

Preparing for Adulthood Pathway Guide



Introduction

Adulthood is a time of significant change for young people especially when they have disabilities. There are many decisions and choices for a young people, their families and carers to make about the future related to daily life. This can be complicated as support from education, health and social care may change when they get to 18.

Not everyone receiving children’s social services will be eligible for Adult social care services, as the eligibility criteria is different. That is why preparing for adulthood should start early to plan the right support for young people, to achieve the outcomes they want.

This guide is for young people aged 14-25 with special educational needs and disabilities (SEND) who are preparing for adulthood, also known as transition. This guide is also for their parents and carers and professionals working with them. It sets out how services should work together to support young people with special educational needs, disabilities, learning difficulties and mental health to prepare for adult life.

This guide includes the following:

- Preparing for Adulthood Information
- Post 16 Destination Choices
- Preparing for Adulthood Pathway Map
- Transition Guide – Age 14-25
- Useful Information and Contacts A-Z
- Checklist for moving on to adulthood

This document is also useful for young people with health and care needs that do not have an Education, Health and Care Plan.



Young people preparing to make their own decisions

The Special Educational Needs and Disability (SEND) Code of Practice 2015 states local authorities and others should normally engage directly with the young person when they turn 16, rather than their parents. However, the young person’s family and parents should continue to be involved in discussions about the young person’s future. The young person may also ask them to help in other ways such as attending meetings, filling in forms or receiving correspondence on their behalf. This is particularly important for 16 and 17 year olds, for whom parents will retain parental responsibility until they reach the age of 18.

After the age of 16, young people have the right to make requests and decisions under the Children and Families Act 2014. These include the right to:

- request an assessment for an Education, Health and Care (EHC) plan;
- make representation about what is included in their plan;
- request an education setting to be named in their plan;
- request a Personal Budget as part of their EHC plan;
- appeal to the First-tier Tribunal (SEND) if they are not happy with their plan.

The parents and family members of young people can continue to support them to make decisions or act on their behalf if this is what the young person wants.

The local authority, schools, colleges, health services and other agencies should continue to involve parents until the young person is 18 years old, although the final decision lies with the young person

The local authority, schools, colleges, health services and other agencies should continue to involve parents until the young person is 18 years old, although the final decision lies with the young person.

The local authority has the following legal responsibilities including:

- ensuring information, advice and support is available directly to young people; independent of their parents if that is what they want
- ensuring reviews of EHC plans for young people from age 13-14 onwards, including a focus on preparing for adulthood
- ensuring young people have access to support from an independent skilled provider if they want or need this
- ensuring services provided by the local authority such as Adult social care and housing helps young people prepare for adulthood
- ensuring an Adult social care transition assessment for young people with SEND or disabilities if the authority thinks the young person will benefit from this.



Advocacy Mental Capacity and Court of Protection

Where a young person has difficulty being involved, a family member, friend, advocate or independent advocate appointed by the Council can support the young person to represent their interests.

Information on local advocacy services is at: [Advocacy for All](#)

The Mental Capacity Act 2005 (MCA) relates to people aged 16 and over. People are assumed to have capacity unless an MCA assessment has deemed otherwise. These assessments are undertaken by a social worker. The principles of the MCA are that people that lack capacity are empowered to make as many decisions for themselves as possible and that any decision made or action taken on their behalf is done so in their best interests.

Alternatively, their parents or carers can apply to the Court of Protection to become a Deputy, this means they can make decisions on financial and welfare matters after the young person is 18.

The Court of Protection is responsible for:

- deciding whether a person has the mental capacity to make a particular decision for themselves
- appointing Deputies to make decisions for people who lack mental capacity
- giving people permission to make one-off decisions on behalf of a person who lacks mental capacity
- making decisions about a lasting power of attorney or enduring power of attorney
- making a decision about applications to make statutory wills or gifts
- making decisions about when someone can be deprived of their liberty.

More information about Court of Protection is available at www.gov.uk/courts-tribunals/court-of-protection

Information about becoming a deputy is available at: www.gov.uk/become-deputy



Careers advice for children and young people

Schools and colleges should provide students with independent careers advice and raise the career aspirations of their students with special educational needs and disabilities to widen their ambitions for employment. They should offer opportunities for taster sessions, work experience, mentoring, inspiring speakers/ role models to help young people to make informed decisions about their future aspirations.



Preparing for Adulthood reviews

EHC Plans should be used to actively monitor children and young people's progress towards their outcomes and future ambitions. The plans must be reviewed every 12 months.

The Year 9 EHC plan review and every subsequent annual review must focus on preparing for adulthood. This should include support in the following areas:

- to find suitable post-16 pathways that lead to outcomes for employment or higher education; training opportunities;
- to find a job and help to understand benefits;
- to prepare for independent living, including exploring decisions young people want to make for themselves, discussing where they want to live in the future and the support they will need;
- local housing options and support to find accommodation;
- housing benefits and money matters;
- eligibility for social care.
- to maintain good health and wellbeing in adulthood;
- to plan continuing health services from children's to adult's services and helping young people understand which health professional may work with them as adults; ensuring those professional understand the young person's needs. This should include the production of a Health Action Plan and prompts for annual health checks for young people with learning disabilities;
- travel support to enable independence;
- to participate and maintain relationships in the community – including support on activities in the community.

