

Practice Matters

Transition to Adulthood (TFA)

What is Transition to Adulthood?

As any child gets older and becomes a young adult, it is important that they are enabled to develop increased independence; that they are provided with opportunities to take more control over their lives, become directly involved with choices and supported to make decisions for themselves, wherever possible. For those with additional needs whether that is learning needs, a disability or health issues, additional services and support may be needed to ensure they achieve the best outcomes for them as they become adults.

What does a good transition look like?

OUR VISION Transitions to Adulthood aims to empower young people with disabilities in their journey to adulthood and beyond, using a planned approach to achieve their best possible outcome in life.

The key focus of a good transition is that we have a planned approach.
Good planning is:

- Person-led**
The young person should be taking an active lead in planning for their future.
- Outcome-focussed**
Their transition should be forward-thinking and clearly articulate the steps needed to reach the young person's ideal outcome.
- Aspirational**
Strength-based planning to empower the young person to achieve their fullest potential in life, education, health, employment and their relationships.
- Long-term**
Planning should have a whole-life approach, aiming to equip the young person with skills for a fulfilling adulthood.
- Balanced**
The process should include important relationships while acknowledging the young person's independence.

To support the young person in building these plans, our team aims to follow these principles:

- Working in partnership** with the young person as corporate parents, thinking holistically about their life and developing life-long relationships.
- Multi-disciplinary collaboration** with professionals from different teams and services to provide a smooth and seamless journey.
- Openness to information** about available options to provide the young person with realistic choices.
- Honest communication and feedback** about the young person's journey to adulthood and beyond.



Why do we undertake TFA support?

Under the Care Act the local authority has a duty to carry out a transition assessment for a young person or carer, in order to help them plan, if they are likely to have needs once they (or the child they care for) turn 18.

New Transition to Adulthood Process

TRANSITIONS TO ADULTHOOD PROCESS

- 1** **Transition Plan Reviews**
Led by Childrens & Adults practitioners, with additional professionals as appropriate [from age 14, every 6 months]

 - Multi-disciplinary team & strength-based discussion to:
 - Agree on proposed post-18 opportunities that best match the young person's planned outcomes in adulthood
 - Agree and record SMART actions to support the young person to achieve their most fulfilling and independent post-18 outcomes.

Transition Plan
Filled in and updated by the Childrens practitioner

- Recorded workflow of post-18 outcomes and SMART actions for the young person to be reviewed on a six monthly basis.
- Encourage early multi-team communication about the young person's post-18 outcomes and anticipated needs transitioning to adulthood.
- Allow information about post-18 planning to be collated and prioritised across the cohort.

- 2** **Transition Locality Meetings**
Attended by the Childrens Manager & PSs, Adults nominated Manager & SPs, SEND & Health representatives from that locality [Monthly]

 - Checks and balances for the quality of discussion and attendance at Transition Plan Reviews
 - Updates and escalation of barriers from different Services to actions needed to progress the locality's transitions cases
 - Actions to address locality issues and trends that need exploring further as to how they can be addressed collectively.
- 3** **Cohort progress review**
Led by Disabled Childrens Team Head of Service (Abby) and Adults Practice Lead (Lisa) [Monthly]

 - Cohort overview of whether cases are progressing towards more independent post-18 outcomes
 - Discussion with relevant people e.g. Commissioning to discuss cohort-level trends and unblock barriers
- 4** **Monitoring Achievements and Sustainability**
Led by Pathway Leads from Childrens (Smruti) and Adults (Linda) [6-monthly]

 - Checks and balances to the Transitions to Adulthood process

For further information on the Transition to Adulthood Process there are further documents available for your learning. [Transition to Adulthood](#); [New Ways of Working](#). [Transitions Handbook](#). [Transitions Plan Guidance](#)