



Transition - Preparing for Adulthood

An information booklet for parents/carers about moving on from children's to adult services

What is Transition?

Transition is defined in the Oxford dictionary as 'the process or a period of changing from one state or condition to another'.

When transition is talked about relating to a young person with Special Educational Needs and Disabilities (SEND) it tends to mean preparing for the time when they change from children's services to adult services.

It covers the time from Year 9 at school (age 13 – 14) and onwards until they leave school. Transition support from other agencies may continue until the young person is 25 years old.



Why is it important?

Transition for young people with SEND is important because it involves planning for the future.

This is the case with every young person at this age, whether they are disabled or not; but for a young person who may need extra support to achieve their goals, it is crucial that the help they need is identified as soon as possible.

This will ensure support is in place when needed.

How is Transition to Adulthood planned?

In Year 9, if your young person has a Statement of SEN or an Education, Health & Care Plan (EHCP) then a **Preparing for Adulthood Review** should take place usually at the same time as their annual review at school.



From September 2014 Statements of Special Educational Needs changed to an Education, Health and Care Plans (EHCP) which can be in place from birth to 25 years (if needed). The EHCP includes social care and health needs in addition to a young person's special educational needs. A formal assessment process is required for your child/young person to receive an EHCP.

The EHCP will also be shared with colleges replacing the 139A learning disability assessment.

The Preparing for Adulthood Review should focus on what support and skills the young person needs to prepare for adulthood, looking at short, medium and long term goals.



This should include information from all the people involved in the young person's life. It should identify what support may be needed in the future, who is responsible for it and how it will be provided.

It is important for parents to be aware of the Preparing for Adulthood Review and the role that they have to play in this process, as parents know their child best and can help shape the services they receive so that their child's needs can be met appropriately.

The Annual Reviews which follow in subsequent years must also review the Preparing for Adulthood Plan as well as the Statement or EHCP.

If your child has SEN but no statement or EHCP they may still need some additional support to plan for the future, this is called SEND support. It is good practice for these young people to have a Preparing for Adulthood Plan but it is not compulsory. You can still ask the school for a meeting to discuss your son or daughter's future. If you would like a Connexions Advisor to be invited you should let school know.

What is the process?

It is the head teacher's responsibility to call the **Preparing for Adulthood Review** in partnership with the Connexions service in your area. However, sometimes it is the Special Educational Needs Co-ordinator (SENCO) who does this, so ask who will be taking the lead.



The head teacher should invite those professionals involved with your young person to the Year 9 Preparing for Adulthood Review. Sometimes it is not possible for everyone to be there, in which case it is good practice that any written reports should be circulated at least 2 weeks before the meeting to those attending.

Your young person should be encouraged to take part in the review and may need support to prepare their views for the meeting. School could help them to prepare their views, or you could help them with this yourself.

It may be helpful for you to provide the head teacher with a list of professionals involved who you would like at the meeting. If you do not have a social worker but feel your child may benefit from having social care support when they become an adult, a social worker can be invited.

Sometimes young people have managed with the support of their parents, but as they get older they may want more independence and support from someone outside the family.

You can ring the social care department to discuss this if you wish as there is no automatic entitlement to a service and your child must meet their criteria.

Social Care

A young person moves from children's services into adult services when they are 18 years old but there is a period of handover between the teams.

Paul Connelly, Transition Social Worker, Newcastle Children with Disabilities Team is available to discuss your young person's transition needs. You can contact him on 0191 277 4700.

What should the Preparing for Adulthood Review include?

The Preparing for Adulthood Review does not just cover education, but should look at all areas of your young person's life, such as what they would like to achieve and what their hopes are for the future. Areas that can be discussed include:

- health
- employment
- relationships
- housing
- money matters
- access to leisure opportunities
- travelling independently
- future education or training



How to get the best from the Preparing for Adulthood Review



- Prepare well in advance
- Support your young person to think about what is important to them
- Do some research by looking at websites and gathering information
- Prepare your parental views including a list of questions or issues you would like to discuss
- Contact agencies who can support you at the review
- Ask for a copy of the Preparing for Adulthood plan or the agreed actions at the end of the meeting

Skills for People Family Advice and Support team



Our Family Advice and Support team can help you prepare for meetings, talk through the process and discuss options, liaise with professionals, attend reviews and take notes.

We also deliver regular 'Through Transition - Preparing for Adulthood' - courses and workshops covering transition in more detail, funding permitted. You can contact us for further information on transition.

Skills for People - Independent Support



Our Family Advice and Support team also includes our Independent Supporters.

They can work with parents going through assessment for an EHCP or transferring from a statement to an EHCP. They can also support you at the Annual Review.

Tel: 0191 281 8737

Email: info@skillsforpeople.org.uk

Useful contacts and information

Connexions



An advice and support service for all 13 – 19 year olds (up to age 25 for those with a disability or learning difficulty). Covers education, training, employment and personal development.

Web: www.connexions-tw.co.uk

Newcastle Office: 0191 277 1944

Contact

(New name for Contact a Family)

Helping families in the North East who care for disabled children.

Tel: 0191 213 6300

Email: northeast.office@contact.org.uk

Web: www.contact.org.uk

Look for advice in your area - select North East



Mencap

They work with people with a learning disability and their families to support them to live their lives as they choose.

Web: www.mencap.org.uk



Cerebra

Help to improve the lives of children with brain related conditions and have lots of useful information about transition.

Web: www.cerebra.org.uk



Council for Disabled Children

They work to improve the experience of disabled young people's transition to adulthood and provides information and resources about transition through their website, publications and events.



Web: www.councilfordisabledchildren.org.uk

Preparing for Adulthood



This programme will help to support families, young people and local authorities to ensure that young people with SEN and disabilities achieve paid work, independent living, good health and community inclusion as they move into adulthood.

Web: www.preparingforadulthood.org.uk

Local Offer

This service contains lots of information on places to go and things to do for children and young people.



The Local Offer describes the services available for children/young people with special educational needs or disabilities (SEND) aged 0 - 25 and their families.

Email: localoffer@newcastle.gov.uk

Web: www.newcastlesupportdirectory.org.uk

Select SEND Local Offer

Newcastle Special Educational Needs and Disabilities Information, Advice and Support Service

This service provides information specialising in education matters and includes information and signposting on social care and health issues.



Contact: Judith Lane

Tel: 0191 284 0480

Skills for People

This booklet is produced by the Skills for People, a charity run by disabled people. We are based in Newcastle upon Tyne and for over 25 years we have been helping disabled people to speak up for themselves and make their own choices about their lives. Our work is led by disabled people and their experiences are at the heart of all we do.

Our Family Advice Workers support families with disabled children/young people up to the age of 25. They help families by giving practical advice, appropriate to their needs and working across all agencies such as education, social care, health, benefits, leisure and voluntary services. Their services are free to parents/carers.

We produce a range of information booklets, factsheets and "How To" guides.
Visit our website to see the full range: www.nsn.org.uk/resources

How to get in touch

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Twitter: [@skillsforpeople](https://twitter.com/skillsforpeople)



Facebook: on.fb.me/1istYKg



Newcastle parents of children with disabilities
and special needs working together

Facebook: Pass it on Parents Newcastle

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