



## ANDERIDA ADOLESCENT CARE

### TIME OUT, RESPIRE & HOLIDAY POLICY

Anderida recognise that all young people have a right to holidays. There are also occasions when 'time out' can help prevent a placement breakdown. Anderida offer holidays, care assessments, 'time out' and respite to young people in our care and young people outside our organisation.

Anderida utilises their registered homes in East Sussex and Inverness alongside other suitable resources. Anderida can provide short breaks tailored to the needs of the young people.

A holiday home is considered to be a home that provides accommodation for children for less than 28 days in any twelve-month period. It must also be the view of Anderida, the local authority and the young person that the break is in fact a holiday. A short-term placement, emergency or respite care are not considered a holiday and will therefore only take place in one of our registered children's homes.

#### We will:

- Carefully consider the circumstances and the needs of the young person and select the most suitable staff team to take the young person on the break.
- Provide and negotiate the appropriate staffing ratio subject to risk assessments.
- Where supporting a young person 1:1 permission must be sought from the Local Authority
- Wherever possible arrange a meeting with the young person prior to the trip in order for the young person to find out a little more about the break and for the staff to gain a clearer understanding of the needs of the young person.
- Ask the young person to complete a questionnaire highlighting their likes and dislikes and for them to consider some of the activities on offer in order to tailor their trip to best benefit them.
- Organise and facilitate the most appropriate method of collection and transportation.
- Provide the option of fully registered and inspected children's homes.
- In the absence of an appropriate registered home, ensure suitable accommodation meeting all health & safety regulations is identified.
- Provide all food and activities.
- Continue to keep reports and daily recordings every day in order to feedback to the professionals involved in the care of the young people.
- Undertake trips at short notice should it be considered beneficial and safely manageable on the part of Anderida.
- Consider longer breaks with the rotation of our staff team.
- Always treat the young person and their significant others with respect.
- Provide access to variety of methods of communication (e.g. phone/internet) in line with risk assessments.

- Encourage the young people to keep memory books and to take photographs.
- Work within risk assessments, and AAC policies and procedures.
- Complete a care assessment, if requested, based on the observations, experiences and interactions of the care staff and young people.
- Address the behaviours that lead young people being in a crisis, drawing on NVR methods.
- Endeavour to have a lot of fun!