Reviews should be person-centred, consider what is working, what is not working well and what is important to the young person and what is important for the young person as they progress towards adult life.



Post 16 education

Young people aged 16-19 that continue education (who have an EHC plan, those aged over 19 and up to age 25) should have a clear study plan that enables them to achieve the best possible outcomes in adult life.

Schools and colleges should ensure courses enable progression to a qualification or work placement that is meaningful to the student without repeating learning already completed.

Vocational work placements should ensure activities prepare the young person for healthy, independent living that supports building relationships and engagement in the community.

Where a young person has an EHC plan it may be possible to consider funding packages of support across education health and social care that cover five days each week and include extra-curricular activities. The support package may be in a range of community settings.

The 16-19 Bursary Fund helps 16-19 year olds continue further education by helping to pay for the cost of transport, food or equipment. Young people in Care, Care Leavers and people with disabilities can make an application to their college for up to £1200. See the Gov.uk website.



Funding additional support in further education colleges

Some young people with SEND have their needs met from the college's core funding. If the cost of an individual's support is over and above the core funding additional funding (known as Top-up) can be paid by the local authority where the student lives to enable them to participate in learning. This is part of the High Needs Funding system.

High Needs Funding is for:

- pupils or students aged 5 to 18 with an EHC plan or SEN support with severe or complex needs, on the school roll and in full time attendance.
- those aged 19 to 25 in general Further Education institutions and Specialist Post-16 Institutions (SPIs) who have an EHC plan and require additional support costing over £6,000
- High Needs Funding cannot be used to fund students aged over 19 who do not have an EHC plan.
- the Skills Funding Agency is responsible for funding adult learning, this includes learning for those aged 19 and over with learning difficulties and/or disabilities who do not have an EHC plan.



Ceasing an Education, Health and Care plan

A local authority can cease to maintain an EHC plan if it determines that it is no longer necessary for the plan to be maintained because:

- the young person has taken up paid employment (excluding apprenticeships);
- the young person has started higher education
- the young person has met their outcomes as specified in their plan.

The local authority will do this by issuing a “cease to maintain notice” in writing to the parent or young person, stating the reasons why, after consulting with the young person/ their parents and head teacher of their school or college.

The young person can appeal if they disagree with the Local Authority’s decision.



Independence and Housing options

Schools and family members should support young people to acquire independent living skills such as travel training, basic cookery skills, personal care and money management. Moving away from home is a huge step and should be thought through carefully. For more information see the Housing options section.



Employment and training

Young people not eligible for Adult social care services who do not wish to continue education after the age of 18, have options to pursue employment or training.

Information and advice on internships and gaining employment/training can be found here: [Work and Employment: Supported Internships, Opportunities, Advice and Support](#)



Making friends and building relationships

It is important that young people maintain friendships after school ends. Local community centres, libraries, youth clubs, churches, galleries, café's and schools offer a range of daytime and evening events and activities to help make new friends. These range from dance classes, music, singing as well as Scouts, Guides, art and pottery. Information is publicised on noticeboards and the internet.

Information at the end of this booklet will help you find something of interest.



Transitioning from children's health services to adult health services

Health pathways vary depending on the needs of the young person who may require a range of professionals from across community and hospital settings to ensure appropriate support is in place.

Young people who already receive Continuing Care funding will be assessed by the children's clinical team and if appropriate, a referral will be made to the adult nurse assessors to determine eligibility for adult Continuing Healthcare funding at the age of 17.5.

A continuing healthcare assessment is also available to young people with complex medical needs if an initial checklist completed by nurse assessors demonstrates potential eligibility. If eligible for Continuing Health Care, a Personal Health Budget and Care Plan will be developed by the NHS at the age of 18 and over.

Adult Social Care services may continue to support carers as a duty under Care Act 2014, and would retain responsibility for safeguarding.

An annual health check helps you stay well by talking about your health and finding any problems early, so you get the right care.

Anyone aged 14 or over who is on their GP's learning disability register can have a free annual health check once a year. You can ask to go on this register if you think you have a learning disability. You do not need to be diagnosed with a learning disability to be on the register.

Check with you GP practice if you or the person you care for is on the register.

[For more information about annual health checks, visit the NHS website \(external link\).](#)

Easy Eye Tests - Eye tests for people with learning disabilities

It is very important that everyone should have an eye test every two years or more often.



The local authority has a duty under the Care Act 2014 to carry out a needs assessment for a young person or carer if they are likely to have needs once they (or the child they care for) turn 18.

If a young person or young carer is likely to have needs when they turn 18, the local authority must assess them when it considers there is a significant benefit to the person.

This may lead to services to support the person or carer or signposting to services in the community so the young person/ carer can remain as independent as possible.

If a young person does not meet Adult social care eligibility, then there may be support in the community to enable them to maximise their independence (see the information section on page 18-19).

