



DEPTH OF LOOKS - CROWN OF AN AMAZING LIFE



BREATH OF ROOTS - CANOPY OF AN AMAZING LIFE



The graphic on the front of this document and the 5 pledges within it, are the outcome of work carried out between Cumbria Local Authority SEND Team and the National Development Team for Inclusion and Preparing for Adulthood. This brought together young people, parents, carers, and practitioners from across health, education and care through a number of workshops. They all worked closely together to share their experiences and ideas, and to consider powerful ‘what if?’ questions about young people with SEND moving into adulthood. The final version was approved by all the young people who were involved.

Contents

Foreword	3
Principles	4
Raising aspirations in Westmorland and Furness	4
Who is this guide for?	4
What is Transition?	5
What does good preparation for adulthood look like?	5
Education, Health and Care Plan Reviews	6
Making Decisions	6
How you are involved in decisions about your future	6
Case work, assessment, and the transfer from Children and Family Services to Adult Social Care or Continuing Health Care	7
Social Care	7
Education - Careers guidance	8
Not in Education, Employment or Training	8
Preparing for Adulthood	9
What do I want to do in the Future?	9
Age 12-13 (Year 8)	9
Age 13-14 (Year 9)	10
Year 10 (Age 14-15)	12
Age 15-16 (Y11)	13
Year 12 (Age 16-17)	15
Year 13/14 (Age 17-19)	17
Age 19 onwards	19

Foreword

“The vision for children with special educational needs and disabilities is the same as for all children and young people – that they achieve well in their early years, at school and in college, and lead happy and fulfilled lives”.

This guidance, on preparing for adulthood, is for you if you are aged between 14 and 25 and have Special Educational Needs and Disabilities or SEND. The guidance is also for your parents who will provide support so you all know what to expect, when and from whom.

The Special Educational Needs and Disabilities (SEND) Code of Practice 2015, explains how you should be supported when you begin to move into adulthood. This guidance sets out how this will happen in Westmorland and Furness.

In Westmorland and Furness we want to make sure you achieve the goals you have set for yourself. We want you to feel supported when you set your goals and to do this we need to make sure everyone involved knows what to do, and where to go for help.

The support available will include:

- Understanding the options available to you through ‘one to one’ support focused on your goals;
- Access to clear and accurate information, delivered when you need it;
- Local options for suitable education, training, and employment opportunities;
- And where appropriate, a clear and fully coordinated move into adult services.

Every young person’s move into adulthood will be different. As a young person, your circumstances, needs and aspirations may be different to other young people’s. We need to make sure you have the support you need to prepare for the adulthood you want for yourself. Preparing for adulthood is not a single event and any planning must have you at the centre of it. This is our commitment to you.



Principles

These principles underpin all our work together to plan your future:

- You are at the centre of decision making and plans about your future;
- The focus is on your well-being, needs, goals and aspirations;
- All the support agencies will work with you in a supportive way;
- All agencies will work together to ensure you have the right support and information, at the right time, to help with your decision making and plans.

Raising aspirations in Westmorland and Furness

Services will work together to help you realise your ambitions, and support you to prepare for your life as an adult. These could include:

- Post 16 Education, Employment and training; this could include Higher education at a university; Employment options, such as:
 - Full/Part-time employment;
 - Supported Internships;
 - Work experience.
- Independent living: Providing you with choice and control over your life and the support you receive to help with this. This may include accommodation and living arrangements, including supported living;
- Participating in society: This includes having friends and supportive relationships and getting involved in the local community;
- Living a healthy life.

Who is this guide for?

This guide is for you to help you prepare for your life as an adult.

The young people who will most benefit from this guide are those who:

- Have an Education Health and Care plan (EHCP);
- Have eligible social care and support needs or a likelihood of having these needs into adulthood;
- Have long term medical and/or palliative care needs, life limiting or long-term conditions;
- Complex health needs.

We also hope this guide will be useful to any young person with SEND although you may not need all the support included in this guide.

The support and services in this guide are for those living in Westmorland and Furness, or those planning to live in Westmorland and Furness.

Information about 'Preparing for Adulthood' is provided on the Local Offer website.

[Families Information | Preparing for Adulthood](#)



What is Transition?

