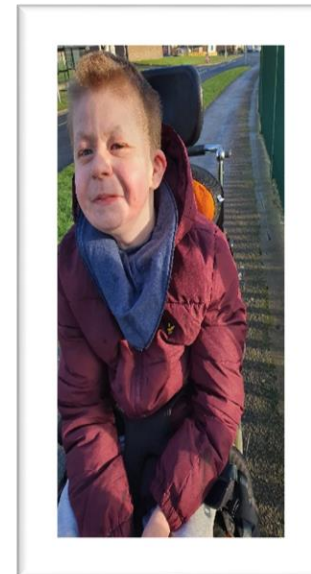
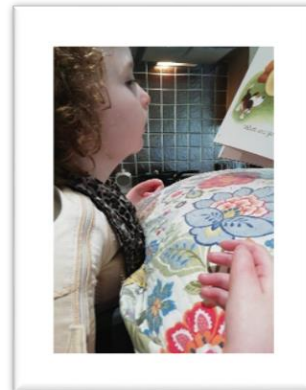


# Preparing for Adulthood Transition Pathway Guide



## Introduction

Adulthood is a time of significant change for young people, especially when they have disabilities. There are lots of decisions and choices to make for young people and their families. This can be complicated as support from education, health, and social care may change when a young person reaches 18. Not everyone receiving support from children's social care will be eligible for adult social care services as they have different eligibility criteria.

We need to prepare for adulthood as early as we can to make sure that there is a plan of the right support for the young person, to ensure that they can achieve their own outcomes.

This guide is for young people aged 14-18 years with disabilities 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 disabilities.

## HOW WILL WE HELP PREPARE YOU TO MAKE YOUR OWN DECISIONS?

The Special Educational Needs and Disability (SEND) Code of Practice 2015 states local authorities and others should normally directly engage with you as a young person, once you turn 16, rather than your parents. However, your family including parents/carers should continue to be involved in the discussions about your future. You may also ask them to help them in other ways such as filling in a form, attending meetings, or receiving correspondence on your behalf. This is really important for 16 to 17 year olds, as your parents retain parental responsibility for you until you reach the age of 18.

After the age of 16, you have the right to make requests and decisions under the Children and Families Act 2014.

**"I can request an  
assessment for my  
Education, Health and Care"**

**(EHC PLAN)**

**"I can choose which  
education setting is named in  
my plan"**

**"I can consult with and use an  
advocate or make  
representation about what is  
included in my plan"**

**"If I'm not happy with my  
plan I can appeal"**

**"I can request a personal  
budget"**

Parents and family members can continue to support you to make decisions or to act on your behalf if this is what you want. Everyone who helps you should try to include parents until you reach the age of 18.

## DURHAM'S LEGAL RESPONSIBILITY

Durham County Council has the following legal responsibilities:

- We must provide advice and support directly to you , the young person; independent of your parents if that is what you want.
- We must ensure that reviews of EHC plans and our Child and Family plans focus on preparing for adulthood from age 13-14 years onwards.
- We must provide access to support from an independent provider if you want or need this.
- We must ensure that you as a young person with disabilities, has a transition assessment

## ADVOCACY MENTAL CAPACITY AND COURT OF PROTECTION

If you have difficulty being involved, a family member, friend or advocate should be appointed by the local authority to support you to represent your interests.

More information is also available on the NYAS website: [www.nyas.net](http://www.nyas.net) or the young person's NYAS website: <https://youngpeople.nyas.net/>

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 completed with you and your family, 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, your parents or carers can apply for a Court of Protection, to become a Deputy, this means that they can then make decisions on financial and welfare matters after you turn 18.

