

Short Breaks Surveys Analysis

1. Population

1.1. Overview

This is a qualitative and quantitative analysis of a survey conducted by Family Voice Peterborough on Peterborough Families/carers. In total 88 families have participated in the Short Breaks survey covering a wide range of disabilities and needs, out of the 88 families that answer these questions 20 of the carers in those families also reported to have a mental or physical disability themselves. The Survey was filled by parent carers caring for one or more children or a young adult- post 16 individual, living in the areas covered by Peterborough Social Services on their present and past experience with short breaks, related accessibility information and availability of the services on offer, with a wide range of physical and mental disabilities with different degree of complexities.

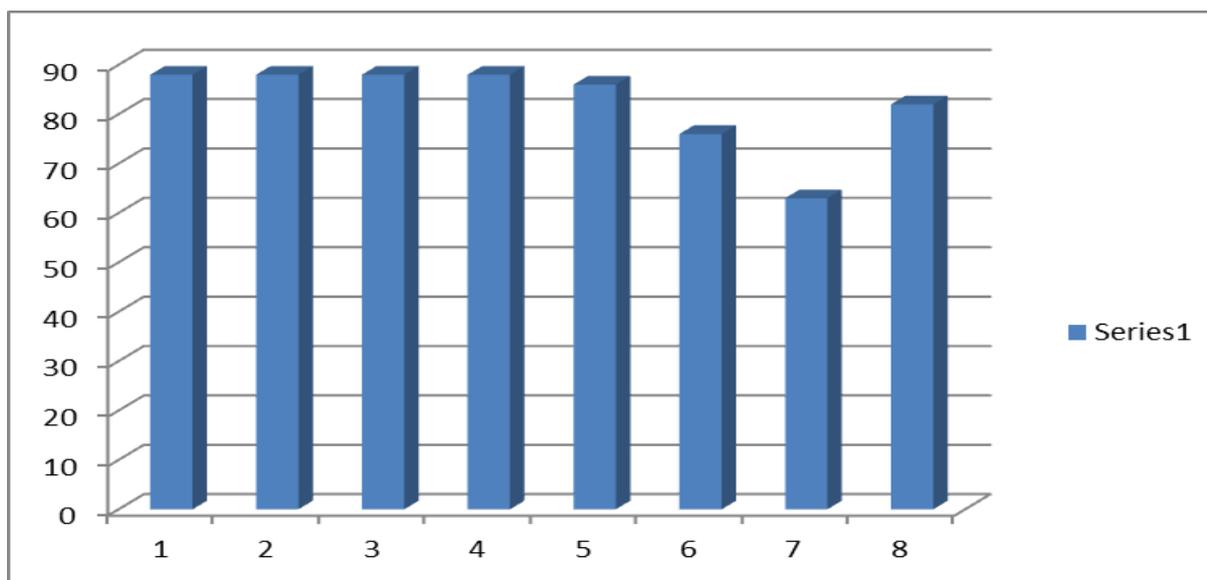


Fig 1 Question 1 to 8 percentage of answered by families

The Population surveyed was not pre-selected according to the Social Services meeting criteria for services award and the survey cannot be evaluated in terms of needs met by Social Care although some families are already getting some form of social care, the objective is to rather if possible provide some support to the population that does not meet the criteria as well as identifying gaps in services according to population needs.

The population was composed by 20 male and 67 female parent carers, from different Ethnic backgrounds with 23 families describing themselves as White, 1 Black Caribbean, 25 White British, Black African, 8 White other, 2 mixed, 18 Pakistani, 1 Bangladeshi, 2 Asian other.

The complexity of the disability and degree of care are broken down in the next set of graphics.

1.2. Breakdown of population data

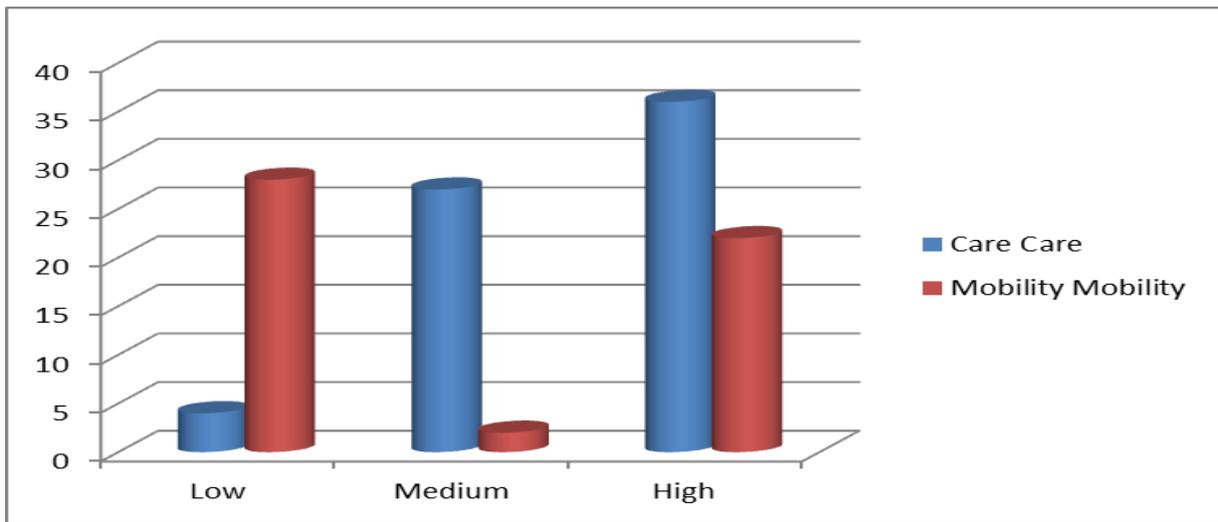


Fig.2 Breakdown of care according to DLA criteria

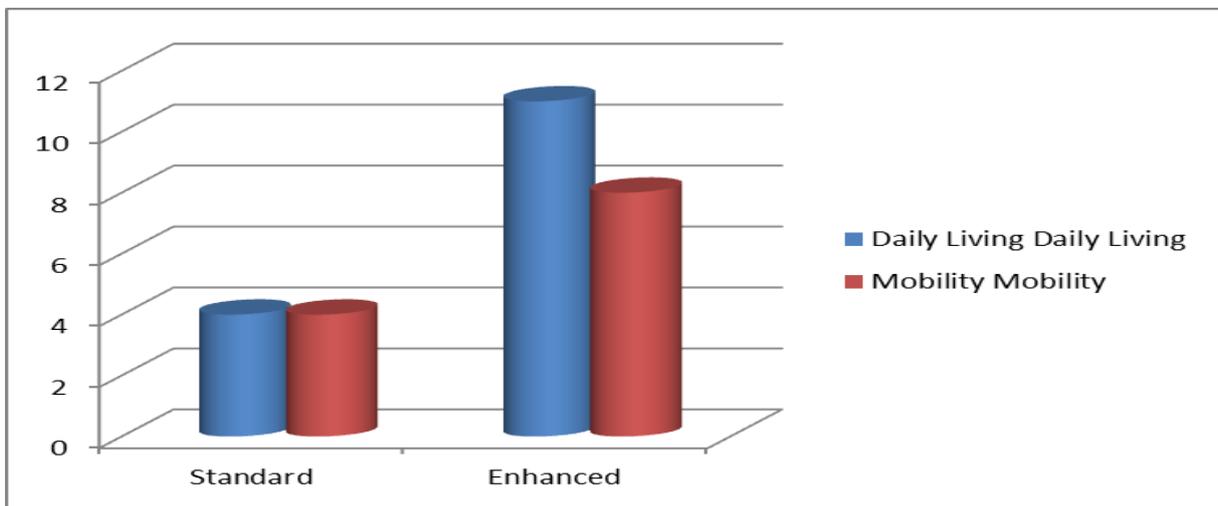


Fig.3 Breakdown of care according to PIP criteria

The population surveyed showed a prevalence of high end of needs with a level of care being given by the respective carers.

