



The Questions

Be Equal Questions

A. To be fit and healthy (physical health)			
No additional support required	Some Support	Lots of Support	Exceptional Support
0	8	21	28

This question is measuring physical health. It is focussing on the medical support needs to maintain physical health. So a child with a learning disability or autism who is physically well would be in “no additional support required” unless they had a health need connected to a physical impairment.

No additional support is required - when the child has no particular health issues. They get common illnesses and they recover well. They generally keep good physical health.

Some Support is required- when the child requires medical intervention which requires ongoing support and monitoring from adults who care for them for a condition which is having a serious impact upon their physical health. Some support would be met for example when the child is doing group activities and they would need staff to be able to administer treatment for example or urgently respond but they would not require continual medical support, for example a regular risk of epileptic seizures. This would not include common health issues many children face for example creams for dry skin and acne.

Lots of support is required- when the child requires continual assistance with their health. As a result of impaired mobility, posture and balance the child needs frequent support from an adult through the day (for example peg feeding, moving and handling while in the toilet, moving and handling to change their position etc.) Personal care procedures to support them to move and change position are continually required to maintain the child’s physical health. The child requires continual assistance from people who have had guidance and training to meet their health care needs.

Exceptional support is required- when the child’s needs require two people or more to assist them because of their complex physical health needs. Some of this care will be with people who have specialist health care skills.

Or

Where the procedures that are required to maintain the child’s physical health require such care that they can only be delivered extremely slowly. These procedures take more than three hours each day and this has a huge impact on the child’s opportunities.



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B. To be relaxed and happy (mental wellbeing)

No additional support required	Some Support	Lots of Support	Exceptional Support
0	13	21	28

No additional support is required - when the child is generally happy and relaxed. A child experiences the 'ups and downs' of childhood but does not have prolonged worries for which they need support. The child, with help from parents, can cope with new places while experiencing just the usual nervousness most children have when trying out a new place.

Some Support is required - when the child is regularly distressed as a result of issues with their mental wellbeing, medical condition, pain management or mood swings. The child has a frequent sense of stress and anxiety. They need some reassurance, support and supervision on a regular basis to manage their feelings and to feel relaxed.

Lots of Support is required - the child's behaviour is very challenging (for example hitting others, destroying property, self-harming) due to their experience of stress and anxiety and this continually affects their wellbeing. Managing the child's challenging behaviour dominates family life and the child has or needs a behavioural plan in place.

Exceptional Support is required – As a response to the child's challenging behaviour two adults are required at all times to support the child to stay safe. A multidisciplinary team is in place or needs to be in place to support the family to ensure the child stays safe.



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C. To be able to travel safely and use public transport

No Additional Support Required	Some Support	Lots of Support	Exceptional Support
0	4	6	8

No additional support is required – When with the support of the family the child can safely use public transport or the family car. No adaptations to the car are required.

Some Support is required – The child needs regular reassurance on their journey from the adult travelling with them that that they are safe. No adaptations to the car are required.

Lots of Support is required -. The child needs 1-1 physical support during their journey, supporting them with transfers, physical posture etc.. They will need an adapted vehicle or to use accessible public transport.

Or
The child needs intensive support to prevent them from becoming very distressed or harming themselves when on a journey

Exceptional Support is required - when the child has complex medical needs which requires monitoring, interventions and adjustments by someone trained in the procedures they require during the journey. They therefore need to use an adapted private vehicle that has been adapted to their needs

Or
When the child cannot use public transport because the experience of using it would be too stressful for them or it is not safe for them or the public to do so. They need to travel with the support of one driver and one support staff or more at all times to ensure safety.



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D. To be able to communicate well			
No additional support required	Some Support	Lots of Support	Exceptional Support
0	6	14	16

No additional support is required- when a child is a strong communicator through their first choice of communication and they can make clear their needs, wants and wishes they need no support in achieving this outcome.

Some Support is required- when a child can explain some of their needs and wants but you need to check regularly that they have understood what they are saying. They may only pick out key words and their understanding of complex sentences may be impaired. If you are talking with the child you need to check that they have understood what you are saying and are able to act on what has been asked of them.

Or
A child who has a hearing impairment which makes it difficult for them to hear consistently what is being said to them.

Lots of Support is required- when as a result of a child’s learning disability it is difficult to understand the child’s communication consistently and/or they have challenging support needs because of their frustration with communicating. They need 1:1 support in order to make their views known. This would usually include children who communicate with technological aids but it requires professional support to be clear that their views have been correctly interpreted

Or
The child is deaf and needs the support of an interpreter to communicate with those who do not know sign language.

Exceptional support is required – The child does not use language or picture systems to express themselves. The child communicates entirely through their behaviour, body language and vocalisations and their wishes from these expressions are interpreted by others.

(Please be aware that if the child is deaf and needs interpreting services this may require the indicative allocation to be adjusted because of the high cost of interpreting services in the city. This should be considered upon completion of the assessment.)