All children and young people experience many important transitions in their lives. In this guide the term 'transition' applies to the move from childhood to adulthood. If you have an Education and Health Care plan this transition starts when you are usually aged 13-14 years and includes:

- From school to college and/or training;
- 1. From college or training to higher education, employment and/or adult services¹;
- From paediatric (children's) to adult health services;
- From children's social care to adult social care services;
- From living at home to supported accommodation or living independently; and
- From leaving care or staying in care.

What does good preparation for adulthood look like?

Good transition should support you to prepare for adulthood and help you achieve the targets you want for yourself. Transition can be an exciting time but it can also be a worrying time. All those who support and work with you understand this and want to help you as you move from the school and people you know, to your new Post 16 pathway. To do this well, we need to work together to ensure your Education and Health Care Plan makes it clear what your preferred options are, and how you will get there.

[Example of PfA outcomes framework](#)

¹In responding to the needs of a young person moving into adulthood, services provided to that young person by Adult Services will be determined by assessed eligible need as set out in the Care Act 2014

Education, Health and Care Plan Reviews

It's helpful to begin to discuss plans for adulthood when you are 13 or 14 years old to ensure good preparation. This will help your transition to run smoothly.

Each year your school will take the lead in reviewing your EHC plan. From Year 9 this will focus on Preparing for Adulthood. This means talking with you about your future:

- Education and training including Employment;
- Independent living;
- Healthy living;
- Participation in society; and
- Includes talking about setting targets for each of these areas.

Making Decisions

How you are involved in decisions about your future

As you become older you will start to become more involved in making decisions about your future. Legally at the end of the school year in which you turn 16, if you fully understand the issues of a decision to be made, such as deciding whether to go to college or get a job, you have the right to decide. You can ask your parents, or other close family members, friends or an advocate to help you make decisions. They may be involved as little or as much as you want. However, when a person cannot make their own decision, they are said to lack capacity and the people who know them best then make the decision for them in their best interests under the [Mental Capacity Act 2005](#).
[\(Mental Capacity Act 2005: An easy read guide \(local.gov.uk\)\)](#)

Your ability to make a decision may depend on the decision you are making. For example, you may be able to decide what clothes to wear but be unable to make decisions on where to live. You should always be involved as much as possible.



Case work, assessment, and the transfer from Children and Family Services to Adult Social Care or Continuing Health Care

Social Care

Transition from children's social care team to adult social care team can start from year 9 [aged 14]. This depends on if the professionals you are working with think it is the right time for you. You can also request this. Ideally this will need to be before you turn 18.

Children/young people with SEND: For your Year 9 review, the school, the SEND Co-ordinator, children's social care, or other professionals working with you will invite an Adult Social Care Transition Worker to join your EHCP Review.

Usually from your 17th birthday, a Transition Worker will do an assessment, this can be from 16yrs old if your needs are more complex. This is called a Care Act assessment. [Download the easy read guide](#). This assessment may include asking you and your family questions, getting to know you, and observing you at home and school. This will show whether you need extra care and support when moving into adulthood. The Transition Worker will help to make sure everything you need is put in place ideally before you turn 18.

Children Looked After - Children/young people without SEND but requiring transition support: Children's services, who work with children with complex needs, will work with Adult Social Care to find out more about your care and support needs. This can happen from 16 years of age onwards. This is done if:

- You already have a Children's Social Worker; and
- If you are likely to have care and support needs when you reach 18 years of age.

Adult Social Care will then begin to work together with Children's Services to plan and offer you advice and guidance.

Other things you may be offered:

- A carer's and/or Young Carer's Assessment
- A financial assessment to help with your money, income and benefits.
- Support with how much you may need to pay for your care and support.

Young people not known to Children and Families Service

If you're not known to Children's Services, you can still make a referral to Adult Services for a Care Act assessment. A referral can be made by phone or online, you may need someone to help you with this:

Contact number; **0300 373 3301**

Email address; **customerservicesASC@westmorlandandfurness.gov.uk**

Referrals can be made from your 16th birthday onwards.

If you need support to make a referral, you can contact the SEND Information, Advice Service [Westmorland and Furness SEND IAS Service](#)



Education - Careers guidance

Your school must give you careers guidance from year 8 upwards. Colleges also have the same duty. This support is in place to 25 years of age, as long as you have an EHCP.

In Westmorland and Furness, the Local Authority currently pays for extra careers support if you have an EHCP; this support is provided by Inspira. Their staff will support you and your parents or carers to look at future options after you leave school. These options could include:

- Further Education and Training;
- Higher education University;
- Post 18/19 Employment options including:
 - Supported Internships;
 - Apprenticeships;
 - Full and Part-time employment;
- Volunteering.