1.3. Breakdown of accessibility factors

1.3.1. Motability

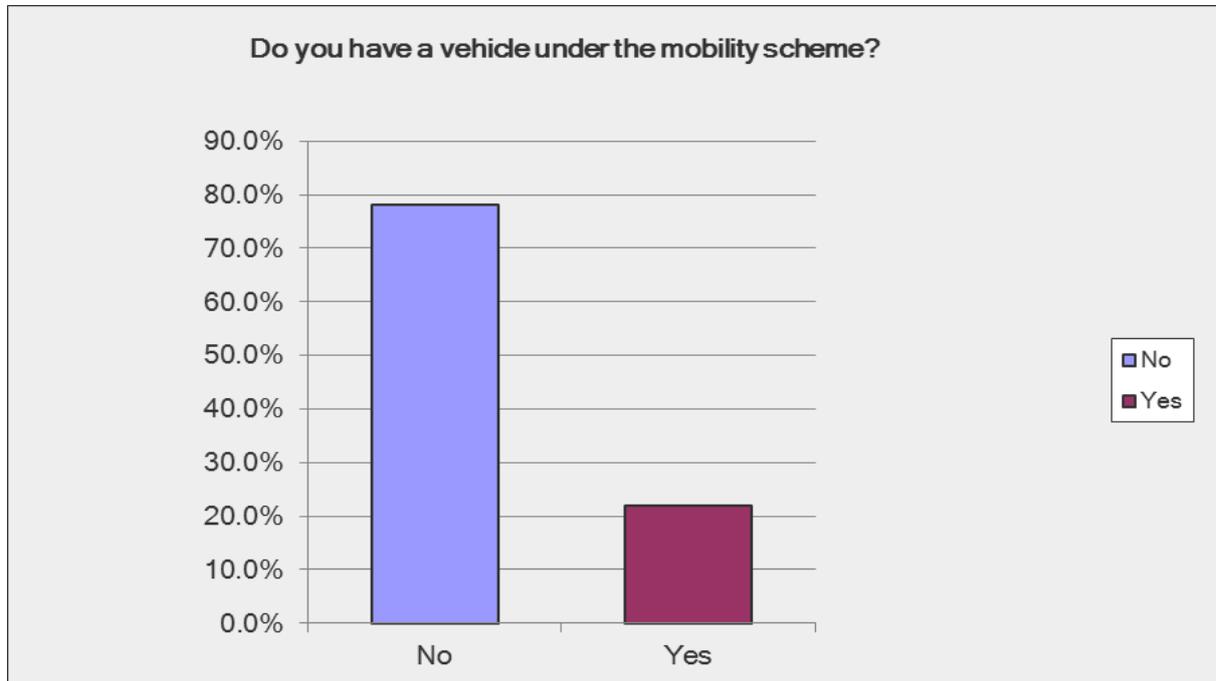


Fig.4 Ownership of a vehicle under the Motability scheme

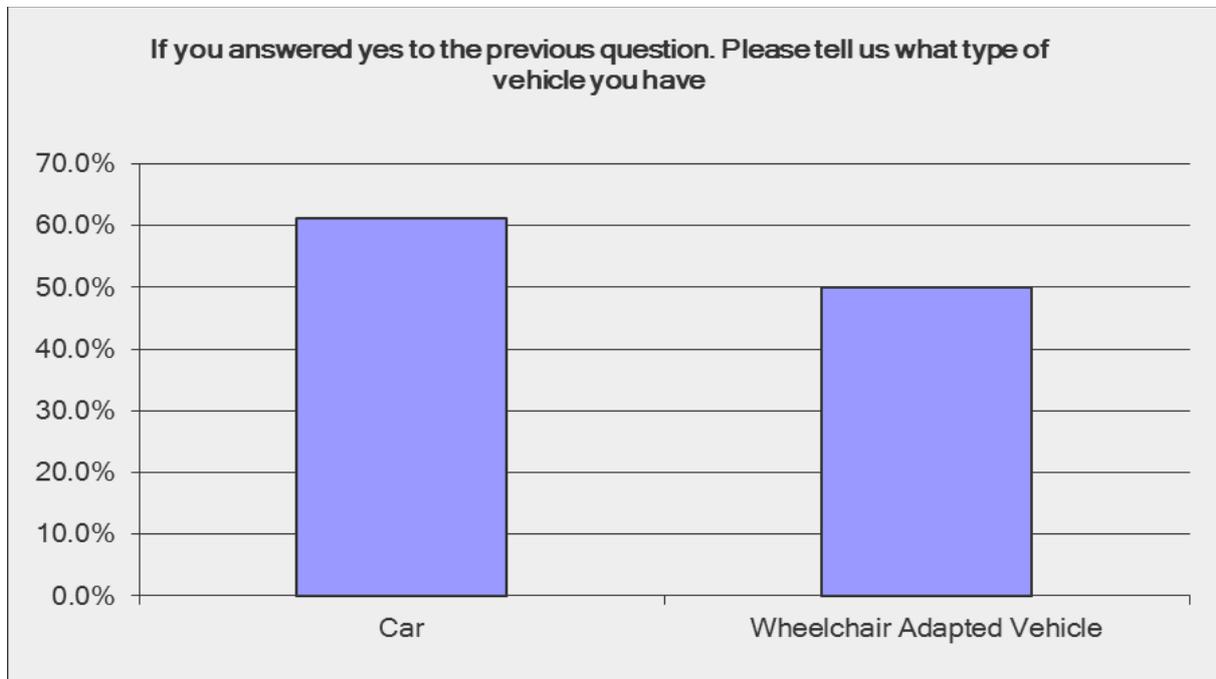


Fig.5 Type of vehicle owned under the Motability Scheme

1.3.2. Cost

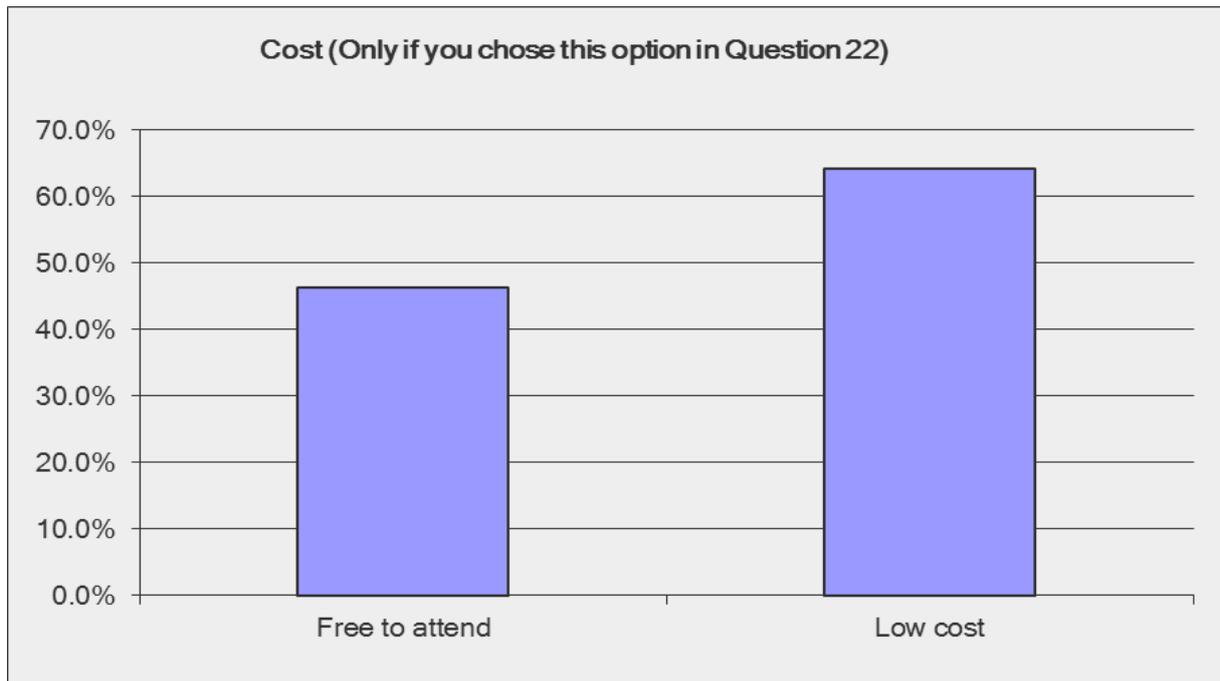


Fig.6 Families Cost Preference

1.3.3 Availability

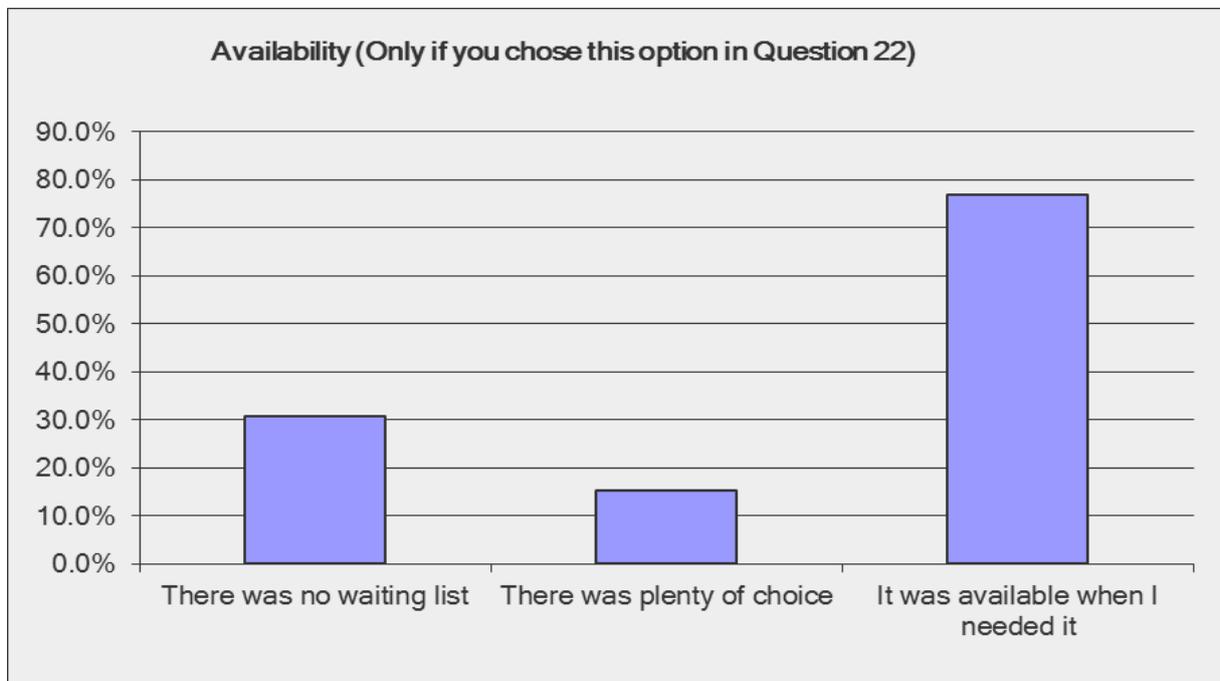


Fig.7 Families Availability Preference

1.3.4. Staff Training

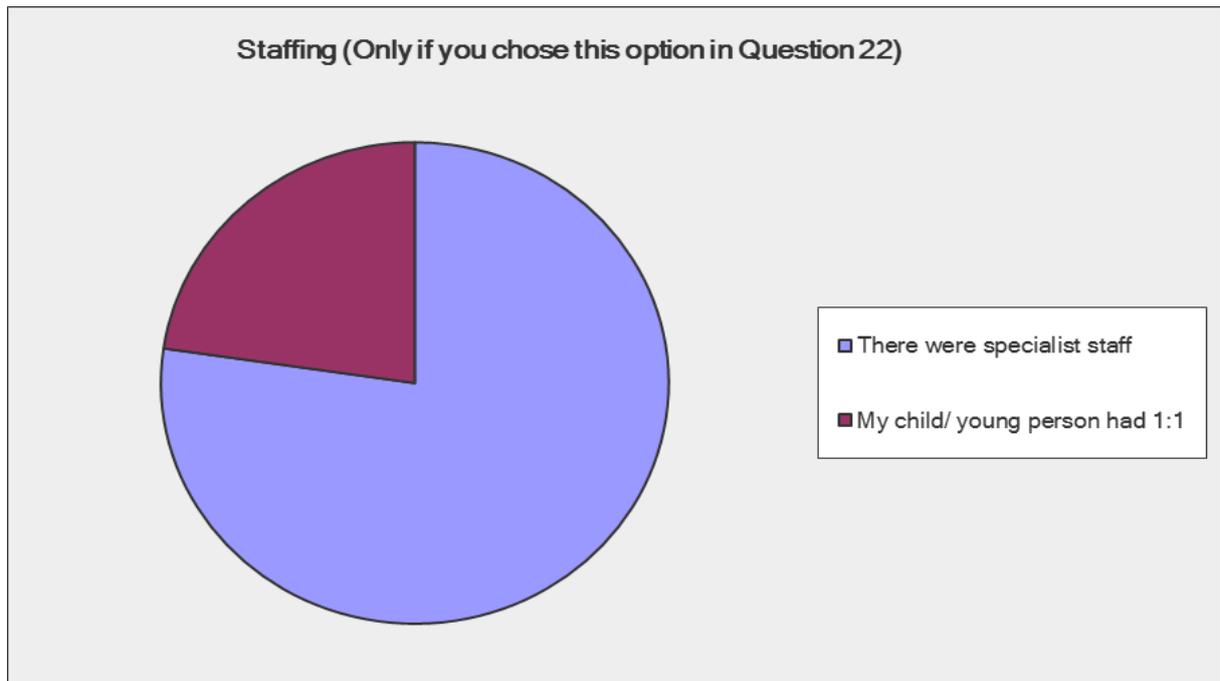


Fig. 8 Families Staff Preference

1.3.5. Time of the Day

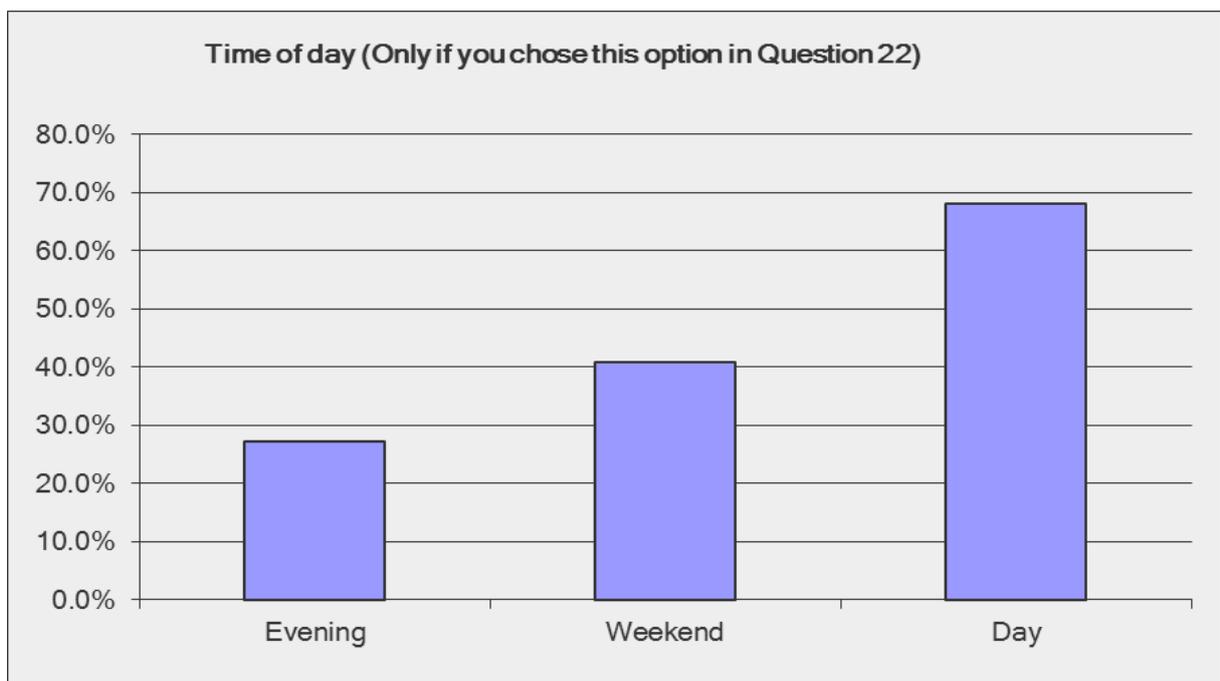


Fig.9 Families Time of the Day Preference

1.3.6. Type of Activity

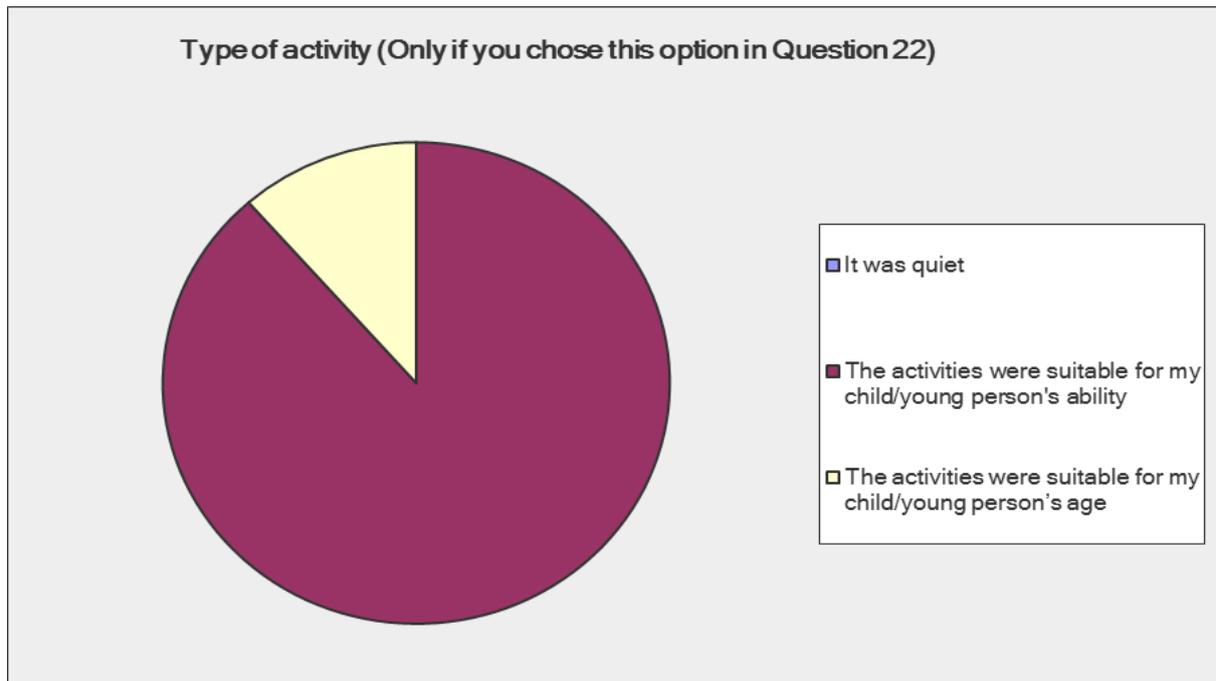