To Achieve Questions

A. To join in with activities with other children my age			
No additional support required	Some Support	Lots of Support	Exceptional Support
0	14	21	27

No additional support is required- when a child is supported to get involved in their hobbies and leisure interests by their family and face few problems in doing so. A child can accept the guidance and support from adults leading activities most of the time and can take part in the activity with other children. The child has few fears or worries about going out and getting involved in activities with people they know well.

Some Support is required – when a child needs 1:1 support for a short period of time (in addition to the usual support provided to children within the group) to introduce them successfully into the activity. Other adults who support the activity or club require training and/or support to ensure that the child is included.

Lots of support is required – when a child needs to be continually supported throughout the activity. For example it is not enough for a parent to be nearby, a supporter needs to participate in the activity alongside the child, making clear what they need to do or supporting them physically. The child can only participate successfully in an activity if they have an individual worker alongside with them and who knows them well.

Exceptional support is required- When a child needs two supporters to be with them throughout the activity. The support needs to be from people who are very aware of the child’s needs and have specific skills, for example in knowing how the child communicates and/or in behavioural support.

Or
Where a child, as a result of challenging behaviour, may pose a risk to themselves or others and this severely restricts the places they can visit and activities they can take part in.

Or
Where the procedures that are required to maintain the child’s health require such care that they can only be delivered so slowly that they take several hours each day and this has a huge impact on the child’s ability to engage in activities.



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B. To learn the skills I need that help me to learn and be as confident and independent as I can be.			
No additional support required	Some Support	Lots of Support	Exceptional Support
0	8	17	23

No additional support is required- when although it is a challenge for any child to learn and achieve in school and all children have temporary difficulties the child is progressing well in their education. There is an expectation that the child will go on to achieve nationally recognised qualifications at secondary school and will develop good life skills.

Some Support is required – The child needs support and reminders to stay on task to develop skills. The child requires support within a small group to understand their course and to meet the requirements of external accreditation. This may involve study skills or self-directed learning, confidence building or particular detailed adaptations or individual arrangements for completion of examinations.

Lots of Support is required - The child needs intensive learning support through the school day to learn well. This will be met by 1:1 staff support to provide tailored individual support.

Exceptional support is required –The child will require 2:1 learning support and to ensure that they and other students are safe. There is a continuing need for professional advice and guidance from occupational therapy or psychology to develop plans to support the child to maintain and develop skills.

Or
Where the procedures that are required to maintain the child’s health require such care that they can only be delivered so slowly that they take several hours each day in school and this disrupts their school day and has a huge impact on the child’s opportunities for learning.



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C. To have a circle of friends			
No additional support required	Some Support	Lots of Support	Exceptional Support
0	13	20	26

No additional support is required -when the child enjoys other children’s company and finds it easy to play with other children, meet and make friends and continue friendships.

Some Support is required – when the child always needs the support of their family or carers to plan and prepare to meet up with their friends. Meetings with friends only happen when adults make arrangements and need close supervision when they happen

Lots of Support is required - when the child will need constant support while with other children and need adults to organise their play activity. It takes a lot of effort for parents to support their child to interact with other children, keep the friendship going and provide support when they are with their friends.

Or
When a child only tolerates other children around them with great difficulty and requires 1:1 support when they are around other children.

Exceptional Support is required - when friendships are hard to keep and the child needs intensive support to keep in touch and keep their friendships. 2:1 support is required to support meetings and activities with friends.

Or
Children who find it very distressing to leave their home or environments that they know well and have extremely limited contact with children their own age.



Stay Safe Questions

A. To be safe at home with immediate family			
No additional support required	Some support	Lots of support	Exceptional Support
0	15	30	40

Please note this question is scoring how risk aware the child is within their home and how much supervision is required to support them to be safe around the house. It is not trying to rank parenting capacity (whether there are any safety issues as a result of the quality of care parents provide). If the council has concerns around parenting issues these would be worked with as a safeguarding or parent support issue.

No additional support is required - when the child is safe at home with their family. The young person avoids danger in the home most of the time (e.g. boiling water, plug sockets) or those dangers are now not present because of aids adaptations in the house. Parents do not need to stay all the time in the same room with the child as they are safe in their play.

Some support is required when- the child will try and stay safe. It takes a lot of time to explain everyday risks in the home to the child. The child struggles to remember the explanation and they need to be continually reminded about danger.

Or
The child can play safely but needs an adult to regularly check that they are safe if they are unsupervised in a room in the home.

Lots of support is required when-the child has the ability to reach dangers in the home and adult supervision in the same room is constantly needed to stop the child from becoming hurt.

Or
Without continual supervision in the same room the child would be at risk of harm. This would include children who cannot move out of the way of danger or who, if unsupervised, would not be able to change their posture.