For more information on Inspira's services to young people, please visit:

[Help for 13-18 year olds \(inspira.org.uk\)](https://inspira.org.uk)

Not in Education, Employment or Training

Westmorland and Furness also provide support through Inspira for any young person not in education, employment or training from aged 16 onwards. They will also provide this for young people with SEND who do not have an EHC plan.

[Careers support for Westmorland and Furness \(inspira.org.uk\)](https://inspira.org.uk)

Preparing for Adulthood

What do I want to do in the Future?

Age 12-13 (Year 8)

What will happen?

Your family and people working with you will help you start to plan for your future, looking at your needs, hopes and aspirations for the future. You will need to think about:

- Employment;
- Independent Living;
- Community Inclusion;
- Health.

You will consider:

Who will be able to help me?

Which services need to be involved?

Who needs to come to my review meetings or send reports?

Do I need a Continuing Health Care Assessment?

Education Setting

Your school will continue to update any plans you may have. You will consider together whether sharing these in other settings would be useful.

From year 8, your school will give you careers advice. This will support you to understand the options for continuing in education, or into training or employment after you are 16.

You will be part of the planning for your Year 9 review, and who you might like to attend.

Local Authority (social care and Education)

If needed, the Local Authority will begin the process of thinking about support after you leave school.

Health

You will be offered:

- HPV immunisation;
- Flu vaccine;
- Relationships and sex education including sex, sexual health, consent, sexual exploitation, online safety and mental health.

Dental checks can be accessed through your local dentist.

Optical appointments can be accessed through your local opticians.

Key Health professionals who may work with you include:

- Paediatrician;
- CAMHS worker;
- Specialist Nurse.

We will start to discuss long term health needs and transition planning with you and your family.

Age 13-14 (Year 9)

What will happen?

In your year 9 review, you will be asked to think about what you are interested in for your future. Some of your outcomes will be written into your plan. These will support your future interests and goals. You will need to think about what help needs to be in place and who needs to help you.

In your EHCP review meetings, you will discuss what you will need support with to ensure you are becoming as independent as possible for your future life. Professionals will listen to you and encourage you to make decisions for yourself, where possible.

Education

School activities will support you to prepare for the Year 9 review. Your school will show you different options available to you: future education, training, and employment opportunities. You may take part in activities that will help you understand what you could be interested in exploring further in your future.

School will provide you with careers advice and guidance. This will help with looking at your options and decision making for continuing in education, training and employment.

School will invite people to your EHCP review including people you have chosen to be there. This may include support from independent careers advice and guidance specialists.

If you have an Individual Health Care plan, your school will continue to maintain this, and consider with you and your family if sharing this in other settings would be useful.

Local Authority (social care, SEN coordinators, public health practitioners)

Westmorland and Furness provide additional careers advice and guidance to support the completion of the education planning in your EHCP. The school will invite Inspira to support your Post 16 planning.

[Help for 13-18 year olds \(inspira.org.uk\)](https://inspira.org.uk)

A Transition Worker from Adult Social Care, if requested, can be invited to attend your year 9 EHCP review. The Transition Worker will be able to give you any advice or information you need to work towards your goals for the future.

The Transition Worker will note your goals, and this will then be shared with you. If you feel that the Transition can help you with your future planning, they will then be invited to future EHCP reviews.

Health (NHS Providers including: primary care, universal, specialist children's services. NHS Commissioners including: ICS, NHS England)

Do I have long-term health needs and what support do I need to stay healthy?

You will be offered:

- Tetanus, diphtheria and polio vaccination;
- Meningococcal vaccination;
- Flu vaccine;
- Relationships and sex education including sex, sexual health, consent, sexual exploitation, online safety and mental health.

Dental checks can be accessed through your local dentist.

Optical appointments can be accessed through your local opticians.

Where necessary, a Health Care Plan will be started, if not already in place. It should consider:

- Acute hospital admissions;
- Managing acute conditions;
- Pathway planning to adult care;
- Transfer to different services as appropriate;
- If you have an Individual Health Care Plan, you will engage in a review.

You may start to receive appointment letters or other health information addressed directly to you. You may also be invited to attend appointments about your health on your own to help you to learn to look after yourself.