Fig.10 Families Type of Activity Preference

1.3.7. Eligibility

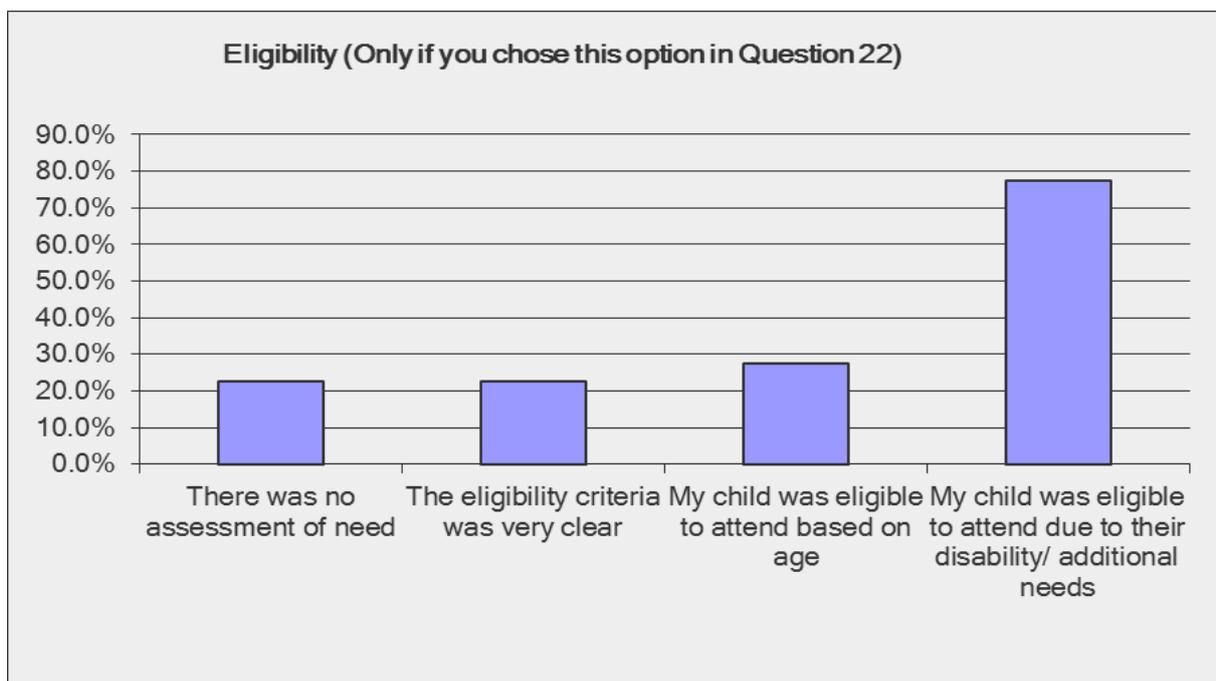


Fig.11 Families Eligibility Preference

1.3.8. Statistical Overview /Satisfaction with Current Short Breaks Services

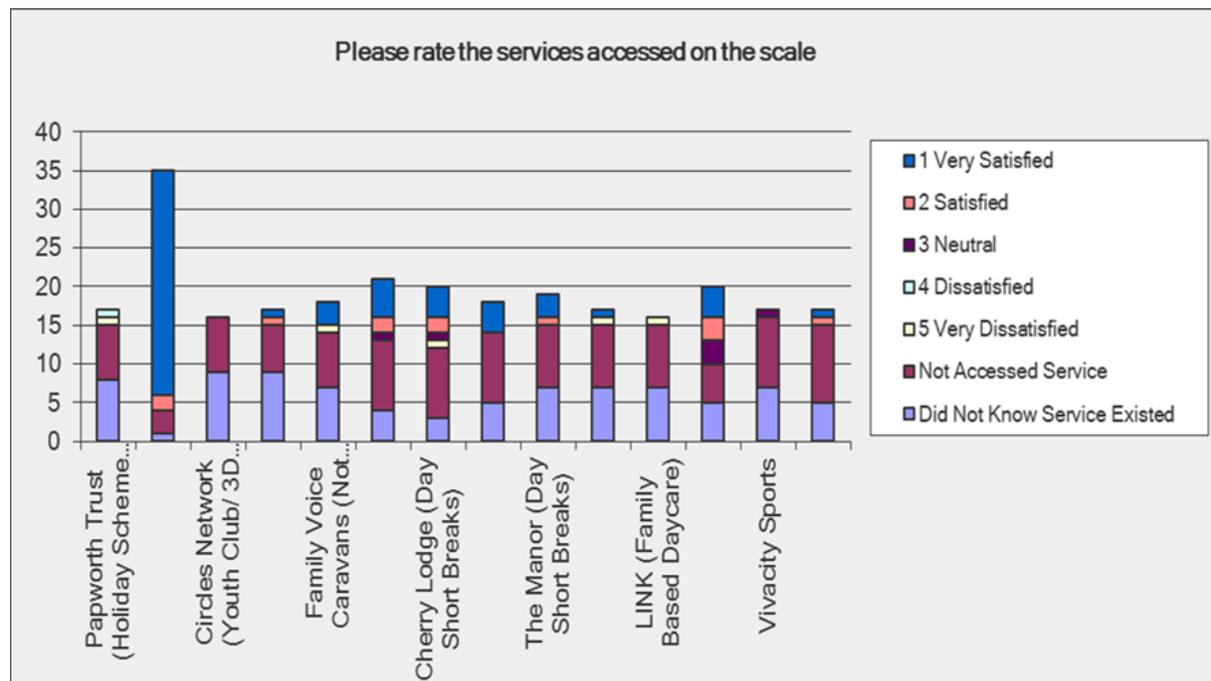


Fig. 15 Satisfaction rates among Peterborough Population

Although it is very striking that the majority of the families surveyed did not access the Short Breaks options or did not know that it existed the level of satisfaction of the current providers is quite high and therefore it is reasonable to conclude that their work is appreciated by the service users and the same guidelines of care should be required of the possible new providers.