INSERT PROCESS FOR ADULT SOCIAL CARE ASSESSMENT IMAGE

INSERT POST 16 DESTINATION CHOICES IMAGE

INSERT PREPARING FOR ADULTHOOD PATHWAY: HELPING YOUNG PEOPLE MOVE TOWARDS ADULT LIFE IMAGE



Education and Health Care (EHC) Plan and needs Assessment Process:

- Preparing for Adulthood Review coordinated by the school
- EHC Plan reviewed and new outcomes recorded
- Review of support in school for those with additional needs but no EHC Plan.
- Parents & young person fact-find about post 16 provision, referring to Local Offer
- Adult social care services work with Children's services to review young people who may be eligible for care services as an adult (e.g. complex needs)
- School to send review notes to SEN Service

RESPONSIBILITY: School and Special Educational Needs (SEN) service

Friends, Relationships and My Community:

- Think about young person's friendship group, closest friend(s) and other key people in their network (circle of support)
- Support young person to develop and keep friendships – identify how the curriculum can help
- Family has information about support they can access
- Think about any out of school activities the young person does or would like to access
- Think about the time that the young person spends away from home/family that will support building friendships

RESPONSIBILITY: School and Social care if involved

Good Health:

- Begin to plan how resources/ services will be accessed in adult life e.g. equipment, therapies, specialist support, prescriptions, dentist, optician, diet & exercise, sexual health etc
- People with learning disabilities are entitled to an Annual Health Check from age 14 - ask at GP surgery about an Annual Health Check (see useful resources)
- Health Transition lead to be identified if needed

RESPONSIBILITY: School nurse and GP

Developing Independence:

- Start talking about the skills needed for independence in the future
- Work with the school to think about curriculum opportunities that might be appropriate to develop young people's skills around independence i.e. travel training, money/ budgeting, domestic skills
- Ensure young people and family know how to access information about range of potential housing

RESPONSIBILITY: School/Lead Professional

Preparing for and Finding Employment:

- Start discussing with school interests, favourite subjects, emerging aspirations about work in the future etc Agree who will help young person to develop a Career Plan and/or Vocational Profile
- Work with school to identify how the curriculum will provide opportunities to explore the world of work and gain work experience

RESPONSIBILITY: School

If young person does not have an EHC Plan but it is felt they need additional support, please talk to the school in the first instance, to identify needs and possible support strategies– schools have funding within their budgets to help children and young people with lower level SEND

Consider how annual review can be joined up with any other reviews the young person has e.g. Child Looked After (CLA), Child in Need (CIN).

Who Is Lead Professional:

- * If a child has an allocated social worker or early help family support worker then they are always the lead professional
- * If a child is life limited or highly complex medical needs then the lead professional would be the school nurse or specialist health visitor
- * If a child has an EHCP and the above do not apply, the lead professional is the SEN officer
- * If a child has none of the above and no EHCP then the lead professional is the SENCO at nursery, school or college



Education and Health Care (EHC) Plan and needs Assessment Process:

- Y10 Annual Review.
- EHC Plan reviewed and outcomes updated
- Review of support in school for those with additional needs but no EHC Plan
- Parents & young person visit post 16 options
- If likely to have a change of environment post-16 e.g. move from school to college, consider what might be needed for a smooth transition
- Adult social care referral for transition to be considered - timeliness for assessment taken into consideration

RESPONSIBILITY: School to convene team meeting, SEN Service and Transition Staff

Friends, Relationships and My Community:

- Begin to discuss what is important to the young person about friends/social life in the future and how this might be achieved
- How often is young person going out with friends? Is this enough? Is more advice or support needed?
- Is the family accessing any information, is there support they may need

RESPONSIBILITY: School and Social care if involved

Good Health:

- Ensure health professionals (e.g. Practice Nurse and Community Nurse) share information
- Think about Personal Health Budgets, if eligible
- Annual Health Check via GP if eligible & GP surgery is participating in the scheme
- Identify any informal carers
- Consider carers assessment

RESPONSIBILITY: School nurse, GP, CAMHS, Social Care

Developing Independence:

- Ensure skills for travelling as independently as possible are being practised, thinking about what young people might need for the future i.e. accessing college, the community and employment
- Ensure that young people and families are accessing information about potential housing options

RESPONSIBILITY: School/Lead Professional

Preparing for and Finding Employment:

- Start discussions with the school about 'what I can offer', 'what I like doing', 'what support I need'
- Identify who will support young person to access work experience or work
- Agree how young person will access information about supported employment/apprenticeships
- Update Career Plan and/or Vocational Profile
- Identify aims, goals and outcomes for the future i.e. post-16 learning options, increasing independence skills, meeting ongoing care and support needs
- Agree actions required to work toward agreed outcomes, plan visits to taster sessions with, post-16 providers and/or invite to review meeting
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RESPONSIBILITY: School

If young person does not have an EHC Plan but it is felt they need additional support, please talk to the school in the first instance, to identify needs and possible support strategies– schools have funding within their budgets to help children and young people with lower level SEND

Year 10 review is the beginning of the process for choosing post 16 options. Ideally a preference will be identified in Year 10 and if a move from existing school is planned, providers can be consulted and provision / support can start to be discussed. Consider how annual review can be joined up with any other reviews the young person has e.g. Child Looked After (CLA), Child in Need (CIN).