People with a learning disability can sometimes find it hard to know when they are unwell, or to tell someone about it. A health check once a year gives you time to talk about anything that is worrying you and means you can get used to going to visit the doctor. This check is when a GP or nurse will:

- Carry out a general physical examination
- Assess your emotional well-being and behaviour
- Ask about your lifestyle and diet
- Review current medication
- Check whether any chronic illnesses (e.g. asthma, diabetes) are well managed
- Review what other health professionals may be doing to care for you

The check is a chance for you to get used to visiting the doctor's surgery on your own, where appropriate

More information can be found at: [NHS England » Annual health checks](#)

Family and Young Person

You and your family will have a better understanding of future options.

If you receive direct payments from Children's Services you will have support from someone who will help you to do things you may need extra support with. This may include learning new skills, attending social clubs, and becoming more independent. You would usually spend time with your direct payment support worker each week. Children's services will look at how many hours they think you will need to spend with your support each week.

You and your family will look at who supports you now and who you would like support from in the future.



Year 10 (Age 14-15)

What will happen?

By the end of Year 10, you and your family will have a clear idea of the education and training options after year 11 which will help you to achieve your goals.

Education (school, college, specialist provision)

School will coordinate the EHCP transition review before the summer term. Your school will continue to support you with independent careers advice and guidance.

Your school will help you explore employment opportunities using a range of approaches. These could include, taster days, work experience, role models and inspiring speakers.

College and post 16 provider's websites will support you and your family to explore specific courses post 16 and these will be sign-posted on the Local Offer.

Local Authority (social care, SEN coordinators, public health practitioners)

Inspira will continue to be available at your review to provide you with additional careers information, advice and guidance, if requested. The school will arrange this on your behalf.

A Transition Worker from Adult Social Care, if requested, can be invited to attend your year 10 EHCP review. The Transition Worker will be able to give you any advice or information you need to work towards your goals for the future.

The Transition Worker will review/note your goals, and this will then be shared with you and or your parent and carer.

If you feel that the Transition Worker can help you with your future plans in preparing for adulthood, they will then be invited to future EHCP reviews.

Health (NHS Providers including: primary care, universal, specialist children's services. NHS Commissioners including: ICS, NHS England)

Do I have a plan around any long term health needs?

You will be offered:

- Flu vaccine;
- Relationships and sex education including sex, sexual health, consent, sexual exploitation, online safety and mental health.

Dental checks can be accessed through your local dentist.

Optical appointments can be accessed through your local opticians.

The Health Care Plan will be reviewed and updated. This will include clear transition plans for any young person who will transfer to adult based services.

If you are transitioning into an adult service for health care, appointments may start to be held jointly with practitioners from the children's and adult service together to support your gradual transition.

Information should be shared with your GP. This is so that they are aware of your Health Action Plan and other preparing for adulthood plans, including the EHCP.

Family and Young Person

From Year 10 you and your family will be encouraged to consider your Post 16 education options. To support your decision making you may wish to attend:

- Colleges or further education 'open days';
- Careers events;
- Post-16 Drop in events;
- Other providers' open days.

You and your family should speak to future education providers about the courses available, and the support they offer to help you achieve your goals.

Age 15-16 (Y11)

What will happen?

Your EHCP will be reviewed and Preparation for Adulthood outcomes updated.

You will have a clear idea about your Post 16 plans. This will allow any extra support or funding that you may need to be explored.

You will start thinking about where you might like to live in the future. This will be recorded in your EHCP review.

Education Setting

Your school will plan the Year 11 EHCP review for the Autumn term. The EHCP will be finalised by March 31st which will include your post 16 plans and goals.

You will have had the opportunity to learn about employment through lots of different activities. Your school will continue to give you careers information, advice and guidance.

Schools, colleges or other settings will help you with a clear and well-planned transition if you are moving to somewhere new. They will share information and arrange visits so all who support know what to expect and how to help you achieve your goals.

The school may make back-up plans with you to take account of your exam results and health.

Local Authority (social care, SEN coordinators, public health practitioners)

If you have an EHCP Inspira will continue to give you careers information, advice and guidance.

If you are attending school 'out of county' but want to start your Post 16 education in Westmorland and Furness, you will be supported with your transition to a new local Post 16 provider. We will work with other local authorities where you tell us you wish to continue to live out of county.

A Transition Worker from Adult Social Care will be invited to attend your year 11 EHCP review. The Transition Worker will continue to offer advice, information and discuss your plans in preparing you for adulthood.