The Short Breaks needs expressed by the families are therefore taken in account by the Social Services when providing the adequate option to the Child/young adult this is although related to high end care providers. However these results do not tell us that all high care families are seen their needs met through the short breaks options used by the same families it is fair to assume by the level of satisfaction within providers that this results are also a reflection of lighter care options usage rather than an incompatibility of data results.

Also the impediments of care expressed by the families are in accordance to the light care providers where there is stronger demands on families in terms of costs, transport, availability, staff training etc.(please refer to the impediments graphics below) which may have deemed those options as inadequate for the population that access it.

The interaction of the factors, i.e, the ability of the services to provide the short break and the eligibility of families to attend such services with the degree of care being in accordance with child/young adult needs reflects the underlying Social Services eligibility criteria of the service, showing that award is made on the complexity of the needs. Such factor, award

given to users with complex needs can also be observed by the individual graphics above and the by the positive correlation on both factors on the graphic below.

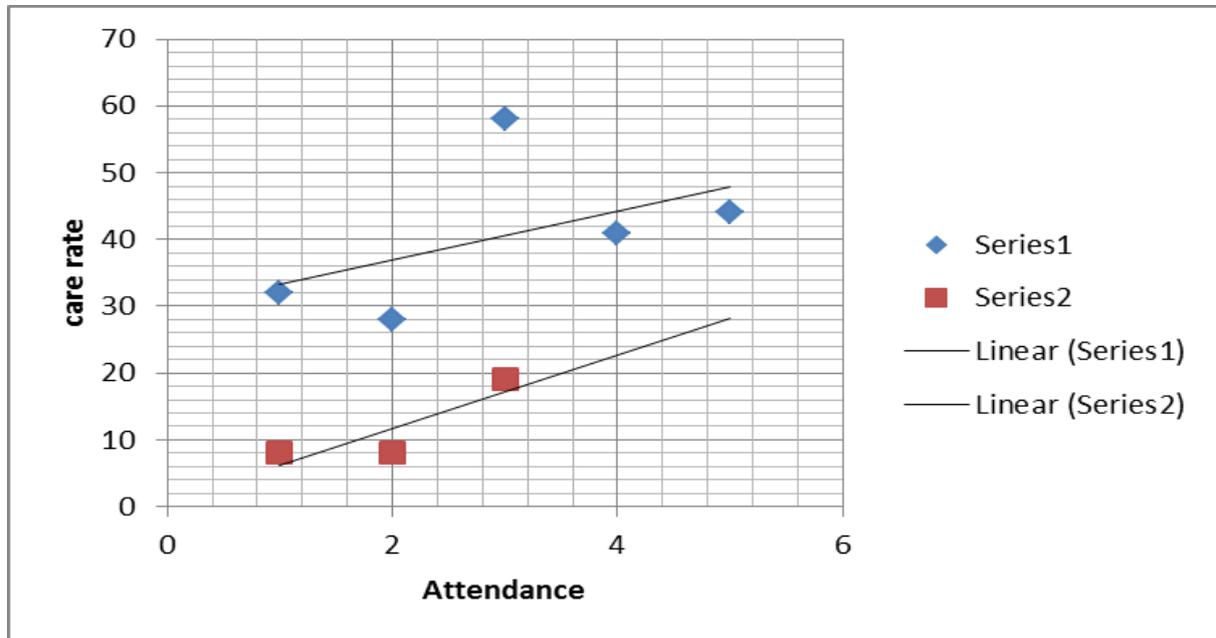


Fig. 16 Interaction between care rates and Short Breaks current year attendance

Yet it is not clear from the survey results to see if non-attendance is due to non-eligibility or due to other factor such lack of information about the short break services, being this way not possible to determine if what kind of the current providers are needed to fulfil the gap, providers supplying the same high level of care that the current providers or in fact there is a need to low level of care providers among the user population. Although no prediction can be made regarding previous issue, it is important to consider the levels of non-attendance (48.8%) are indeed due to the lack of good low levels of care providers, or that it reflects a more plausible explanation and actually, both high and low levels of care present gaps and are not fulfilling the population needs at the present leading many children and young adults as well as to have lower levels of wellbeing than the ones recommended by the NICE guidelines. The burden of caring for others it is still underestimated with huge financial implications when not addressed properly either to services and families.