## WHAT IS THE COURT OF PROTECTION RESPONSIBLE FOR?

Deciding whether you have the mental capacity to make a particular decision for yourself

Appointing Deputies to make decisions for you if you lack capacity

Giving people permission to make one-off decisions on your behalf if you are a person who lacks mental capacity

Making decisions about a lasting power of attorney or enduring power of attorney

Making a decision about you making statutory wills or gifts

Making decisions about whether you are deprived of your liberty

More information about Court of Protection is available at [www.gov.uk/courts-tribunals/court-of-protection](http://www.gov.uk/courts-tribunals/court-of-protection)

## PREPARING FOR ADULTHOOD REVIEWS

Your social worker should help you, your family and the people who help you to review your Child and Family plan alongside your EHC plans. They should be used to monitor and review your progress towards your outcomes and think about your future ambitions.

The Year 9 EHC plan review and every subsequent annual review must focus on preparing for adulthood. It should be centred around you, considering what is working well, what we are worried about or is not working well, what is important to you and what needs to happen as you progress towards adult life. The review should also include support in the following areas;

- To find suitable post -16 pathways that lead to outcomes for employment or higher education, or training opportunities.
- To help to understand benefits.
- To prepare for independent living, including exploring decisions you people want to make for themselves.
- To discuss where the young person wants to live in the future and what support they need.
- To explore local housing options and provide support to find accommodation.
- Housing benefit and money matters.
- Eligibility for social care.
- To maintain good health and wellbeing in adulthood.
- To help maintain friendships.
- To plan continuing health care services from children's to adult's services and helping young people understand which health professionals may work with them as adults.
- Travel support to enable independence .
- To participate and maintain relationships in the community- including signposting of activities in the community.