Education and Health Care (EHC) Plan and needs Assessment Process:

- EHC Plan reviewed.
- Review of support in school for those with additional needs but no EHC Plan
- Young person decides on preferred post 16 option
- Health & Social Care may continue transition planning
- If moving on from school, post 16 placement confirmed by 31st March if an EHC Plan is in place
- Multi-agency panel involved if request is for a specialist placement at college
- Plan move if going to new environment
- Consider whether all appropriate professionals/ organisations are involved (including advocacy)
- Consider need to include/ inform GP
- Future education: Think about practicality of distance, travel routes hours and days of course as well as motivation, interest and personal development
- Identify any informal carers involved (including young carers) – undertake/review Carers Assessment as required
- Identify and involve key adult professionals required for when the young person becomes 18 years and over and invite to Annual Review meeting
- Identify any adaptations or equipment used that requires review or maintenance post-18 years and confirm arrangements for maintenance contracts
- Identify any adaptations required and implications of this within transition
- Consider if any siblings are young carers and should have Care Act assessment

RESPONSIBILITY: School to convene and invite members of Multi-Disciplinary Team and SEN service

Friends, Relationships and My Community:

- Think about how to maintain friendships after school ends
- Support young person to plan how to keep in touch with others and vice versa
- Can/does young person access local services such as sports centres, libraries, cinemas, restaurants, shopping centres?
- Is family accessing any information or support they may need
- Young people and families understand if they are eligible for short breaks post-18 and what is available
- Prompt Annual Health Check for young people with Learning Disabilities

RESPONSIBILITY: Adult Social Care Lead, Health Lead, Lead Professional

Good Health:

- Young person should be enabled to give their views and will be of a legal age to consent to medical treatment
- Ensure young person and family know when they will be discharged from each of the services they use now and who will take over responsibility
- Ensure young person/family knows how their health needs will be met.
- Annual health check via GP if eligible
- Consider Continuing Health Care assessment/ needs (Adults) - complete and submit Continuing Healthcare Checklist and Nursing Assessment (just prior to age 17)
- Gather information to inform Decision Support Tool and Identify and involve any key adult professionals required for post-18yrs: appropriate planned introductions and handover
- Consider need to include/inform GP

RESPONSIBILITY: School nurse, GP, CAHMS, Social Care

Developing Independence:

Think about the link between Career Plans and housing options to ensure people think about where they might live when thinking about jobs

Ensure young person is travelling independently where possible

Where a young person is unable to travel independently, consider support that might be necessary to develop independent travel skills and/or assistance that might be available

Think about time spent away from home and how this could help to develop independence

Families and young person has information on the range of housing options available

Benefits and money: First benefits check to be arranged at 15.5 years. This is critical to ensure that the family income is maximised

Children's services may need to apply for National Insurance number if the child/young person is in the care of the authority

Preparing for and Finding Employment:

- Review work experience undertaken and/or plan further opportunities
- Continue discussions about future plans and explore a range of options
- Where a young person is unable to travel independently, consider assistance available
- Explore how any Personal Budget or Direct Payment might be used to support employment aspirations
- Explore any other funding that might be available to support young people to find and secure employment

RESPONSIBILITY: School

A young person may leave school after Y11, but by law should participate in learning until the age of 18, which could include:

- full-time education (e.g. at a school or college)
- an apprenticeship or traineeship
- part-time education or training combined with one of the following:
- employment or self-employment for 20 hours or more a week
- volunteering for 20 hours or more a week

Consider how annual review can be joined up with any other reviews the young person has e.g. Child Looked After (CLA), Child in Need (CIN) etc.



Age 16-17: Year 12

Education and Health Care (EHC) Plan and needs Assessment Process:

- Consider how annual review can be joined up with any other reviews
- Parents and young person discuss potential post 19 options with school and key worker and plan visits
- Adult Assessment:
- Information for assessment of needs and outcomes
- Consider any specialist adult assessment required before 18yrs to support
- Identify any equipment used that requires review or maintenance etc.
- Provide information about personal budgets
- Gather information about current care packages
- Consider appropriate funding streams
- Consider community services
- Referral to Brokerage
- Identify informal carers involved (including young carers) – undertake/review
- Carers Assessment as appropriate and consider transitional arrangements

RESPONSIBILITY: School, SEN Service and Transition Staff

Friends, Relationships and My Community:

- Talk about the young person's social group making sure they are able to remain in touch with friends and make arrangements for socialising
- Is any additional advice or support required to develop or maintain friendships and/or social life?
- Is the young person able to:
 - access local services?
 - travel/get out when they choose, either on their own, with friends or with support?
 - use a telephone, mobile, email, social networking, public transport, learning to drive etc?
- If not, explore possible solutions

RESPONSIBILITY: School and Social care if involved

Good Health:

- Ensure young person/family are in control of financial support for keeping healthy
- Relevant professionals work together and share information/ understand how to communicate with the young person
- Annual Health Check via GP if eligible
- If educated out of area plans to be made for accessing Haringey health services on their return
- Identify post-18 support available and pathways for accessing these.
- Continuing Health Care (Adults) Assessment – consider whether this is appropriate and agree who is best placed to complete Nursing Assessment and CHC Checklist CHC Checklist to be completed by 17.5yrs.
- Mental Capacity Act (2005) to be considered in relation to the specific decisions included in the
- Preparing for Adulthood Pathway

RESPONSIBILITY: GP, Transition Lead, Social Care, School Nurse

Developing Independence:

- Young person and family have information on the range of housing options available
- Young person/family seek benefits advice
- Think about personal budgets and how these might be used to personalise a young person's support
- Where a young person is unable to travel independently, consider support that might be necessary to develop independent travel skills and/or assistance that might be available
- Apply for Bursary Fund for Vulnerable Adults/ Discretionary money through college to help with education-related costs if you're 16-19 year and receive Personal Independence Payment, are in Care, are a Care Leaver or receive Universal Credit.
- Consider applying for bursary at Tottenham Grammar School for educational purposes.