1.4. Impediments to access Short Breaks

1.4.1. Cost Impediments

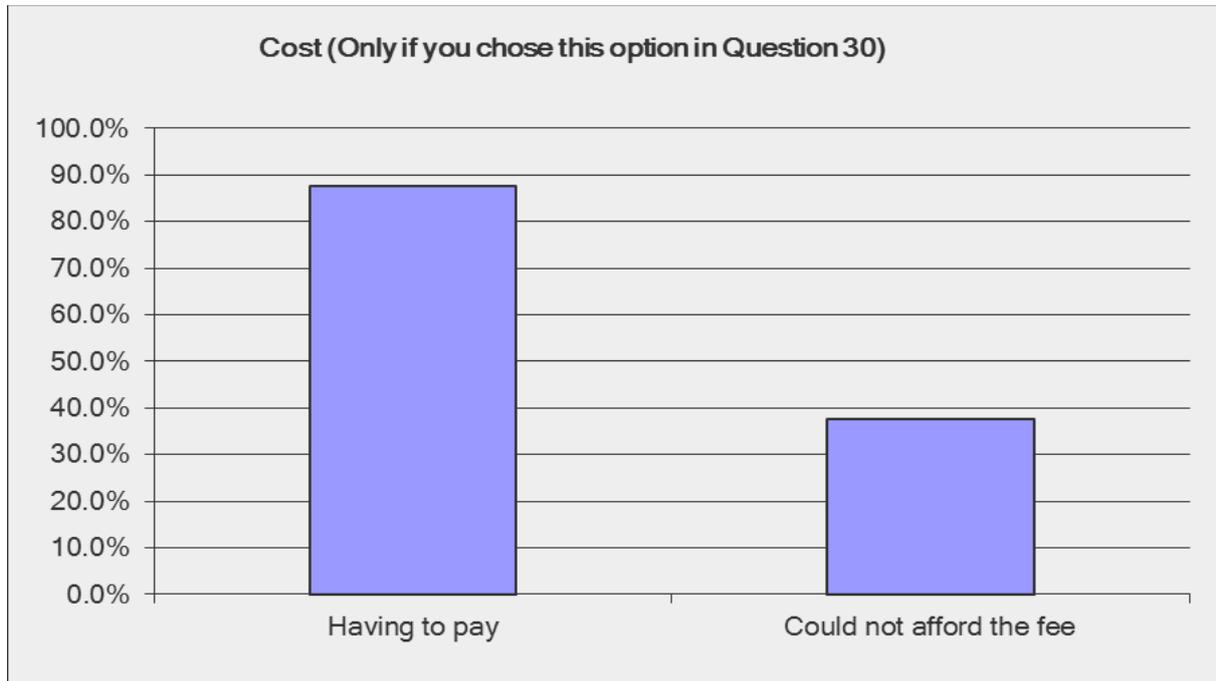


Fig. 12 Families Cost Impediments

1.4.2. Availability Impediments

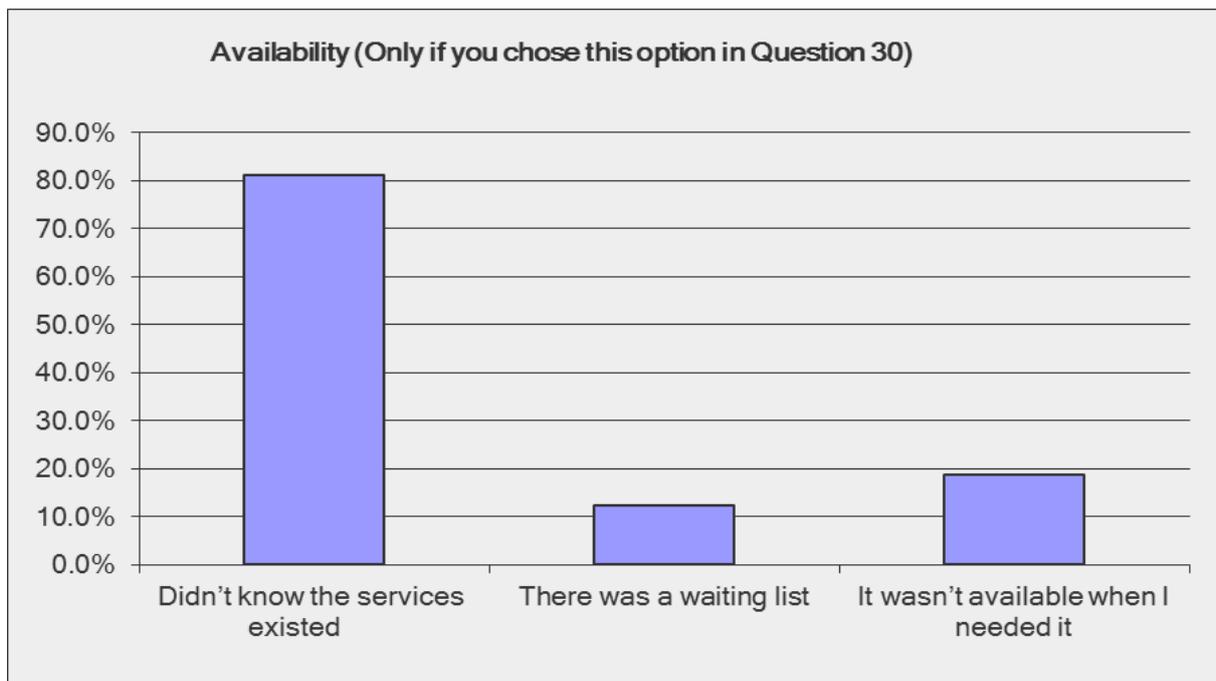


Fig.13 Families Availability Impediments

1.4.3. Transport Impediments

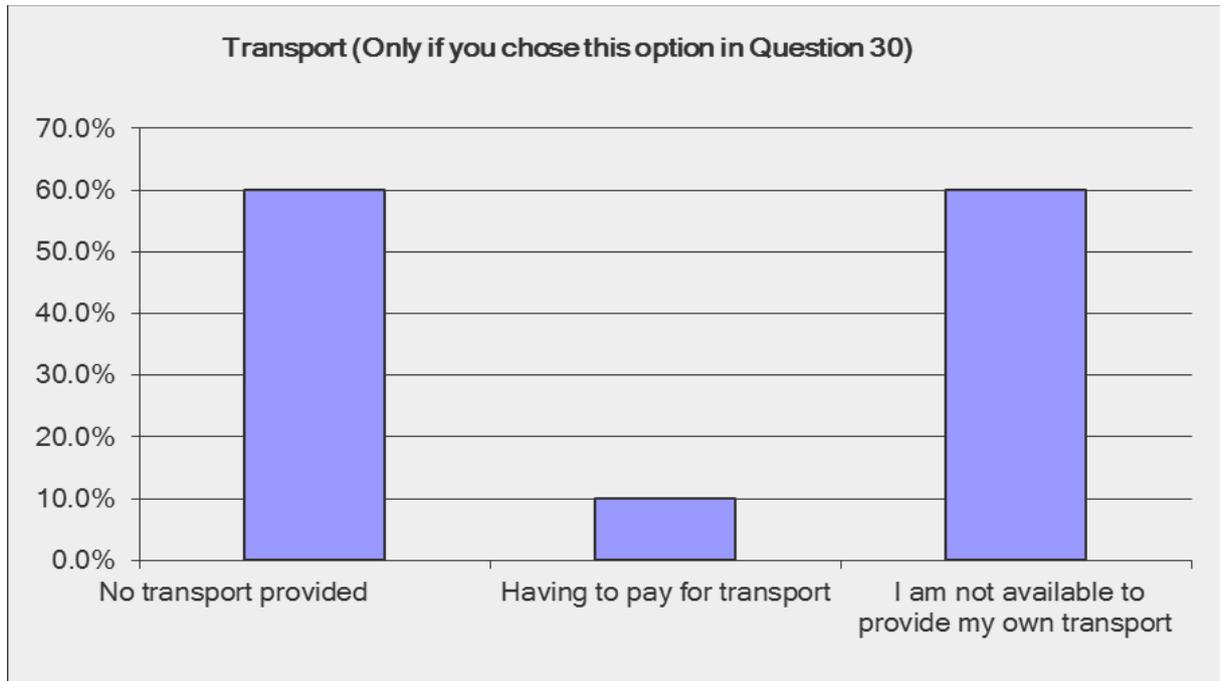


Fig.14 Families Transport Impediments

1.4.4. Staffing Impediments

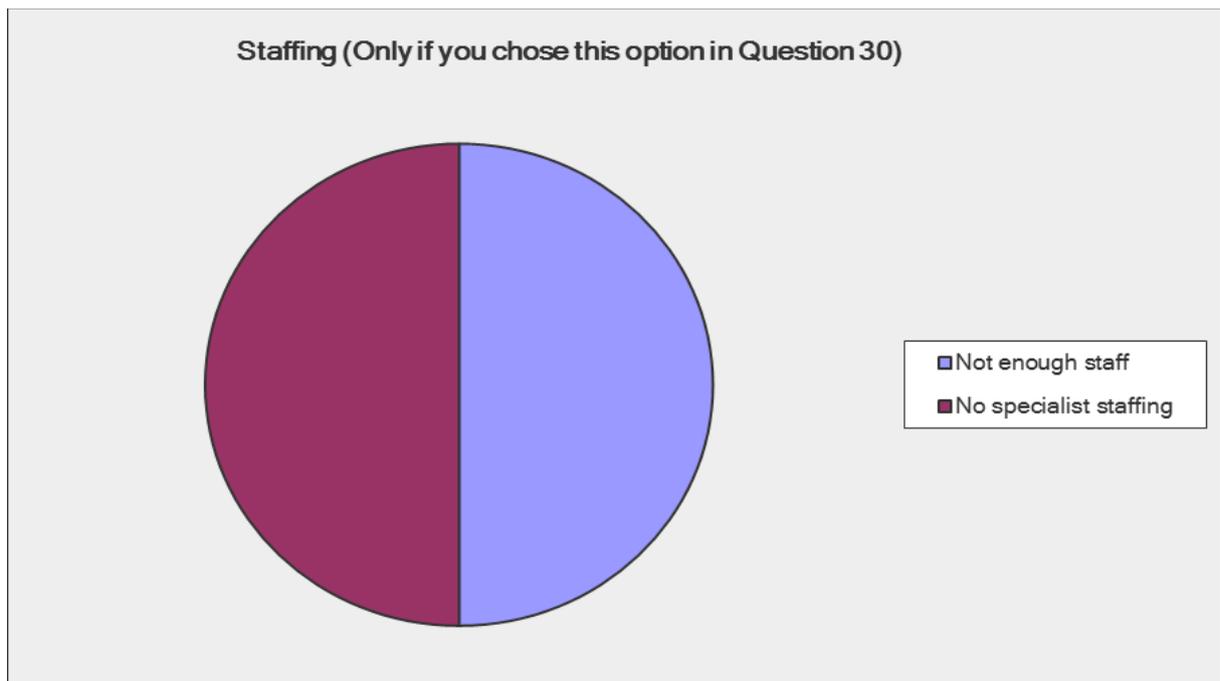


Fig. 15 Families Staffing Impediments

1.4.5. Time of the day Impediments

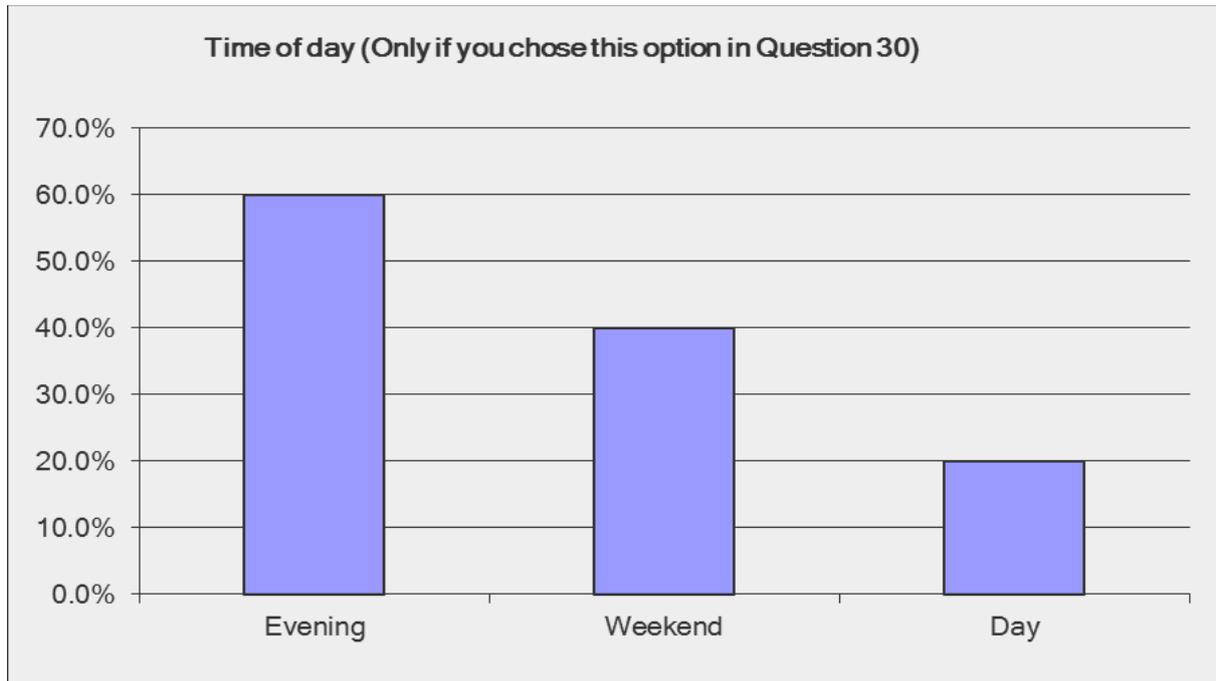


Fig.16 Families Time of the Day Impediments

1.4.6. Type of Activity Impediments

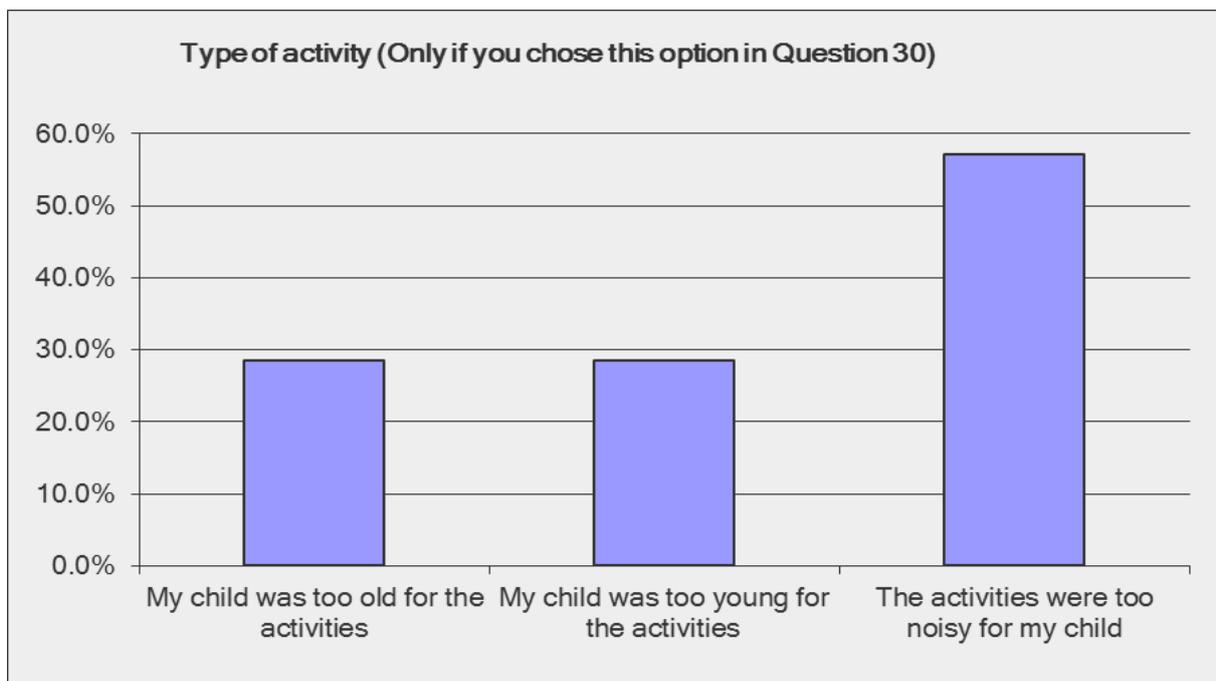


Fig.17 Families Type of Activities Impediments

1.4.7. Eligibility Impediments

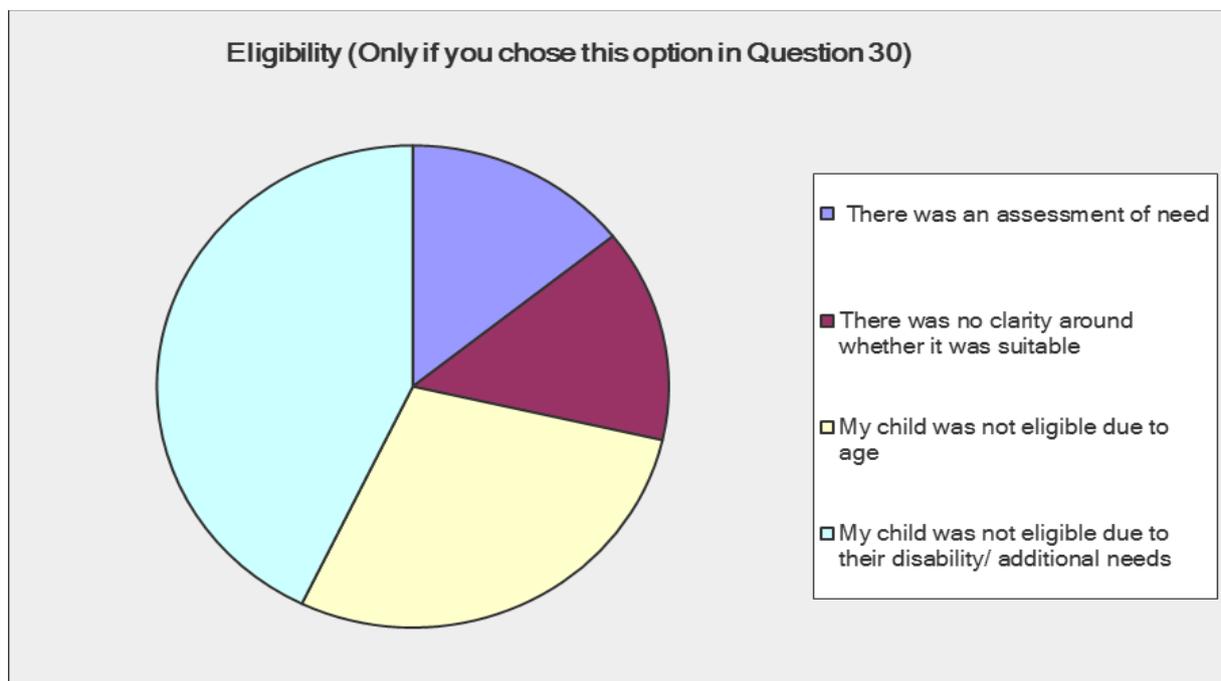


Fig.18 Families Eligibility Impediments

1.4.8. Overview of the impediments

If we take in account factors such cost and transport in line with the Socio-Economic reports from the Local Authority that indicate that Peterborough is a deprived area and that a monetary spent from families on activities that are not primary such food, warmth and shelter are not seen as relevant or as important, or maybe that the financial impact of providing for such needs is done through financial hardship not allowing families to see to short breaks as a fundamental need, and the psychological impact of isolation, factor that should be taken in account when commissioning or supporting new providers on to Peterborough.

But Factors such Staff training, type of activity, or time of the day also scored high which raises concerns about the providers not being in touch with Peterborough user, carer and family needs so perhaps a more in depth research should be done among the providers offers as well as and what can be done to improve the services on offer.

Finally availability and eligibility factors may not be in sync and possibly a waiting list among providers can be an issue or the lack of community activities to accommodate the families that do not fall into the Social care criteria can be other that explain such high rates again a research among providers may provide an insight into the problem.

2. Short Breaks Provision

2.1 Relevant for future Consideration of the Service

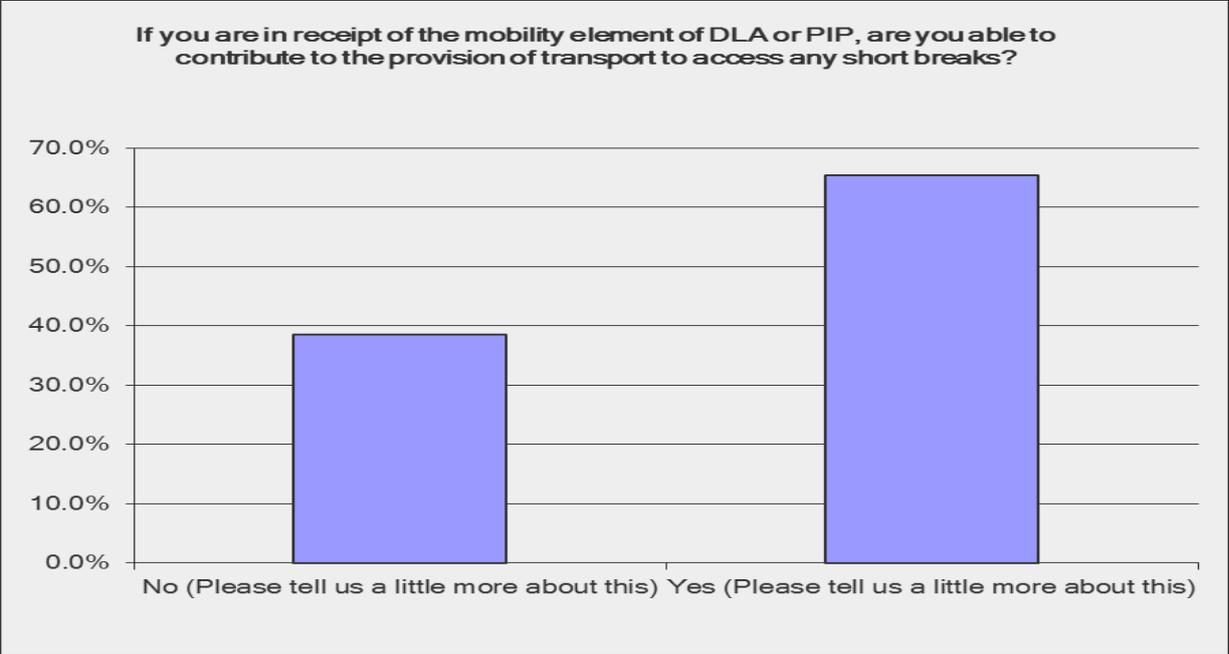


Fig.7 Number of families that would like to contribute on Short Breaks Transport

There is recognition from families of the importance in the life of an individual with a Disability of socialization and inclusion in the community but also an awareness of constrains that many services are experiencing and that a joint effort has to be made as the way forward to ensure that the needs of every individual are fulfilled. Other reasons presented are that is already a part of the short break provision and the families are happy to continue to do so. The main refusal answers were split between work commitments and low income /financial reasons.