The Transition Worker will review any goals and plans that may have been discussed with you at your year 10 EHCP review and will then share this with you and/or your parent or carer.

At your year 11 EHCP review, it may be appropriate to start to discuss what care and support you may need going into adulthood, which may lead to the start of the Care Act assessment from 16yrs.

Health (NHS Providers including: primary care, universal, specialist children's services. NHS Commissioners including: ICS, NHS England)

Am I confident in how to manage my health needs?

Any Health Care Plans will be reviewed and updated.

Each service will make sure you and your family know when you will be discharged or transferred. You and your family will also know who the key contacts will be in the future. If needed, a hospital passport will be completed.

If you meet the criteria for care and support as an adult, CAMHS will tell the right adult mental health service. A timetable for referral and/or transfer will be agreed.

If you are known to our Children's Continuing Care nurses, they will attend your annual EHCP review. This should also include:

- Child In Need Team;
- Multi-Disciplinary Team;
- Children's Continuing Care.

Information will be recorded on your record. This will inform planning and assessment for adult Continuing Health Care eligibility at age 17. This will make sure that assessments and decisions are made by age 18. If you are identified as eligible for funding, Adult Continuing Healthcare will begin from your 18th birthday.

Children's continuing care will end on your 18th birthday (or before if you are no longer eligible).

Eligibility for children's continuing care and adult Continuing Health Care is different. Eligibility for one does not determine eligibility for the other.

Family and Young Person

The 'Local offer' has information for you and your family about benefits and any changes that happen at 16 years of age.

Benefits you might be entitled to

Plans should be made for how you will keep in touch with friends once you leave school. Joint use of direct payments is an option you could think about.

You and your family will be advised by the Transition Worker around the decisions that you and your family may need to make. When you are 16 you have the right to make decisions for yourself. Everyone is different and every decision is different. Some people will be able to make every decision about their own life, others will be able to make some decisions but not all, whilst others will need someone close to them to help make all decisions in their best interest.

The Mental Capacity Act 2005 is about making sure that you have the support you need to make as many decisions as possible for yourself in a way that you understand and also offers you protection should someone close to you need to act on your behalf. [**Mental Capacity Act 2005**](#)

You and your family should speak to future Post 16 providers like colleges or supported internships providers about support that might be available to help you achieve your goals.

Year 12 (Age 16-17)

What will happen?

Everyone involved in supporting you will be made aware of the Mental Capacity Act. They will make sure you have as much support as you need to make your own decisions. If you are not able to make a decision, then the people helping you must only make decisions in your 'best interests'. This means the decision must be what is best for you, not for anyone else.

If you have complex needs and are thinking about applying to university, you will be supported to begin the process of contacting or visiting the University. This will ensure that the level of support you need is available.

You and your family will know who looks after each aspect of your on-going healthcare.

Education (school, college, specialist provision)

Your new education provider will continue to offer careers advice and guidance.

Your Post 16 provider will help you explore employment opportunities using a range of approaches. These could include, taster days, work experience, visits from inspiring speakers and role models.

College and post 16 provider's websites will support you and your family to explore opportunities post 19 and these will be sign-posted on the Local Offer.

If you are thinking about University you will have support with the application process (UCAS).

The education provider will also provide Careers Information, Advice and Guidance for those with SEND but no EHC plan.

An EHCP review will also take place in the Autumn term.

Local Authority (social care, SEN coordinators, public health practitioners)

The people who know you best will think about doing a mental capacity assessment if they think you have difficulty making some/all of your own decisions. This assessment will look at how well you:

- Understand information;
- Remember information;
- Think about information;
- Communicate your decision.

If you have an EHCP, Inspira will continue to provide additional Careers Information, Advice and Guidance to support your Y12 EHCP Review.

Inspira will also provide support if a young person is not in education, employment, or training.

Local Authority officers will ensure timely decision-making about your future placements. This will include any specialist provision or supported internships and apprenticeships.

The Transition Worker from Adult Social Care will be invited to attend your year 12 EHCP review. The Transition Worker will continue to offer advice, information and review the plans and goals with you in preparing for adulthood, ensuring that this is shared with you and/or your parent or carer.

By now, you and all the people that support you will have a better understanding of your needs moving into adulthood. This is generally the most appropriate time to start your Care Act assessment.

If the outcome of the assessment is that you are eligible for care and support, discussions around support planning will start and your Transition Worker will complete a Transition Review. They will share this with you and your parent / carer.