RESPONSIBILITY: School/Lead Professional

Preparing for and Finding Employment:

RESPONSIBILITY: School

Preparing for and Finding Employment:

- Ensure Career Plan / Vocational Profile continues to be updated Plan to spend progressively more time in work related learning or employment that the young person is interested in
- Where a young person is unable to travel independently, consider assistance available
- Continue to explore all possible options including supported employment, apprenticeships, work based learning, work related learning at college, paid work, self-employment, higher education
- May be eligible to apply for Employment and Support Allowance (ESA) if no longer receiving Child Benefit

RESPONSIBILITY: School



Age 17 – 18 Year 13

Education and Health Care (EHC) Plan and needs Assessment Process:

- Mental Capacity Act: ensure young person has support to make informed decisions.
- Prepare young person for adulthood at 18
- Person-centred Annual Review meeting to identify actions/ support to enable preparation for adulthood:
 - Consider the content of any future study programmes and how it will enable outcomes to be achieved.
 - Consider professionals to be involved in meetings.
 - Agree Lead Professional – who will monitor delivery of actions agreed
 - Adult social care:
 - Confirm eligibility.
 - Finalise Assessment of Needs and Outcomes and advise of Indicative Budget
 - Create Care and Support Plan with Young Person.

RESPONSIBILITY: Education provider to invite/host multi disciplinary team, Adult Social Care, Lead Professional, Continuing Health Care/Health, Transition Lead

Friends, Relationships and My Community:

- Talk about the young person's social group making sure they are able to remain in touch with friends and make arrangements for socialising
- Is any additional advice or support required to develop or maintain friendships and/ or social life?
- Is the young person able to:
 - access local services?
 - travel/get out when they choose, either on their own, with friends or with support?
 - use a telephone, mobile, email, social networking, public transport, learning to drive etc?
- If not, explore possible solutions

RESPONSIBILITY: College

Good Health:

- Continuing Healthcare (Adults) – if triggered against the Checklist,
- Decision Support Tool to be completed. Confirm eligibility for Continuing Healthcare.
- Agree and initiate handover arrangements agreed for
- Specialist Adult Health Services
- Support handover of therapy services with Young Person, where criteria is met and service identified
- Liaise with GP/Community Nursing Teams
- Consider need to include/inform GP

RESPONSIBILITY: Social Care, GP, CCG

Developing Independence:

- Young person and family have information on the range of housing options available
- Young person/family seek benefits advice
- Think about personal budgets and how these might be used to personalise a young person's support
- Where a young person is unable to travel independently, consider support that might be necessary to develop independent travel skills and/or assistance that might be available
- Finances: Second Benefits check at age 17.5 to be arranged if leaving education at 18 or circumstances have changed. This is critical to ensure that the family income is maximised
- Consider how Young Person's money will be managed (e.g. deputyship/ appointeeship)

RESPONSIBILITY: Lead Professional, Adult Social Care

Preparing for and Finding Employment:

- Ensure Career Plan / Vocational Profile continues to be updated
- Plan to spend progressively more time in work related learning or employment that the young person is interested in
- Where a young person is unable to travel independently, consider assistance available
- Continue to explore all possible options including supported employment, apprenticeships, work based learning, work-related learning at college, paid work, self-employment, higher education
- May be eligible to apply for Employment and Support Allowance (ESA) if no longer receiving Child Benefit

RESPONSIBILITY: School



Education and Health Care (EHC) Plan and needs Assessment Process:

- Person-centred Annual Review meeting to identify actions/ support preparing for adulthood
- Consider whether all appropriate professionals/ organisations are involved
- Consider follow-up review or support required from Children's Services
- Agree Lead Professional, who will monitor delivery of actions agreed
- Review aims/outcomes, action plans, agree actions.
- Agree information sharing protocols/ joint assessments or support plans, regularity of review.
- Identify key Transition points in journey – consider actions for transitions
- Consider Adult social care
- Implement agreed support plan and funding arrangements before 18

RESPONSIBILITY: Education provider to host, multi disciplinary meeting, ASC/Lead Professional, Continuing Health Care/Health/Transition Lead

Friends, Relationships and My Community:

- Talk about the young person's social group making sure they are able to remain in touch with friends and make arrangements for socialising
- Is any additional advice or support required to develop or maintain friendships and/ or social life?
- Is the young person able to:
 - access local services?
 - travel/get out when they choose, either on their own, with friends or with support?
 - use a telephone, mobile, email, social networking, public transport, learning to drive etc?
- If not, explore possible solutions
- Transition to adult respite services if eligible

RESPONSIBILITY: College if in education setting

Good Health:

- Health Lead invited to attend annual review meetings
- Share reports/information with other health professionals with consent from person.