The graphic below shows that the traditional Short breaks are the ones known by the population and this maybe the result of knowledge passed on between families that already use short breaks as result of an award rather than information diffused by the Social Care service, which indicates that information may be the essential tool to avoid service overcrowding and for carers to be motivated to try less crowded services or alternatives that are being offered in Peterborough by new providers.

The above statement also leads us to consider providers, the high end of care providers are working at capacity and although more providers are required to respond to the population needs, yet it is essential to diversify and to support services that are more in touch with the community and do not offer an excessive sheltered service but one that foster social skills

and independence for the other end of the population, as it is often these individuals that are hard to integrate due to the lack of options among providers.

Type of Short Break	Answers %	Number of families
Overnight respite	70.5%	55
Day based opportunities (Away from home)	71.8%	56
Day based opportunities (In the home)	24.4%	19
Break from caring responsibilities	48.7%	38
Break for the whole family	53.8%	42
Time away from the family for the child/ young person	42.3%	33
Afterschool clubs	52.6%	41
Childcare	21.8%	17
Support Services	25.6%	20
Other (please specify)	12	12

Fig.8 Families understanding of Short breaks offers

Other (please specify) comments:

- Not sure about all above.
- I don't know what it is
- My understanding is that short breaks are for severe and long term illness and not for children with autism and ADHD.
- Swimming 1:1 teaching lessons
- No idea how shorts breaks are applicable to me and my family.
- Don't receive any breaks and not aware of any child care/breaks.
- None
- Wishful thinking

Above some examples of parent/carer answers about their knowledge of Short Break care options available.

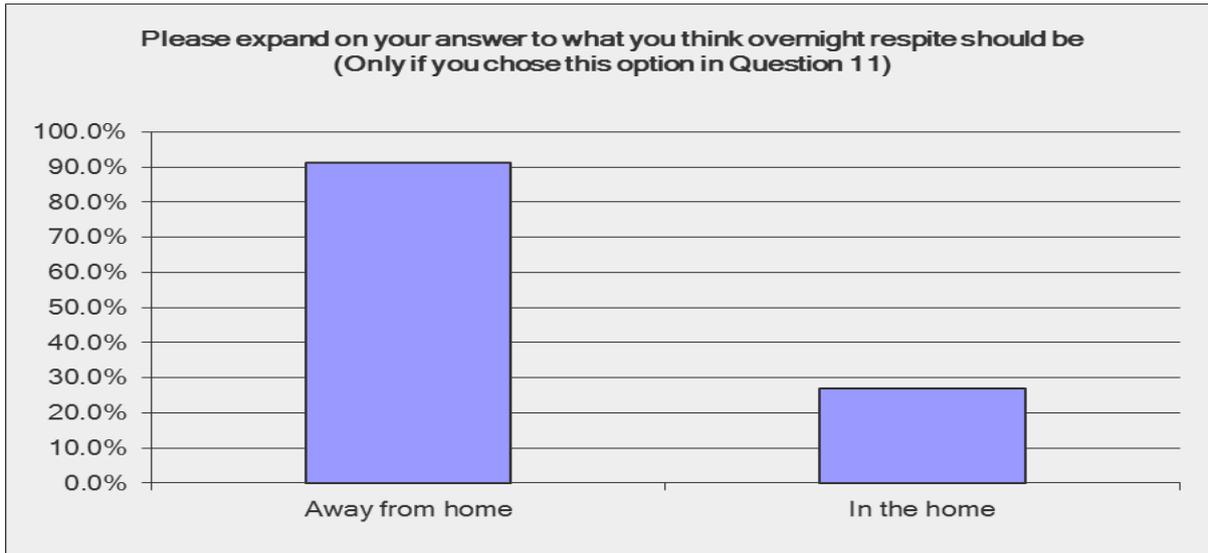


Fig.9 Home versus Away from Home Short Breaks options

The survey shows that carers expectations about short breaks it is based on reduced or partial information about the scheme, the general knowledge of carers seem to be split between overnight care and day based opportunities, with the others options scoring a far less percentage showing that information about this options is scarce or non-existent. Above are some example of the answers given by the families again it is transparent that families recurrent lack the knowledge to make alternative choices for short breaks and to look for options that can be essential to child/young adult development and inclusion within the community, yet they seem open to different options as it is showed in the graphics below.



