**Information for Families**

**PLUS Short Breaks (PSB)**

**What is PLUS Short Breaks (PSB)**

PLUS Short Breaks aims to provide support to young people with registered disabilities aged 5+ living in the Stirling and Clackmannanshire Council areas to attend day time, evening or weekend community based activities or events. We provide a personalised 1 to 1 service which provides a child or young person with the support they need to have a break from their usual routine. Parents / carers and young people decide when and how they would like to spend the break – either at home or out and about in the community.

**At PLUS we believe that disabilities are no barrier to fun** !

**How do families get involved in the project?**

Referrals can be made by parents / carers or professionals including social workers, speech and language therapists etc. PLUS has a referral form which can be requested or referrals can be made over the phone. If you are making a referral on behalf of a family please make sure you have their consent.

Once we have a referral in place the Project Manager will arrange a home visit to meet the young person and their family to find out more about the support they require. PLUS will then draft this information into an individual Support Plan for the young person and send it to the family / carers to check for any possible additions or amendments. We will also share staff profiles with the family / carers in order to identify staff who will be the best fit for the young person. The Support Plan will be shared with the staff who have been identified to support with the young person.

**What happens once a young person has joined?**

Contact will be made to arrange a member of staff to come along and support the young person in the home (in the presence of parents / carers) initially just to ensure that there are no problems with the pairing. The Project Manager will consider feedback from the young person, family and staff member as to whether the ‘pairing’ was successful. If all parties are happy with the ‘pairing’ the family and staff member can then go on to arrange their breaks when it suits them.

We are happy to try and facilitate regular sessions (on set dates and times each week) or ad-hoc breaks as and when the young person / family request. Our clients currently access a variety of activities, shopping, bowling, exercise classes, cinema, meals out (lunch or dinner), pub visits, trips to museums, city centres etc.

**Transport**

If the young person has a bus or rail pass our staff are happy to use public transport. Some of our workers have their own car and are insured for business mileage, so could pick up the young person from their home, but families would be expected to pay for the mileage costs.

**Costs**

Families / young people should cover activity costs for entrance fees and money for dinner or shopping etc. In addition, families accessing PSB are also entitled to attend our organised events and will be sent Event Programmes quarterly, and a number of these are free events. We try to ensure that costs are not a barrier for families.

**Keeping in Touch**

Once a young person has joined PLUS, keeping in touch is key to keeping everyone up to date. We are pleased to receive any updates about young people’s needs and preferences and any feedback on sessions and activities.

Following each session support staff provide feedback to both the family and the Project Manager on any successes or concerns.

**Who do I Contact**

If you are interested in Plus Short Breaks (PSB) and would like to find out more, please contact **Alison Tanner** the Project Manager.

Email: [alison@plusforthvalley.org.uk](mailto:alison@plusforthvalley.org.uk)

Telephone: 01786 450086

PLUS (Forth Valley) Limited

Broadleys Road

Springkerse Industrial Estate

Stirling

FK7 7ST