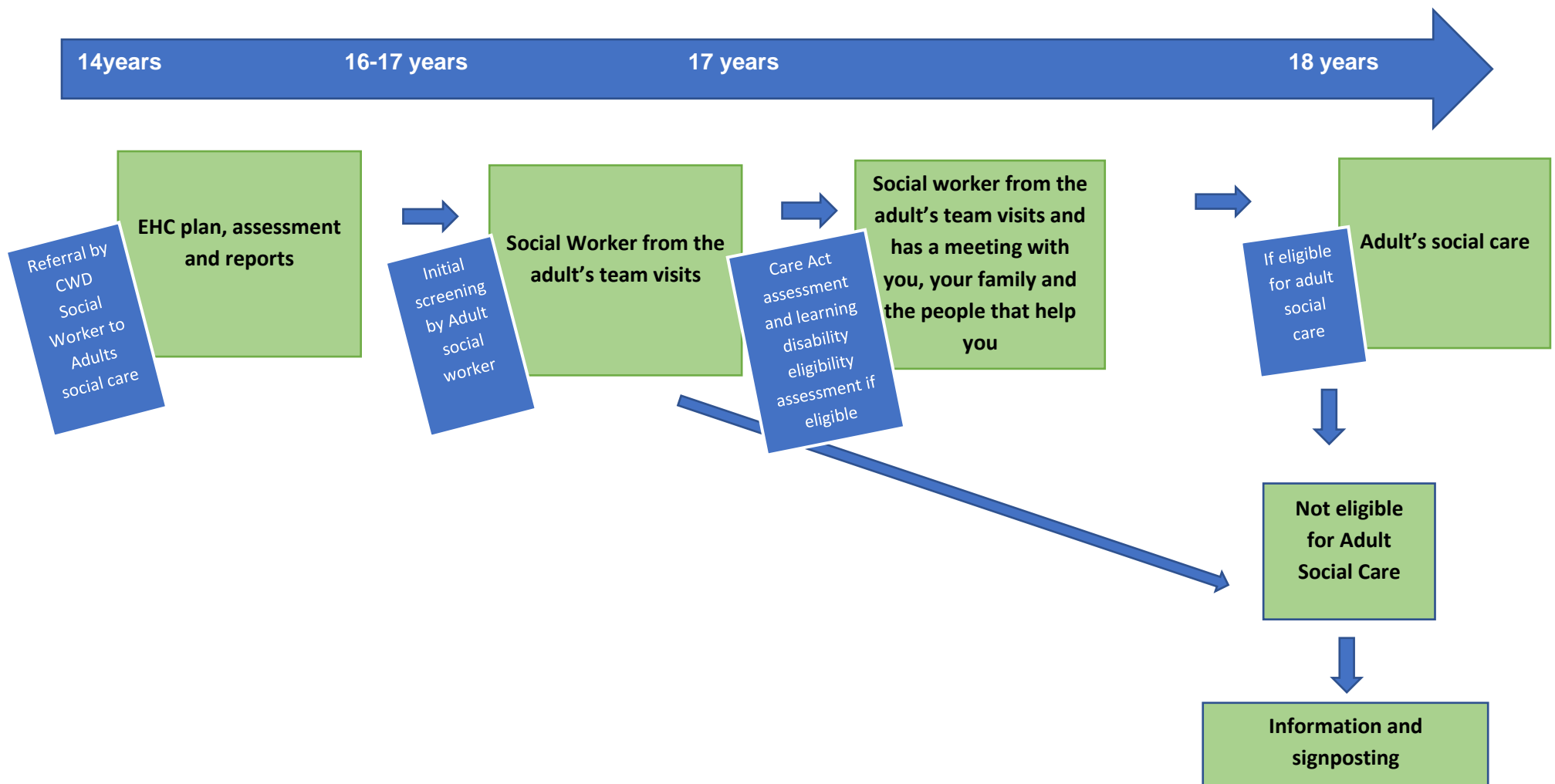
<https://www.durham.gov.uk/localoffer>

A local authority can cease to maintain an EHC plan if determined that is it no longer necessary due to you; taking up paid employment (excluding apprenticeships), started higher education at university, leaving education post 18, turning 25, or if you have moved to another authority, or if you have met all of the outcomes as specified in your plan.

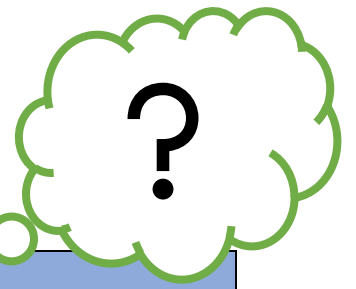
## TRANSITIONING TO ADULT SERVICES

The local authority has a duty of care under the Care Act 2014 to carry out a need's assessment for you as a young person if you are likely to have needs once you turn 18.

If you are likely to have needs when you turn 18, the local authority must assess them when it considers there is a significant benefit to the you. This may lead to services to support you or your carer, or signposting to service in the community <https://www.durham.gov.uk/localoffer> so that the you can remain as independent as possible.



## WHAT HAPPENS NEXT?



Age	What do I need to think about ?
13-14 years	<ul style="list-style-type: none"><li>• What do I want to do in the future?</li><li>• I need to think about my goals for the future and what I need to achieve them</li><li>• Who will be able to help me?</li><li>• Which services do I need to help me?</li><li>• Who needs to attend my review meetings or send reports written about me?</li><li>• Do I need a Continuing Health Care Assessment?</li><li>• Who will help me write my Transitions plan?</li></ul>
15 years	<ul style="list-style-type: none"><li>• Who do I want to attend my next review?</li><li>• Who needs to write a report about me for my review?</li><li>• What is working well?</li><li>• Have my goals changed?</li><li>• What are we worried about?</li><li>• What needs to happen?</li><li>• Who can help me?</li><li>• Do I need to visit any providers?</li><li>• Do I need a benefits check?</li></ul>
16 years	<ul style="list-style-type: none"><li>• What job might I like to do?</li><li>• What decisions do I need to make?</li><li>• What skills do I need?</li><li>• How can I be independent?</li><li>• Do I want to stay at school or go to college?</li><li>• Who will help me when I am an adult?</li></ul>