Fig.10 Short breaks that parents would like to see as possible options for the future.

Both graphics, below and above, show that not only parent carers are open to different options but also the Social Care Support may feel the need to lease more with health reflecting the new legislative view of Educational Plans with particular reference to how to promote Personal Budgets may work for the child and the parent carer as a future provision to meet other needs or to complement other services gaps that may reflect in the disabled person global wellbeing.

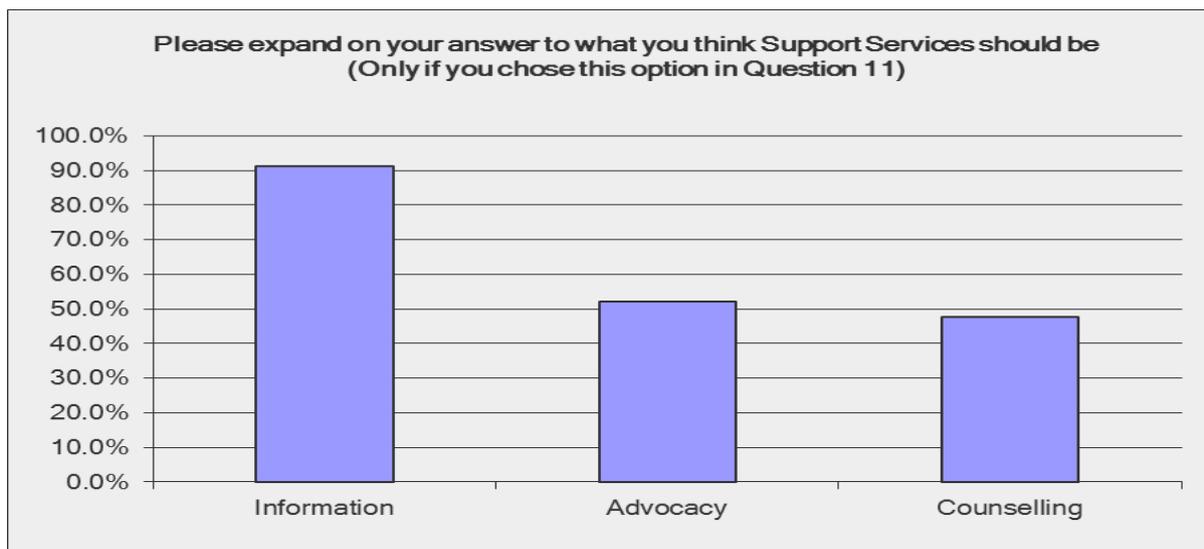


Fig.11 Further future options for support for short breaks

Carers population is ready to depart from the traditional way of seeing short breaks, which is very reassuring, but also show that the pressure on carers is significant and that many may find the stress of caring for an individual with disability overwhelming, confusing and erosive in the long run and that this factor needs to be taken in account as part of the support on offer, and that maybe that a care offer may not mean time away or a break from caring but actually making that care more manageable by reducing the impact that the above areas may have on caring for that person, by reducing the inequalities on families' global wellbeing and possible inclusion as part scheduled provision for the Mental Health Commissioning strategy for 2016/2017.

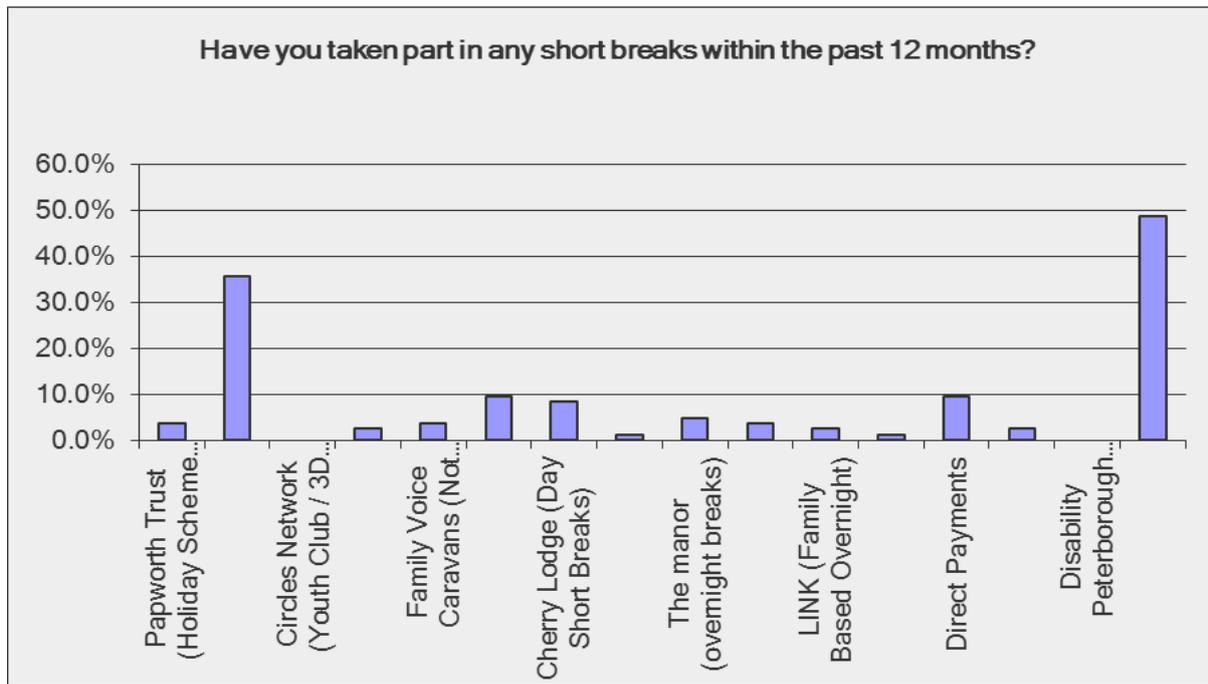


Fig. 12 users that have accessed a Short break on the Last 12 months

The percentage of people using current providers may indicate that only a small minority of the population surveyed qualifies to social care or that there is a provider insufficiency compared to the population needs. This insufficiency is not determined by this survey but possible reasons may be that current specialist providers may be working at capacity or that there is a discrepancy in what current services offer and population needs, or maybe we are before a gap in services. Population choices of services show that periods such school holidays represent an additional level of care with holiday's alternatives and break of care being very popular among the users population.

The analysis of the above graphic shows areas of users prevalence indicating that pop-in groups/sessions, information centres and direct payments offers, offering a certain degree of flexibility that enables an easier degree of accessibility is well appreciated by the service users. Cost, transport and activities time table and specialist staff are crucial to make it an option to attendance it would be of value to further analysis is require in order to provide cost effective activities within families time preference at a reasonable distance to travel with trained carers offering this way valid options of care to Peterborough population needs. Possible leads for analysis would be to determine the comfortable cost bracket, the distance willingly to be travelled, what trained is required by families and although day care options are the preferred ones what is the day time cut off to activities and would weekends be an option to be considered.

Please refer to recommendations section as some ideas are put forward to diverse and support emerging projects.

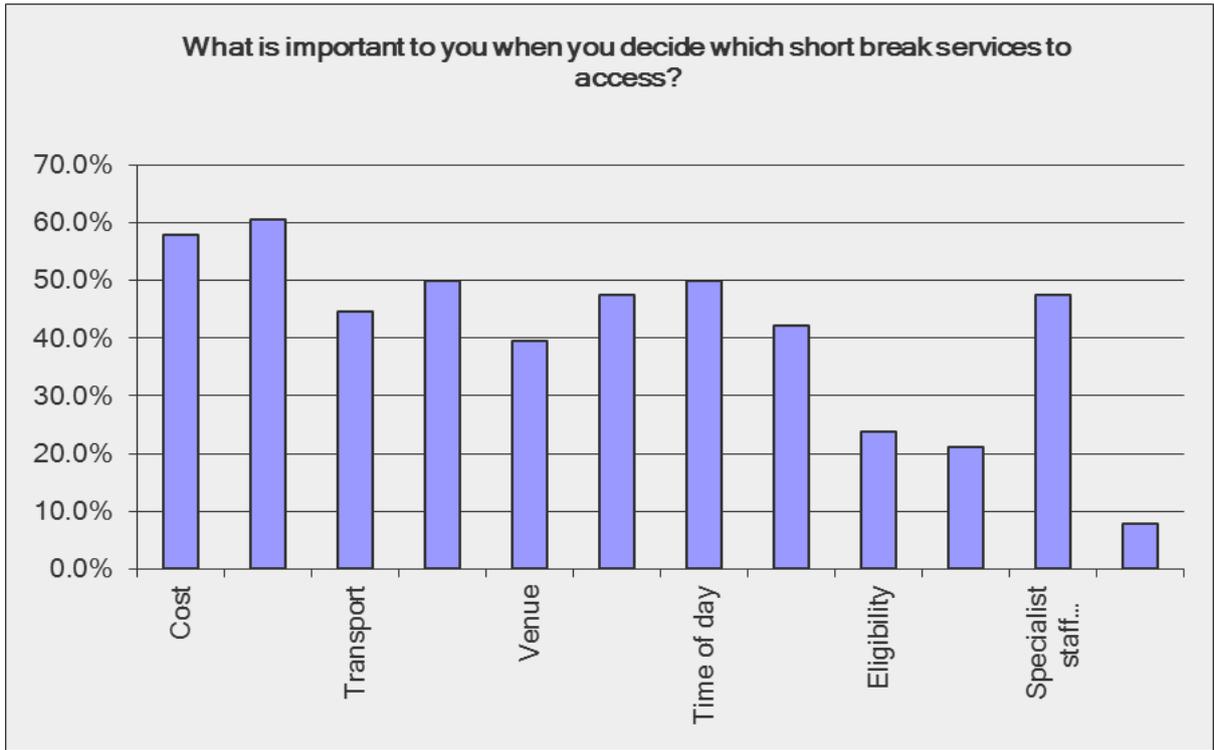


Fig.13 Short Breaks Accessibility Determinant Factors (Series1)

