

## 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 and factsheets.

Visit our website to see the full range: [www.skillsforpeople.org.uk/family-carers/](http://www.skillsforpeople.org.uk/family-carers/)

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Pass it on Parents  
at Skills for People

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## What is Transition?

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.

This can be when:

- Young people move from school to college, work or further training
- From children's hospital services to adults hospital services
- From children's social care to adults 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?

Planning for Adulthood is important as often support can be slow to put into place. Planning ahead ensures a smoother change and less likelihood of getting it wrong.

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.

## Preparing for Adulthood and Getting Ready for Next Steps

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

## How is Transition to Adulthood planned?

In Year 9, if your young person has 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.



In Newcastle it is also called 'Getting Ready for Next Steps' and there is a comprehensive guide with lots of information to guide parents/carers and young people through the process. **Search 'Getting Ready for Next Steps' on Newcastle Local Offer.**

Education, Health and Care Plans can be in place from pre-school 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.

Preparing for Adulthood should be discussed at every annual review from at least Year 9 and should consider these four main areas:

- Education, Employment and Higher Education
- Living as independently as possible
- Staying healthy
- Having friends and being involved in your community

In addition there may be other issues that could be considered, such as travelling independently and financial support.



The Year 9 EHCP review should include everyone involved with the young person's life e.g. teachers, social worker and health professionals and should cover all areas of their life, not just education.

Think about what support and skills the young person needs to prepare for their future, looking at short, medium and long term goals, and include information from all the people involved in the young person's life.

This will help to identify what support may be needed in the future, who is responsible for it and how it will be provided. This can be written into the EHCP.

Parents have a big role to play as they know their child best and can help shape the services they receive so that their child's needs can be met appropriately.

If your child has Special Educational Needs but no EHCP, they may still need some additional support to plan for the future. You can ask school for a discussion around what support they may need, and how to access this.

## What is the process?

It is the head teacher's responsibility to call the **Preparing for Adulthood Review** in partnership with your case worker from the SEND Support, Assessment and Review Team.



However, sometimes it is the Special Educational Needs Co-ordinator (SENCO) who does this, so ask who will be taking the lead.

The lead person must invite any professionals involved. If they cannot attend, 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 school 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, but may not always attend, but it is good to flag they may be needed.



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.

## SEND Code of Practice

In Chapter 8 the SEND Code of Practice says: High aspirations are crucial to success – discussions about longer term goals should start early and ideally well before Year 9 (age 13-14) at school.

Local authorities must ensure that the EHC plan review at Year 9 and every review thereafter, includes a focus on preparing for adulthood. Transition planning must be built into the revised EHC plan and should result in clear outcomes being agreed that are ambitious and stretching and which will prepare young people for adulthood.

Web: <https://www.gov.uk/government/publications/send-code-of-practice-0-to-25>

## 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. The four main outcomes are:

- Employment and the world of work
- Living as independently as possible including housing options, travelling independently
- Social and community (is there a risk of social isolation when education ends?)
- Keeping as healthy as possible



## How to get the best from the Preparing for Adulthood Review

- Prepare well in advance
- Support your young person to think what is important to them
- Do some research by looking at websites and gathering information
- Consider what help and support you give your child now and what you would expect to continue to provide going forward
- Prepare your parental views as a list of questions or issues you would like to discuss
- Contact agencies who can support you at the review or take a friend or family member
- Ask for a copy of the Preparing for Adulthood plan or the agreed actions at the end of the meeting



## 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.

You can ring the social care department to discuss support available, and what you feel your young person might need. There is no automatic entitlement to a service and your child must meet their criteria, but a social worker should be able to offer advice and signpost you to other services.

People over the age of 18 may have to contribute towards the cost of support.

Contact the Children with Disabilities Team  
Tel: 0191 277 4700.

## Health and Wellbeing

Moving from children's health services to adults can feel very different.



Not every young person will need ongoing specialist support and may be transferred to their GP for health care. The GP can refer to adults specialist services if needed.

If they get continuing healthcare or have other services such as CYPS, speak to the nurse or care coordinator, who can support you.

Your young person may be able to make their own health decisions from the age of 16, subject to mental capacity, but can involve family members or others to support them.

## Annual Health Check

Anyone over the age of 14 and registered with their GP as having a learning disability is eligible for a free annual health check. This involves a nurse or GP going through issues such as healthy eating and weight, screening for diabetes or high blood pressure, plan vaccinations.

It is a good idea to register your young person for this if eligible and get them used to their GP practice. You can ask for reasonable adjustments when you attend the surgery if needed.

## Money

Finance can be a worry and it pays to think ahead. Get advice on benefits and support with moving from Disability Living Allowance (DLA) at age 16 to Personal Independence Payment (PIP).



Your young person may be eligible for Universal Credit in their own right. Contact Welfare Rights: Tel: 0191 277 2627 Website: [newcastle.gov.uk/welfarerights](https://newcastle.gov.uk/welfarerights)

You may need to set up an appointeeship to manage their benefits and financial affairs. You will have to open a separate bank account for this. Your bank can give you advice on the options.

## Useful contacts and information

### Local Offer

The Local Offer describes the services available for children/young people with special educational needs or disabilities (SEND) aged 0 - 25 and their families. Web: [www.newcastlesupportdirectory.org.uk](https://www.newcastlesupportdirectory.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](https://www.councilfordisabledchildren.org.uk)

## Cerebra

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



## National Development Team for Inclusion

An independent not for profit organisation providing lots of information, webinars, resources and tools for preparing for adulthood.

Web: [www.ndti.org.uk/resources/preparing-for-adulthood-all-tools-resources](https://www.ndti.org.uk/resources/preparing-for-adulthood-all-tools-resources)

## Contact

A national charity helping families who care for disabled children. Free Helpline: 0808 808 3555 Web: [www.contact.org.uk](https://www.contact.org.uk)

contact

## Newcastle Special Educational Needs and Disabilities Information, Advice and Support Service (SENDIASS)



Provides information specialising in education matters and includes information and signposting on social care and health issues.

Tel: 0191 2116255

Email: [sendiassadmin@newcastle.gov.uk](mailto:sendiassadmin@newcastle.gov.uk)  
Web [www.newcastlesendiass.co.uk/](https://www.newcastlesendiass.co.uk/)

## Careers Advice and post 16 options

If your child **does not** have an EHCP but gets SEN support, speak to the SENCO or contact Newcastle Careers and Guidance Team for Young People.



## Newcastle Careers and Guidance Team

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.

Tel: 0191 277 1944

Email: [careersteam@newcastle.gov.uk](mailto:careersteam@newcastle.gov.uk)  
Web: [www.newcastlecareers.org.uk](https://www.newcastlecareers.org.uk)