RESPONSIBILITY: Health Transition Lead

Developing Independence:

- Young person and family have information on the range of housing options available
- Young person/family seek benefits advice
- Think about personal budgets and how these might be used to personalise a young person's support
- Where a young person is unable to travel independently, consider support that might be necessary to develop independent travel skills and/or assistance that might be available
- Finances: Ensure arrangements in place for managing the Young Person's money Benefits check required just prior to 19yrs (if Young Person did not leave education at 18yrs). This is critical to ensure that the family income is maximised

RESPONSIBILITY: Adult Social Care

Preparing for and Finding Employment:

- Ensure Career Plan / Vocational Profile continues to be updated
- Plan to spend progressively more time in work related learning or employment that the young person is interested in
- Where a young person is unable to travel independently, consider assistance available
- Continue to explore all possible options including supported employment, apprenticeships, work based learning, work-related learning at college, paid work, self-employment, higher education
- May be eligible to apply for Employment and Support Allowance (ESA) if no longer receiving Child Benefit

RESPONSIBILITY: College, Career support advisor i.e. AFK, Access to Work



Education and Health Care (EHC) Plan and needs Assessment Process:

- The EHC Plan will cease where young person moves on to Higher
- Education, paid work, volunteering or social care services (without education)
- If EHC plan continues an Annual Review needs to be updated by college staff for college setting and by Provider for training programme or supported apprenticeship/ traineeships
- Job applications, work experience, or further study are planned as required by young person
- Where a young person has an EHC Plan and leaves education but then decides they wish to return (and are still under 25yrs), the local authority will consider whether the previous EHC Plan should be revived and reviewed. It is possible however that a young person will have to go through the full EHC needs assessment

RESPONSIBILITY: Education provider to host multi disciplinary meeting

Friends, Relationships and My Community:

- Ensure the young person's social group is being maintained make sure they are able to remain in touch with friends and make arrangements for socialising
- Check if there is any additional advice or support required to develop or maintain friendships
- Continue to review the young person is developing skills to access local services, focusing on travel and communication
- Ensure family has information about support they can access including Carer's Assessment to review needs

RESPONSIBILITY: College if still in education setting

Good Health:

- Ensure that the young person/ family are in control of any financial support for keeping healthy
- Annual Health Check via GP if eligible & GP surgery is participating in the scheme
- Ensure that young person knows how to keep healthy
- Ensure relevant professionals are in contact with each other and share information (with relevant consents) and understand how best to communicate with the young person

RESPONSIBILITY: Health Transition Lead

Developing Independence:

- Ensure young person and family has information on the range of housing options available
- Where a young person is unable to travel independently, consider support that might be necessary to develop independent travel skills and/or assistance that might be available
- Ensure young person/family have received benefits advice

RESPONSIBILITY: Adult Social Care

Preparing for and Finding Employment:

- Ensure Career Plan / Vocational Profile continues to be updated
- Plan to spend progressively more time in work related learning or employment that the young person is interested in
- Continue to explore all possible options including supported employment, apprenticeships, work based learning, work-related learning at college, paid work, self-employment, higher education
- Consider support required for young person to access services via Job Centre e.g. Disability Employment Advisor and Access to Work
- May be eligible to apply for Employment and Support Allowance (ESA) if no longer receiving Child Benefit

RESPONSIBILITY: College, Career support advisor i.e. AFK, Access to Work



Beyond the age of 19

Families, young people and involved professionals will consider whether special educational provision provided through an EHC plan will be necessary to enable the young person to progress towards agreed outcomes.

- Young people with EHC plans may take longer to achieve their outcomes, however, this does not mean there is automatic entitlement to continued support at age 19 and therefore the EHCP may not remain in place up until 25 years if the young person's outcomes have been met.
- Consider whether remaining in education would enable the young person to progress and achieve and whether the young person wants to remain in learning. Young people who no longer need to remain in formal learning or training will not require special educational provision to be made for them through an EHC plan.
- Person-centred Annual Review meeting to identify actions/support to enable preparation for adulthood.
- Consider whether all appropriate professionals/organisations are involved (including Advocate).
- Agree Lead professional: Lead professional monitors delivery of actions agreed.
- Review aims/outcomes, review existing action plans, agree further actions.
- Identify ongoing professionals involved and agree information sharing protocols/joint assessments or support plans, regularity of review.
- Identify other key transition points in the young person's journey – consider actions required to make these transitions as smooth as possible.
- Consider whether Preparing for Adulthood Pathway still applicable.
- Ensure the young person receives clear information about support they can receive, including information about seeking employment, continuing study in adult or higher education, and support for health and social care when their plan ceases.
- Develop exit plan for when EHC plan ceases.



