

# An evaluation of

short breaks and intensive support services for families and disabled young people with severely challenging behaviour

## The objectives:

1. describe the key components of the model of service across the three locations
2. document and validate the changes in the children, young people, and their families from participating in the services
3. identify how the service could be improved and how this model of service might be implemented elsewhere

## The methods:

- undertake a review of literature:
  - ▶ appraise the service models at three locations: Glasgow, Edinburgh and Cardiff
  - ▶ identify the characteristics of 123 children and families using the services and impact of support
  - ▶ profile the staff employed across the three sites
  - ▶ capture the perspectives of stakeholders

## Three types of service provision:

- residential short breaks
- intensive support/outreach
- combination of above

## The families:

- 65% on low incomes
- 40% lone parents
- 53% of family carers have poor health

## The children:

- 74% boys
- 60+% have autism
- 70% have one or more moderate or severe behaviour problems

## Complexity

- families
- children
- siblings with disabilities
- services

## Ambivalence

- decision to use short breaks
- getting a service
- amount of service
- emergencies

## Futures

- concerns
- short breaks
- daytime activities
- living options

Key elements for delivering quality

## Short breaks and/or intensive support

## Benefits

- children
- siblings
- parents

## Relationships

- families and children
- among staff
- other services and professionals

## The impact of the services:

- combined service provision reduced self-injurious, stereotyped and aggressive behaviours
- young people have increased opportunities to participate in community activities

- improved parental wellbeing led to better involvement and co-operation with services
- residential short breaks support children's communication and personal care development
- strong partnerships with commissioners and other service providers are key to providing co-ordinated and effective packages of support to families

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