Health (NHS Providers including: primary care, universal, specialist children's services. NHS Commissioners including: ICS, NHS England

You will be offered:

- Flu vaccine;
- Relationships and sex education including sex, sexual health, consent, sexual exploitation, online safety and mental health.

Dental checks can be accessed through your local dentist.

Optical appointments can be accessed through your local opticians.

The people who know you best will think about doing a mental capacity assessment if they think you have difficulty making some/all of your own decisions. This assessment will look at how well you:

- Understand information;
- Remember information;
- Think about information;
- Communicate your decision.

We will work with you and review and update your Health Care Plan. The plan will be in place to support transition to primary care and adult-based services. You and your family will know which service manages each or all aspects of your healthcare. Thought may also need to be given to the transition to hospital 'in -patient' provision once you no longer have direct access to the children's ward. A referral may be needed to the appropriate hospital liaison nurse for support.

We will identify young people who have an annual health check, so this is included in the Health Care Plan.

At age 17, NHS adult Continuing Health Care will ask the local authority to provide a social care practitioner to assess all young people who have been referred and met the criteria on the checklist for a full assessment. Social Care staff will share the results including any indicative personal budget. If you are already known to Children's Social Care they will engage with the assessment. If not, Adult Services will action the request.

Once an adult Continuing Health Care assessment is finished and if you meet the criteria for support, adult Continuing Health Care nurses will be invited to all future meetings when you are 18 years and over.

Your GP should be told about your EHCP review if they are the lead health contact and you are 18 years or older. The GP can choose to provide information to support your review.

Family and Young Person

You may have ideas about what you want to do in the future. Your parents may also have ideas. As you are over 16 you have the right to make decisions for yourself, if you can. Your parents and other family members can continue to support you to make decisions.

If you have difficulty making some/all of your own decisions you may need a mental capacity assessment.

The people who know you best will think about doing a mental capacity assessment if they think you have difficulty making some/all of your own decisions. This assessment will look at how well you:

- Understand information;
- Remember information;
- Think about information;
- Communicate your decision.

The carer will gain an understanding of what support they might receive as a family carer once their young person turns 18.

Travel and Transport

Students attending sixth form or college up to the age of 25 may still qualify for Travel Assistance.

Year 13/14 (Age 17-19)

What will happen?

You will know what options may be available for you when you leave school at 18/19. You will have definite plans in place in the term before you are due to leave your current setting.

If you are going to an Independent Specialist Provision, there will be clear goals for you to achieve when there and an outline plan of what needs to happen when you return to the local area.

If you have been assessed as eligible for Adult Continuing Health Care, a case manager will support the process.

Education (school, college, specialist provision)

You will be invited to an EHCP review, led by your education provider. This will happen in the autumn term to give time for your transition to be planned before the end of the academic year.

School or college will continue to provide advice and information to students who are applying for higher education. This will include direction to appropriate resources for support as well as the university application process.

Careers Information, Advice and Guidance will also be provided by the education provider for those with SEND but no EHC plan.

When you move to higher education the EHCP will be closed. The university you attend will have support in place to help you succeed. Other arrangements are available to support you when you go to university, you will have all this information before you start your course.

Local Authority (social care, SEN coordinators, public health practitioners) If you have an EHCP Inspira will continue to provide additional Careers Information, Advice and Guidance to support your Y13/14 EHCP Review.

Inspira will also provide support if any young person is not in education, employment, or training.

If you have been placed out of county and will be returning home at the end of your course, Children's social care staff will work with providers for your 'next steps' if you are continuing in education. They will also work with other local authorities if you wish to continue to live out of county.

EHCP Coordinators will make sure EHCP plans have enough information so colleges and other providers can make a decision about whether they can meet your needs.

The Transition Worker from Adult Social Care will complete a Care Act assessment with you, this is generally between your 17th and 18th birthday. This is to ensure that any support you need on becoming an adult from Adult Social Care is there for you going into adulthood. The Transition Worker will also complete a request for a Financial Assessment officer to discuss any financial contribution you may need to make relating to any services you may require to meet your needs from 18yrs onwards.

Children's Social Care staff will work with Adult Social care practitioners who will find support for those who need it after the age of 18. They will organise transitions for you where necessary.

It is possible that following your Care Act assessment, that you have identified health needs that may trigger an assessment under the National Framework for NHS Continuing Health Care.