17 years	I will have another review now and we will think about adult social care for an assessment and indicative budget to help me with my support planning.
17.5 years	<ul style="list-style-type: none"> <li>• Has a Continuing Health Care assessment been done?</li> <li>• Has the social worker involved my G.P.?</li> <li>• Are my benefits in the right name?</li> <li>• Will I have a personal budget and who will help me with this?</li> <li>• What further learning do I need?</li> <li>• Where do I go for signposting and support? Who can help me?</li> </ul>
18-19 years	<p>I am an adult now</p> <ul style="list-style-type: none"> <li>• Do I want to choose to go into higher education or seek employment?</li> <li>• Have I checked my benefits for entitlements?</li> <li>• Which community services could help me to build relationships and friendships?</li> </ul>

I need to agree who will need and can be sent information about me including adult services. I will need to let my GP have information about me. I need to ask for all meetings about me to be recorded and shared with the services I use or I will use in adult life

## WHAT DOES A TRANSITIONS PLAN LOOK LIKE?

Aged 13-14: Year 9

Education and Health Care (EHC) Plan and needs Assessment Process	Friends, Relationships and My Community	Good Health	Developing Independence	Preparing for and Finding Employment
<p>Preparing for Adulthood Review coordinated by your school.</p> <p>EHC Plan is reviewed and new outcomes recorded.</p> <p>Your social worker will tell you about post 16 provision, referring to the <a href="#">Local Offer</a></p> <p>Adult social care will start to work with children's social care to review if you are eligible for care services as an adult.</p>	<p>The people who help you need to support you to develop and keep friendships and identify how the school curriculum can help.</p> <p>Your family should receive information about how they can access support</p> <p>You should be asked about out of school activities that you already do or would like to do</p>	<p>You, your family and the people who help you should start to plan resources and services in adult life and how you will access these? Things like equipment, therapies, specialist support, prescriptions, dentist, optician, diet and exercise, sexual health.</p> <p>If you have learning disabilities you are entitled to an Annual Health Check from aged 14 – which can be arranged via your GP.</p>	<p>You, your family and the people that help you should start to think about the skills you need for independence in the future.</p> <p>Your school should work around your curriculum activities and opportunities that may be appropriate to develop your skills around independence , things like travel, money, cooking and other domestic skills.</p> <p>You and your family should get to know how to access information about a range of potential housing.</p>	<p>The people who help you should talk to you about what you school interests are, favourite subjects and about what job you might like to do in the future.</p> <p>The people who help you will agree who is the best person to help you develop a Career Plan and/or a Vocational Profile.</p> <p>You can start explore opportunities in the world of work and gain some work experience.</p>
<p><b>Responsibility:</b></p> <ul style="list-style-type: none"> <li>➤ School</li> <li>➤ SEND Service</li> <li>➤ Children with Disabilities Team</li> </ul>	<p><b>Responsibility:</b></p> <ul style="list-style-type: none"> <li>➤ School</li> <li>➤ Children with Disabilities Team</li> </ul>	<p><b>Responsibility:</b></p> <ul style="list-style-type: none"> <li>➤ School Nurse</li> <li>➤ GP</li> </ul>	<p><b>Responsibility:</b></p> <ul style="list-style-type: none"> <li>➤ School</li> <li>➤ Children with Disabilities Team</li> </ul>	<p><b>Responsibility:</b></p> <ul style="list-style-type: none"> <li>➤ School</li> </ul>

Consider how the annual review can be joined up with any other reviews such as Children Looked After or Children In Need reviews

