

There are 4 ways that a personal budget can be delivered:

- Managed Budget - where the local authority, school or college holds your Personal Budget and buys the support identified in the assessment;
- Direct Payment - Money is paid directly to the young person/family and they pay for their agreed support where this funding has been identified in the plan
- Third party arrangement - A third party organisation, trust or nominated person holds the money and pays for agreed services on behalf of the young person
- A combination of the above

Personal budgets are optional and parents and carers or the child or young person can continue to have services provided in the current way.



[Find more  
information here:](#)



# All Things Short Breaks

## Parent Carer Guide to Respite

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Choice Wellbeing Service

# Your Child, Your Choice

Because one size doesn't fit all

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## What is Short Breaks?

Short break care for parent carers is essentially a planned break from the intense and often round-the-clock responsibilities of looking after a child with disabilities or complex needs. It allows parent carers to take time for themselves, recharge, and attend to their own well-being.

### Purpose of short break Care:

- **Prevent Burnout:** Caregiving is demanding, and short break care helps prevent physical and emotional exhaustion.
- **Maintain Well-being:** It allows parent carers to focus on their own health, relationships, and personal needs.
- **Reduce Stress:** Taking a break can significantly reduce stress levels and improve overall quality of life.
- **Maintain Family Balance:** short break care can help maintain a healthy balance within the family, allowing other family members to also have their needs met.
- **Prevent Crisis:** By providing regular breaks, short break care can help prevent crises that may arise from caregiver burnout.

### Types of short break Care:

- **In-Home short break:** A caregiver comes to the family's home to provide care for the child.
- **Out-of-Home short break:** The child stays in a short break care facility, with a host family, or attends a day program.
- **Planned short break:** Regularly scheduled breaks to provide consistent support.
- **Overnight short break:** Care provided overnight, allowing parent carers to get a full night's sleep.

### Accessing short break Care:

- **Local Authorities:** Social services departments within local councils are often responsible for assessing and providing short break care.
- **Charities and Non-Profit Organisations:** Many charities and organisations offer short break care services for families with children with disabilities.
- **Private short break Care Providers:** There are private agencies that provide short break care services.

## Who is entitled to Direct Payments?

- A parent carer of a child with SEN and disabilities
- A young person with SEN and disabilities aged 16 to 17 years old (up to age 25 where an EHC Plan is in place)
- A young carer aged 16 - 17
- A person nominated in writing by the child's parent or the young person to receive Direct Payments on their behalf

## What is a Personal Budget?

A Personal Budget may help you to find alternative solutions that you may feel supports your child/young person better. This can be by purchasing existing services or by developing new and imaginative ways of using the money.

Instead of a family being provided with a service, a budget is identified and work takes place to plan how this can best be used to meet the child or family's needs. A parent/carer of a child, young person or adult up to 25 years old with an EHC plan can request a personal budget.