Exceptional support is required- The child is at serious risk of harm each day in the home. At present there is a high risk of injury and this needs to be managed each day. There are continual unexpected escalations of risk. The risk of serious harm is continually monitored and managed. Plans are subject to continual reviewed to respond quickly to fluctuating risk.



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B. To be safe in their community			
No additional support required	Some support	Lots of support	Exceptional Support
0	15	30	40

Please note that in this question the lots or exceptional support levels can only be scored if there is a current constant threat from or to the child to be managed.

Please note that if the child is never able to be out in the community without a safe and trusted adult the score will usually be zero.

No additional support is required - when the community the child lives in is a stable neighbourhood. The caring adults in the child’s life are trusted and the child is safe in their company. The child is safe with their friends and bullying is not happening at the moment.

Or
The child’s support needs are high and because they will always have an adult nearby they have not experienced bullying and are at a low risk of being bullied because of this additional protection.

Some Support is required- when there are worries about the child’s safety in their community. They are occasionally bullied by other children and the family need support to bring this to an end.

Lots of support is required when – The child is facing a constant threat from their community or from adults in their social network.

Or
The child is distressed by persistent bullying and present support to bring it to an end is not working. The child needs very regular support to bring it to an end.

Exceptional support is required when - There is a big chance the child may be seriously injured, because of severe bullying which is having a big impact on their whole life, or because of severe exploitation or abuse by other children.

Or
There is a high risk of the child regularly injuring other people and this has to be constantly managed because the child has no sense of social boundaries and/or has severe challenging behaviour



Family Section

A. Family life is good and there is time for everyone in the family to enjoy life and pursue the things that matter to them			
No additional support required	Some Support	Lots of Support	Exceptional Support
0	14	22	30

No additional support is required- when family life is good, the family cope well and are resilient in supporting the child's needs. The family do not experience regular stress as a consequence of supporting their child's needs. Parents or carers have some time regularly to pursue their own interests and to relax.

Some Support is required-when the child's needs result in the parent/carers regularly experiencing stress. This has a continual impact on their day to day wellbeing. Parents have very little time to relax.

Or
When there are occasional difficult behaviours which sometimes place siblings at risk and siblings may experience disruption in their ability to have friends around the house or to do homework.

Lots of Support is required - when the parents and carers experience severe stress as a result of the impact of caring for the child and this is affecting their mental or physical health and this is in turn affecting the whole family.

Or
The needs of the child require a lot of support and time from parents and this leads to the other children in the family being seriously effected and this is resulting in siblings experiencing high levels of stress or tiredness.

Exceptional support is required – when parent/carers feel such high levels of stress as a result of the impact of caring for the child that the family is in crisis and professional support is needed to sustain the family.

Or
When parents/carers have their own health care needs that have exceptional impact on their ability to support their child day to day.



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B. Parent/ Carers get a good nights sleep			
No additional support required	Some Support	Lots of Support	Exceptional Support
0	6	9	12

No additional support is required- when the parent/carers generally sleep well, are usually not disturbed through the night and get sufficient sleep to be able to have the energy to care for the child without feeling overtired.

Some Support is required - when the parent/carers sleep is disturbed 5 nights a week or more.
Or:
 The sleep pattern of the child is very erratic e.g. either three nights a week going to bed after midnight or up before 6am

Lots of Support is required - when the parent/carers are up several times throughout the night every night to support the child

Exceptional support is required – when the child requires their medical condition to be monitored throughout the night and the child requires interventions for several hours each night



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C. Parents carers get the support they need from friends, neighbours and extended family which regularly provides them with short breaks

No additional support required	Some Support	Lots of Support	Exceptional Support
0	10	15	20

No additional support is required- when the parent/carers are well supported by friends, neighbours and their extended family. There are several people who know and love the child and are willing to help with caring for them. The parent/carer knows that there is a group of people they can turn to for help on a regular basis.

Some Support is required - when the parent/carers receive some support from their extended family and friends but this is infrequent and for only very short times. There are few breaks provided by family and friends for the parents or carers.

Lots of Support is required - when the parent/carers receive no support from family and friends with the care of the child and this leads to stress and overtiredness. Although there is not a supportive network amongst extended family and friends there is support from a partner or a family member living with them.

Exceptional support is required - when a parent/carer feels extremely isolated. One person is caring for the child solely without any support from family or friends. The parents or carers is under a great strain as a result and this is having a big impact on their health and wellbeing.



Individual Record Sheet - Norfolk Children's Services

Name of child or young person:			DOB:	
			CF ID:	
1. Equal				
A	B	C	D	Total Equal Score
2. Achieving				
A	B	C	n/a	Total Achieving Score
3. Safe				
A	B	n/a	n/a	Total Safe Score
4. Family				
A	B	C	n/a	Total Family Score
Total Score				

Completed By:

Date:

Short Breaks Team only.

Reviewed By:		Agreed:		Date:	
If not agreed, further actions required:		Date returned to worker:			