Education and Health Care (EHC) Plan and needs Assessment Process	Friends, Relationships and My Community	Good Health	Developing Independence	Preparing for and Finding Employment
<p>Your Year 10 annual review should take place</p> <p>EHC Plan is reviewed and new outcomes recorded.</p> <p>Your social worker will again tell you and your family about post 16 provision, referring to the <a href="#">Local Offer</a></p> <p>If you are likely to have a change of environment post-16 , such as a move of school or starting college , the people who help you should consider what might be needed to make it smooth transition.</p> <p>Adult social care will start to consider when is the best time for an assessment to be completed. Children’s social care however will have already started this assessment.</p>	<p>The people who help you need should begin to discuss what is important to you about your friends and your social life now and in the future and think about how this might be achieved?</p> <p>How often are you going out with friends? Is this enough? Is more advice and supported needed?</p> <p>Are your family accessing any information or support that they may need?</p>	<p>Are your health professionals sharing information with each other?</p> <p>Are you eligible for a Personal Health Budget?</p> <p>Are you accessing your Annual Health Check if eligible via the GP?</p> <p>Do any informal carers help you? And have we considered a carers assessment?</p>	<p>Are you practicing your skills for travelling as independently as possible? What might you need for the future?</p> <p>How might you access education, the community and employment and what do you need to help you ?</p>	<p>School should help you think about what you can offer? What do you like doing? What support do I need?</p> <p>The people who help you should identify who is best person to help you access experience or work.</p> <p>You should be supported to access information about supported employment and apprenticeships.</p> <p>The people who help you should update your Career Plan and/or Vocational Profile.</p> <p>You should be supported to identify your aims, goals and outcomes for the future.</p>
<p><b>Responsibility:</b></p> <ul style="list-style-type: none"> <li>➤ School</li> <li>➤ SEND Service</li> <li>➤ Children with Disabilities Team.</li> <li>➤ Navigation team – adults social care.</li> </ul>	<p><b>Responsibility:</b></p> <ul style="list-style-type: none"> <li>➤ School</li> <li>➤ Children with Disabilities Team</li> </ul>	<p><b>Responsibility:</b></p> <ul style="list-style-type: none"> <li>➤ School Nurse</li> <li>➤ GP</li> <li>➤ Social Care</li> </ul>	<p><b>Responsibility:</b></p> <ul style="list-style-type: none"> <li>➤ School</li> <li>➤ Children with Disabilities Team</li> </ul>	<p><b>Responsibility:</b></p> <ul style="list-style-type: none"> <li>➤ School</li> </ul>