Useful information and contacts A-Z

There is a list of useful contacts at the end of this document which you may find useful



Checklist for moving on to adulthood

Check List	Tick Box	Notes
Attend Transition reviews held at young person's school from Year 9 (age 14) onwards		
Visit the Sutton Local Offer website for information and how to get involved with the local Sutton Parent Carer Forum		
Annual health check completed by the GP		
Make sure young person has a Health Action Plan and hospital passport if required.		
Attend local Transitions events		
Ensure you know the names and contact details of professionals involved in the transition arrangements for the young person		
Talk to your lead professional to ensure the adult social care assessment is completed by the age of 17.5		
Gain careers advice about prospective training/employment support		
Visit local colleges and providers that the young person may be interested in attending		
Check the Education, Health and Care plan is up to date and that the adult support plan has been agreed if eligible		
If not eligible for adult social care and the young person is not continuing education, ensure SEND or Adult Social Care services refers young person to employment pathways		
If in receipt of Continuing Care (via NHS) check for Continuing Health Care assessment at age 17.5		
Contact Citizens Advice Sutton to check benefits entitlement		
Does young person need to consider housing options for independent/supported living?		
Explore what community support exists locally i.e. community centres, libraries, churches and groups		

Advice Information and Support			
AccessAble	Website with information on accessible places	0208 489 8200	www.accessable.co.uk
Action Voices	a speaking up group for young people with autism and learning disabilities in Sutton	01322 619 707	www.advocacyforall.org.uk
Advocacy for All	Advocacy service for adults and children	0345 310 1812	www.advocacyforall.org.uk
Adult Social Care			
Care Act 2014	Social Care Institute for Excellence – information on preparation for adulthood, legislation, links and good practice including on mental capacity.		www.scie.org.uk/children/transition/social-workers-role-supporting-learning-disabilities/underpinning-knowledge
Citizens Advice	Offers practical up to date advice upon a range of issues including debt, benefits, housing, legal, discrimination, employment and other areas.	0208 405 3552	www.citizensadvice.org.uk
Financial support and benefit advice	Further links to a range of advice concerning benefits and council tax		www.sutton.gov.uk
Preparing for Adulthood	Has a wide variety of resources available for parents/carers, young people and professionals.	01225 789135	www.preparingforadulthood.org.uk
SCOPE	Disability equality charity that provides information and emotional support when it's most needed.	0808 800 3333	www.scope.org.uk
SIASS	SEND Information, Advice and Support Service for parents/carers of children with Special Educational Needs	0208 323 0462	www.siass.co.uk
SOS SEN	Offers a free, friendly, independent and confidential telephone helpline for parents and others looking for information and advice on Special Educational Needs and Disability (SEND).	0208 538 3731	www.sossen.org.uk
Sutton Mencap	A local charity which works to improve the lives of people with disabilities and their carers	0208 647 8600	www.sutton.mencap.org.uk
Sutton Parent Carers Forum	Support Group for parents/carers which provides independent advice and support	07557 760328	www.suttonparentsforum.org.uk
Sutton Carers Centre	Advice and ongoing support for carers aged from 8 upwards	0208 296 5611	www.suttoncarerscentre.org.uk
Employment and Training			
Access to Work	An Access to Work grant can pay for practical support if you have a disability, health or mental health condition to help you start working, stay in work or move into self employment or start a business.	0300 200 3100	www.gov.uk/access-to-work
Care Trade UK	Offers Supported Internships and runs The Autism Project, supporting young people with work experience in a supportive placement.	0203 375 6288	www.care-trade.org
Employment Support and Advice	You can apply for Employment and Support Allowance (ESA) if you have a disability or health condition that affects how much you can work. ESA gives you support to get back into work if you're able to, you can apply for ESA if you're employed, self-employed or unemployed		www.gov.uk/employment-support-allowance
Independent parental special education advice (IPSEA)	IPSEA offers independent legally based advice, support and training to help get the right education for children and young people with special educational needs and disabilities	01799 582030	www.ipsea.org.uk

Job Centre Plus	A Disability Employment Adviser at your local Job Centre can help you find work or gain new skills and tell you about disability friendly employers in your area. They can also refer you to a specialist work psychologist, if appropriate, or carry out an 'employment assessment', asking you about your skills and experience and roles you're interested in.	0300 200 3100	www.gov.uk/looking-for-work-if-disabled
London Futures Sutton	Is an employability programme using sport and mentoring to improve career aspirations and community integration – for adults aged 18-25 with learning disabilities or mental health difficulties.	07824 589472	London Futures
London Learning Consortium	Accredited learning programmes across London either in the work place, classroom or via our extensive community provider network. If you are aged 19+ and in receipt of either Jobseekers' Allowance or Employment Support Allowance (in the Work Related Activity Group) then you may be eligible for your course to be fully funded	020 8774 4040	www.londonlc.org.uk/Training
Mencap	Supported internships – supporting young people age 16-24 with a learning disability to make the important step from education to employment		www.mencap.org.uk/supportedinternships
Workstart	Are you 17 to 24 years old and looking for paid work? WorkStart, a package of employment courses at Orchard Hill College has partnered with London Borough of Sutton to offer a Supported Internship.	0345 402 0453	www.workstart.me.uk

