  
**Tel: 0131 661 3834**

## **ASL support**

**ASL helpline:** run by Kindred on behalf of the City of Edinburgh Council  
**0800 031 5793 (option 1)**

**ASL Parent & Pupil Support Manager**  
Adam O’Brien - **0131 469 3444** or email: **[Adam.O'Brien@edinburgh.gov.uk](mailto:Adam.O'Brien@edinburgh.gov.uk)**

**In On The Act leaflet**  
A guide to ASL and City of Edinburgh Council’s policy: visit **[www.edinburgh.gov.uk/inontheact](http://www.edinburgh.gov.uk/inontheact)**

- Access independent mediation services or dispute resolution.
- Appeal to an independent Tribunal in matters related to CSP.

## Transition from child to adult services

City of Edinburgh Council's Transition Team support the move from school and children's services to adult services. They work with young people aged 14 to early 20s who have a disability. If transitional planning is required, the young person is referred to the Transition Team from school at S2 stage.

The Transition Team work jointly with schools, Health & Social Care and Children & Families Practice Teams, the Local Area Co-ordinator and the Direct Payments Team.

The Transition Team:

- Offer information and support to young people and their families to explore options - college, day services, work, care providers, community resources and leisure.
- Assess need, working with the young person, their family and those who know them best.
- Check the young person is receiving the benefits they are entitled to and develop funded packages.
- Support the move to further education or services when the young person leaves school.
- Provide support to individuals leaving college and requiring day services.

Parents can also access training courses about preparing for the transition from child to adult services - contact VOCAL on **0131 622 6666** and/or Kindred on **0800 031 5793** for more details.

You might also be interested in the '*Legal matters*' factsheet which provides details on setting up Power of Attorney, Guardianship and Interventions.

## Visiting Teaching & Support Service

The service works with children and young people from birth and throughout their school years who have or are awaiting a diagnosis of a disability.

This includes pre-school children, and the service works with families, early years settings and schools to develop programmes to progress the children's learning and offer advice and support regarding aspects of disability.

The referral system is open and just requires a parent's informed consent - forms can be obtained by calling **0131 469 2850**.

## Enquire leaflets

Enquire produce a range of useful leaflets including 'Progressing beyond school after 16' - visit: **www.enquire.org.uk**, call **0845 123 2303** or email **info@enquire.org.uk**

## Children and adolescent mental health teams (CAMHS)

The CAMHS provides a service for children and young people (0-18 years) and their families in Edinburgh who are experiencing difficulties ranging from significant emotional or behavioural problems to persistent mental health problems. The team provides assessment and a range of interventions and you can be referred by GPs, community child health, general medicine, social work, health visitors, schools, educational psychology and other professional agencies. The team can provide support to children, young people and their families around many issues including mood, anxiety, self harm and behavioural issues.

For further information visit the NHS Lothian website:

[www.nhslotian.scot.nhs.uk/Services/A-Z/CAMHS](http://www.nhslotian.scot.nhs.uk/Services/A-Z/CAMHS)

## Young carers

If other children in the family spend a lot of time helping you care for their chronically sick or disabled sibling then they may benefit from contact with a young carers project. For more details contact the Edinburgh Young Carers Project on **0131 475 2322** or visit: [www.youngcarers.org.uk](http://www.youngcarers.org.uk)

## Medical Conditions

Many families find that they are not given enough information when their child is first diagnosed with a particular illness or condition. They can feel isolated and are often frightened about what the future holds. Here are organisations who can help or offer training courses on specific conditions:

### Contact a Family:

0131 659 2930

**FAIR:** 0131 662 1962

**Kindred:** 0800 031 5793

**VOCAL:** 0131 622 6666

## The Family Fund

Helps families of disabled or seriously ill children under 16. They give grants and information related to the care of the child including holidays, leisure, laundry equipment and lots more. Call **01904 550 055** or visit:

[www.familyfund.org.uk](http://www.familyfund.org.uk)

Other options for financial support are available – please call the VOCAL carer support team for information and support:

**Tel: 0131 622 6666**

**Email: [centre@vocal.org.uk](mailto:centre@vocal.org.uk)**