If this is the case, and if you meet the criteria, a Checklist will be completed by the Social Worker and/or health professional. This may lead to an assessment called a Decision Support Tool (DST). This will be done from 17 years, so you can access support by the NHS from your 18th birthday.

If you have been assessed under the Care Act as having a care and support need whilst accessing Higher Education, Adult Social Care will provide a personal budget to you to ensure you have the help you need when accessing university/college. This is usually provided by a Direct Payment. Westmorland and Furness Council will pass a copy of your EHCP to the Disabled Students Allowance assessor and higher education institution when you ask them to.

If you receive support from children's social care, it is important that you have an assessment under Care Act from 17yrs old to ensure that the any support you may need going into adulthood at 18yrs is in place.

Health (NHS Providers including: primary care, universal, specialist children's services. NHS Commissioners including: ICS, NHS England)

Keeping healthy and being able to manage your own health needs is an important part of preparing for adult life. Your GP will remain your main point of contact for all health matters.

You will be offered a Flu vaccine.

Dental checks can be accessed through your local dentist. If you leave full-time education, from age 18 you will be charged for check-ups and any treatment required.

Eye tests can be accessed through your local optician. If you leave full-time education, from age 18 you will be charged for an eye test.

Your GP should be told about your EHCP review if they are the lead health contact and you are aged 18 or over. The GP can choose to provide information to support the review.

A designated Continuing Health Care nursing professional will communicate with the local authority on a case-by-case basis.

Before you turn 18, CAMHS will ensure referrals are made to the appropriate adult mental health service for you and young carers who may meet the criteria for care and support as an adult.

For young people transitioning to adult mental health services, a plan will be agreed with the young person including a visual transition plan with a timeline of events.

A young person transitioning to adult ADHD services can expect to receive a transition appointment with the adult service up to four weeks after their 18th birthday.

Family and Young Person

If you have been accepted by a university, you should contact their Access team in February or March to arrange a Disabled Students Allowance assessment to find out the level of support you are entitled to.

Your plans will also be discussed with the Local Authority, especially if direct payments are likely to be used to provide some or all the care and support needed at university.

Reminder!

Have a Plan B in place for Further Education and Higher Education, in case of illness or not achieving the required grades.

Age 19 onwards

What will happen?

You will be settled and have a clear plan to support your transition to adulthood and where appropriate adult services.

You may have completed your education pathway. You may have achieved qualifications, or have moved into employment or appropriate care and support.

Where appropriate, you may be able to travel independently to your workplace or community-based activities.

Education (school, college, specialist provision)

EHCP Coordinators will consider whether your goals have been met and whether your EHC plan should be ceased. This will be done after your EHCP review. The EHCP Coordinator will tell you and your parents or carers of the outcome.

Inspira will give you careers support for your Post 19 transition options. This is available to young people with an EHCP up to the age of 25. This will include support to help you to find employment or further training at the end of your education/training.

Your provider will spend more time supporting you to plan for a job or more further education. You will explore all possible options including supported employment, apprenticeships, work-based learning, learning at college, paid work, self-employment and higher education.

Your provider will support you to access services via Job Centre Plus e.g. Disability Employment Advisor and Access to Work. You may be eligible to apply for Employment and Support Allowance (ESA) if no longer receiving Child Benefit.

Local Authority (social care, SEN coordinators, public health practitioners)

EHCP Coordinators will consider whether your goals have been met and whether your EHC plan should be ceased. This will be done after your EHCP review. The EHCP Coordinator will tell you and your parents or carers of the outcome.

Inspira will give you careers support for your Post 19 transition options. This is available to young people with an EHCP up to the age of 25. This will include support to you and your provider to help you to find paid employment or further training.

Adult services will use the information about your goals to help them make sure that the right range of opportunities are available after you leave school / college. This may include employment, housing, independent living, leisure and social life.

Adult Social Care – in most cases, assessment and support planning will have been completed by your 18th Birthday.

Health (NHS Providers including: primary care, universal, specialist children's services. NHS Commissioners including: ICS, NHS England

You will be offered a Flu vaccine.

Dental checks can be access through your local dentist.

Optical appointments can be accessed through your local opticians.

Where your GP is the lead health for you and you are aged 18 or over, they should be told about your EHCP review. Your GP can choose to provide information to support the review.

Family and Young Person

If social care needs to continue you and your family will know who your Adult Social Care worker will be.

You and your family will have agreed a plan to make sure you have the maximum independence and support.