Education and Health Care (EHC) Plan and needs Assessment Process	Friends, Relationships and My Community	Good Health	Developing Independence	Preparing for and Finding Employment
<p>EHC Plan is reviewed and new outcomes recorded.</p> <p>You will decide on you preferred post-16 option.</p> <p>Health and Social Care will continue to transition plan.</p> <p>The people who help you should check that all the right people are involved including advocacy. They must also include your GP or at least inform them.</p> <p>Has a carers assessment been completed? Are any of your brothers or sisters young carers?</p> <p>Do you need any adaptations or equipment post-18? And who will maintain this ? would you know who to contact?</p>	<p>The people who help you need to think about how you can maintain friendships after school ends. They should support you to plan how to keep in touch with others and vice versa.</p> <p>The people who help you will also help you think about how you can access local services such as leisure centres, libraries, cinemas, restaurants, and shopping centres.</p> <p>Are you family accessing support and getting the information they need?</p>	<p>Are you being enabled to share your views? And are you able to consent to medical treatment?</p> <p>Do you know how and when you will be discharged from each of the services you use now and who will take over responsibility? Do you and your family know how your health needs will be met?</p> <p>Are you accessing your Annual Health Check via the GP if eligible?</p> <p>A Continuing Health Care Assessment needs to be completed.</p>	<p>Have you thought about where you want to live and work and what support you might need?</p> <p>Are you travelling independently where possible? If you are unable to travel independently, what support might be necessary to develop independent travel skills or anything else that may help?</p> <p>Do you spend time away from home? If so how could this help you to develop your independence?</p> <p>Do you and your family have information of a range of housing options available?</p> <p>Have you had a benefits check?</p>	<p>The people who help you should review any work experience you have had and help to plan further opportunities with you.</p> <p>Have you thought some more about your future plans and what options are available to you?</p> <p>How can any personal budget or Direct Payment be used to support employment aspirations?</p> <p>Is there any other funding that might be available to support you to find and secure employment?</p>
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Education and Health Care (EHC) Plan and needs Assessment Process	Friends, Relationships and My Community	Good Health	Developing Independence	Preparing for and Finding Employment
<p>The people who help you need to consider how your annual review can be joined up with any other reviews, such as children looked after reviews or child in need reviews.</p> <p>You and your family will discuss potential post-19 options with school, your social worker and visits will be planned.</p> <p>You will have an adult assessment by the Navigation Team and your parent's or any carers assessments should consider transitional arrangements.</p>	<p>The people who help you need to think about how you can maintain friendships after school ends. They should support you to plan how to keep in touch with others and vice versa.</p> <p>Is any additional advice or support required to develop or maintain friendships and your social life?</p> <p>Are you able to :</p> <ul style="list-style-type: none"> <li>• Access local services?</li> <li>• Travel and get out when you want to, either on your own, with friends or with support.</li> <li>• Use a telephone, mobile, email, social media and networking, public transport and learning to drive.</li> </ul>	<p>Are you or your carers in control of your financial support for keeping healthy</p> <p>Are all the people who help you working together and sharing information to best understand what you need and how to communicate with you?</p> <p>Have you had your Annual Health with your GP if eligible?</p> <p>If you are going to be educated out of the area have plans been made for you to access health services?</p> <p>Are you aware of what post-18 support is available and pathways for accessing these?</p> <p>Has your CHC checklist and assessment been completed? This must be before 17.5 years.</p> <p>Does the Mental Capacity Act (2005) need to be considered?</p>	<p>Have you and your family been provided with information on a range of housing options available?</p> <p>Have you been able to seek advice around benefits?</p> <p>Have you thought about personal budgets and how these might be used to personalise the support you need?</p> <p>What support do you need to travel independently? Or what assistance may be needed?</p>	<p>Has your Career Plan /Vocational Profile been updated?</p> <p>Have you been able to spend progressively more time in work related learning and employment that you are interested in?</p> <p>You need to be supported to explore all possible options including supported employment, apprenticeships, work based learning, work related learning at college, paid work, self-employment or higher education.</p> <p>Have you checked if you are eligible to apply for Employment and Support Allowance (ESA) If you are no longer receiving Child Benefit.</p>
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Education and Health Care (EHC) Plan and needs Assessment Process	Friends, Relationships and My Community	Good Health	Developing Independence	Preparing for and Finding Employment
<p>Under the Mental Capacity Act , you must have support to make informed decisions.</p> <p>Your annual review needs to identify support and actions to enable preparation for adulthood.</p> <p>Who would you like and who needs to be involved in future reviews?</p> <p>Adults social care need to confirm eligibility.</p> <p>Your Assessment of Needs needs to be finalised and advice of your Indicative Budget.</p> <p>You will need a Care and Support Plan.</p>	<p>The people who help you should talk to you about making sure that you are able to remain in touch with friends and make arrangements for socialising.</p> <p>Do you need anything to help you develop or maintain friendships?</p> <p>Are you able to;</p> <ul style="list-style-type: none"> <li>• Access local services?</li> <li>• Travel/get out when you want to, either on your own, with friends or with support?</li> <li>• Use a telephone, mobile, email, social media, public transport or learn to drive?</li> </ul> <p>If not , you should be supported to explore possible solutions</p>	<p>If you need any Specialist Adult Health Services, a handover date should be agreed.</p> <p>Handover of the support you receive from any therapy services needs to be agreed.</p> <p>Your GP should be kept up to date.</p>	<p>You and your family should be informed on a range of housing options available.</p> <p>You should receive advice on benefits.</p> <p>You should receive a second benefits check at age 17.5 and if leaving education at 18. This is critical.</p> <p>You should be supported to help you consider how your money will be managed.</p>	<p>Has your Career Plan /Vocational Profile been updated?</p> <p>Have you been able to spend progressively more time in work related learning and employment that you are interested in?</p> <p>You need to be supported to explore all possible options including supported employment, apprenticeships, work based learning, work related learning at college, paid work, self-employment or higher education.</p> <p>Have you checked if you are eligible to apply for Employment and Support Allowance (ESA) If you are no longer receiving Child Benefit.</p>
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