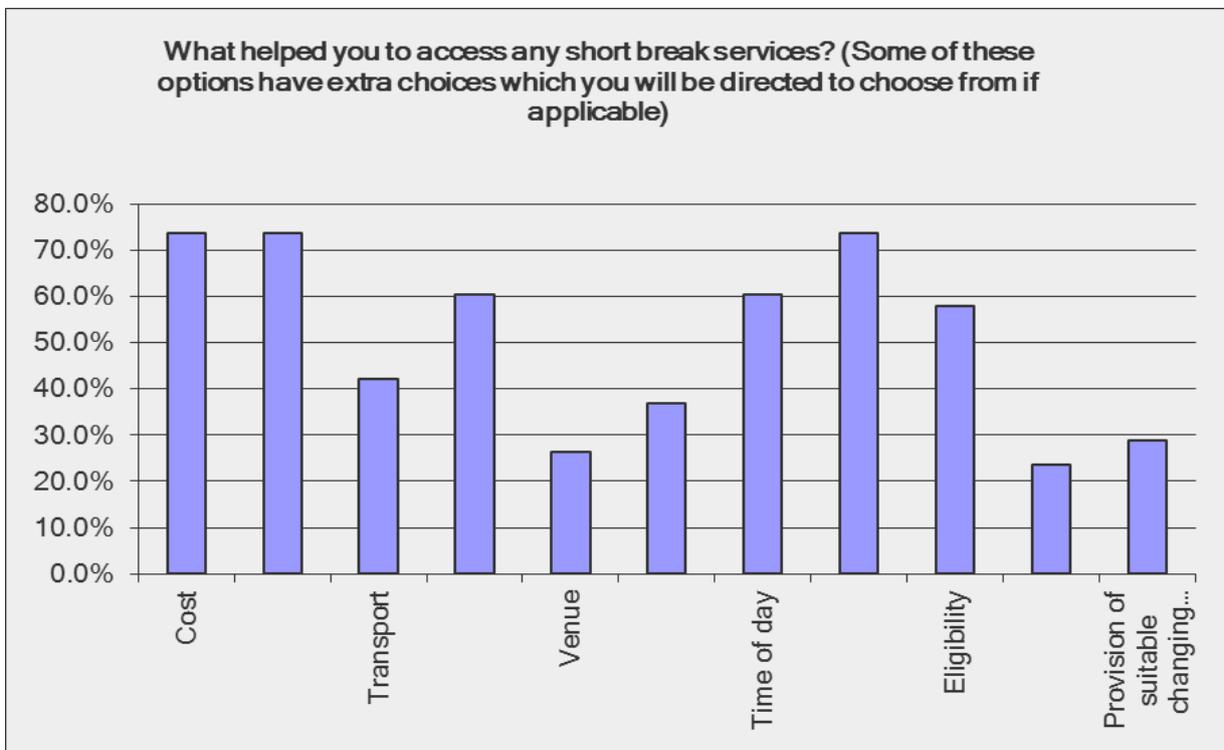


Fig.14 Determinant factors of attendance Short Breaks (Series 2)

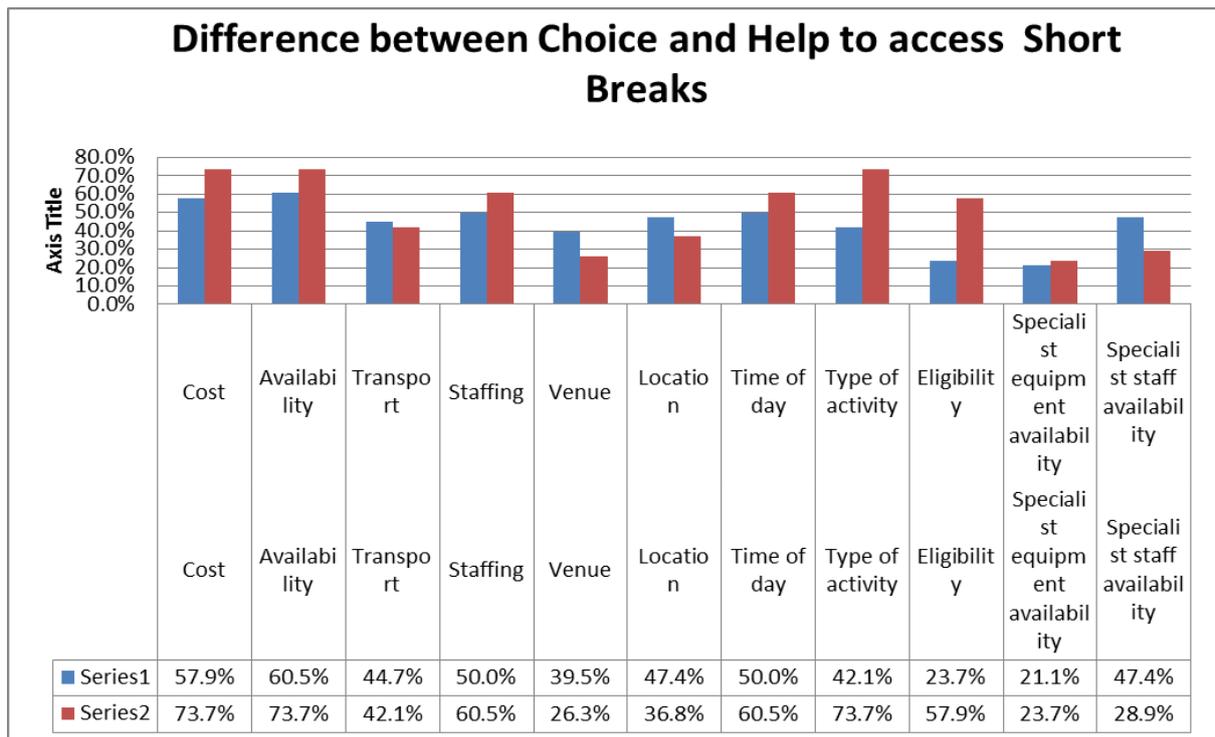


Fig.15 factors that influence choice and subsequent Short Breaks attendance

Cost, Availability, and Type of activity are crucial when making the decision to access a short break followed by Staff qualification and time of the day. Although type the activity is considered as a criteria in a potential choice showing that a parent/carer is open to new experiences and welcomes new projects, but it becomes crucial to attendance that the concrete proposal of a short break fits the users interests and family routine including the above mentioned work commitments. When ask to enumerate by preference the items chosen on previous answers parent carers enumerate in first place Experienced staff (9), cost(6), availability (6), followed by type of activity , time of the day and transport. The latest breakdown of preferences may reflect not actually the current offer of short breaks but maybe future offer/options of short breaks.

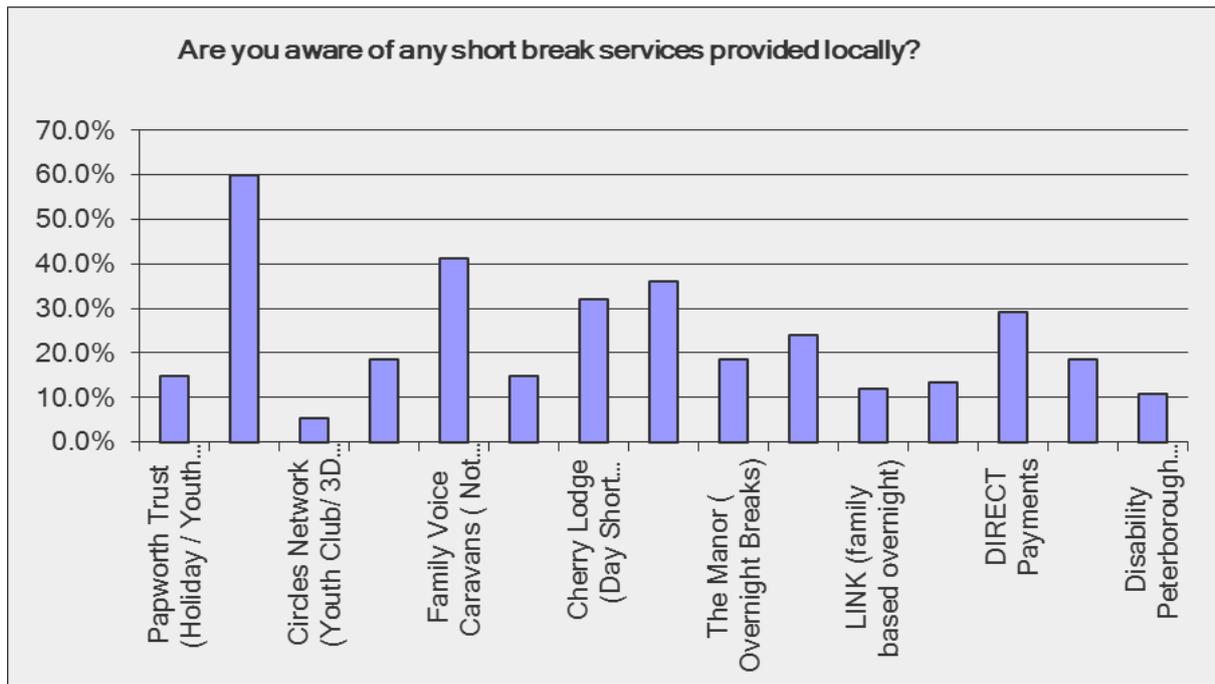


Fig. 16 Population knowledge of current providers

Peterborough carer population has a fair knowledge of the current providers, but further lack of knowledge maybe linked with non-eligibility for access other more specialised providers.

3. Recommendations

3.1 Overview

Several recommendations are done through the document and they are in line with the issues discussed previously, this section it will offer a more comprehensive of overview of the issues that may influence families choice and view of present short breaks.

Issues previously identified:

- Families overall socio economic status
- Future providers should take in consideration identified impediments
- High level of non-attendance can be a concerning issue when analysing carer overload and wellbeing
- Review of the current Short breaks options and support to carers
- Lack of information is a hindering factor in fully use of the Short Breaks system

3.2 Future recommendations

- It is important for commissioning to procure more providers that offer a diversity of options to families in line with their preferences of service
- Diversity to fulfil the different care needs is essential in providers and factors to have in consideration should be environment and type of activity this reflects perhaps a gap in services for adolescents and young adults within the community which new providers should take in account
- Diversity is essential to broaden of the service and this may mean that traditional options of care need to be revised and the user population informed that such options are available to them
- Non-traditional providers, such the voluntary services, may also be considered and possibly supported into the deliverance of services pending observance and confirmation of the quality of care provided is in line with current ones