



Enfield Joint  
Service For  
Disabled Children

# UNDERSTANDING YOUR ASSESSMENT FOR SHORT BREAKS



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## WHAT IS A SHORT BREAK?

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A short break is a chance for you to have time away from your family having fun with friends. A short break could be...

- After school club
- Holiday play scheme
- Someone to take you out and about

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## WHY WOULD I WANT A SHORT BREAK?

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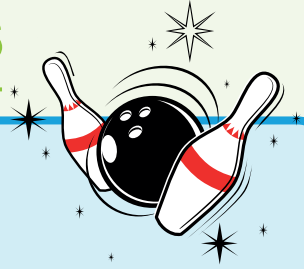
- I want to go out with my friends
- There is an activity club I want to try
- I want a break from homework
- I would like someone to support me with my needs



# THE ASSESSMENT PROCESS

The assessment starts when you tell someone you need help, or you want a short break. You can speak to...

- Parents
- Teaching assistant
- Social Worker, if you have one
- Teacher
- Carer
- Other family member



A **FORM** is filled in by a professional person.  
This could be your **teacher**.

Your **FORM** will be looked at by a group of people called a **PANEL**..

The panel make a **DECISION** about how they can help you to get a short break.



The assessment process can take a little bit of time but don't worry people are doing their best to help you.



# WHAT IS AN ASSESSMENT?

An assessment is a way to gather information about you and your family, to help professionals make a decision about what help you need. It is important that your thoughts, feelings and views are included in any assessment.

# WHAT DOES A SOCIAL WORKER DO?

You don't need to see a Social Worker to get a Short Break. A Social Worker is there to help you and your family. If you explain to them what is going on for you they can give advice and come up with plans to make things better.

Who do I speak to if I'm not happy about my assessment?

- Parents
- Teacher
- Carer
- Other family member