Friends, Relationships and my Community

Bus and Tram discount card	If you receive Income Support, Employment and Support Allowance or Jobseeker's Allowance, you may be eligible for a Bus & Tram Discount photo card.	0800 112 3456	https://tfl.gov.uk/fares/
Dial-a-ride	A door to door multi-occupancy transport service for people with disabilities who cannot use public transport. It can be used for all sorts of journeys such as shopping, visits to friends, appointments, and going out at night.	0343 222 7777	www.tfl.gov.uk/modes/dial-a-ride/?cid=dialaride
Disabled Person's Freedom Pass	The travel pass for disabled people allows free travel across London and free bus journeys nationally.	0300 330 1433	www.londoncouncils.gov.uk/services/freedom-pass
Disabled Person's Rail card	If you have a disability that makes travelling by train difficult you might qualify for the Disabled Persons Rail Card.	0345 601 0132	www.disabledpersons-railcard.co.uk
Leisure Activities in Sutton for Young People age 14 +	A link to the local offer page which provides details of lots of different activities and groups within Sutton		Leisure Activities and Hobbies
Short Breaks	A guide to how to access short breaks within Sutton		Short Breaks in Sutton
Taxi Card Scheme	Taxi Card is a scheme that provides subsidised transport for people who have serious mobility impairment and difficulty in using public transport. Taxi Card holders make journeys in licensed	020 7934 9999	www.londoncouncils.gov.uk/services/taxicard

	London taxis and private hires vehicles, and the subsidy applies directly to each trip.		
The Blue Badge	The Blue Badge scheme is for people with severe mobility problems. It allows Blue Badge holders to park close to where they need to go. The Blue Badge is registered to a person and not to a vehicle.	020 8489 1000	Sutton Blue Badge
Sutton Youth Forum	A new Youth Forum for local young people (16-25) with Special Education Needs and Disabilities (SEND) The forum is a chance for young people to make new friends, to have fun together, and to share their views and wishes. It will also help young people understand and exercise their rights.	07432663262	Sutton Youth Forum
Further Education Providers			
Capel Manor College	Courses, Traineeships and Apprenticeships in animal care, horticulture, countryside/environment studies and arboriculture, for young people.	0303 003 1234	www.capel.ac.uk
16-19 Bursary Fund	You could get a bursary via your college office, to help with education-related costs if you're 16-19yrs and: studying at school or college (not university) in England on a training course, including unpaid apprenticeships if you receive Personal Independence Payment, or are in Care, are a Care Leaver or receive Universal Credit/ Income Support. You can spend the money on things like: clothing, books and other equipment for your course transport and lunch on days you study	0300 200 3300	www.gov.uk/1619-bursary-fund/overview
South Thames College Group	South Thames Colleges Group is committed to providing training and work experience opportunities for students with learning difficulties and/or disabilities. The focus of our study programmes is to embed independence and employability skills to enable our learners to secure positive and meaningful progression, be that into independent living, or into the workplace through vocational study within other specialist areas across the College. Aspirations for ultimate workplace progression include both voluntary and paid employment		https://stcg.ac.uk/foundation-learner-send
Sutton and District Training	Flexible courses adapted to learner requirements – can provide courses and work experience options	0208 687 5225	https://suttondistrict.co.uk/support-information
Sutton's further education providers	Link to a list of further education and training providers for young adults aged 16-25 with SEN.		https://www.sutton.gov.uk/directory/34/post_16/category/225
Good Health			
Annual Health Check	The Annual Health Check scheme is for young people and adults (14 years plus) with learning disabilities who need more health support and who may otherwise have health conditions that go undetected	0300 311 22 33	www.nhs.uk/conditions/learning-disabilities/annual-health-checks
CAMHS	CAMHS stands for Child and Adolescent Mental Health Services. Our job is to promote emotional wellbeing and provide treatment – to children and young people with mental health problems.	SuttonCAMHS Admin@swlstg.nhs.uk	https://www.swlstg.nhs.uk/our-services/find-a-service/service/sutton-camhs

Caring for disabled children	Information for carers of children with disabilities	0300 311 22 33	www.nhs.uk/conditions/social-care-and-support-guide
Clinical Commissioning Group	NHS organisation that is responsible for planning and buying healthcare services for Haringey residents. Further Information covering health matters relating to children and young people with special educational needs and disabilities.		https://swlondonccg.nhs.uk/your-area/sutton
NHS	Information on Health A-Z, Live well, Care and support and services near you	0300 311 22 33	www.nhs.uk
Recovery Cafes	Recovery Cafés are safe and supportive spaces for south west London residents who are struggling to cope with mental health crises. There is no need for an appointment, just turn up during the opening times and you'll be met by a listening ear. The cafes are available to help adults (18 years+) with mental health		http://www.sunshinerecoverycafe.org
Sutton Uplift	Uplift provides mental health support to residents of Sutton		https://www.suttonuplift.co.uk
Independence and Housing Options			
Adult Social Care – Housing Option	Housing needs and options		https://www.sutton.gov.uk/info/200335/at_home
Housing Centre Sutton	Advice and support with housing options for people with learning disabilities. Link to guides and advice.	020 8770 5000	Finding somewhere to live
KeyRing	Support for people to achieve their full potential using the KeyRing Network where people share skills and become valued members of their local community.	020 3119 0960	https://www.keyring.org
Sutton Shared Lives	Sutton Shared Lives Service recruits and supports paid carers to work with adults with learning disabilities, mental health needs and older people. Shared Lives carers offer their homes and family life to provide a safe place for people to live, have a short break or engage in day activities. Some carers provide a service to more than one person.	0208 915 2345	https://www.sutton.gov.uk/info/200335/at_home/1384/sutton_shared_lives