

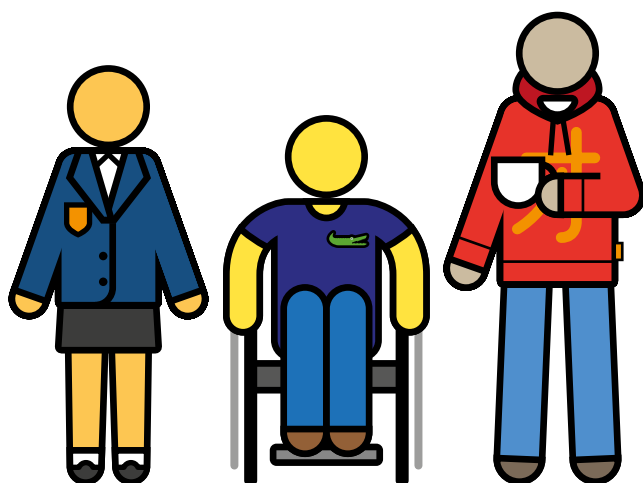


Rutland
County Council

Preparing for Adulthood

Supporting children and young
people with special educational
needs and disabilities

**Support for
life stages
13 - 25+
years old**



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Introduction

Welcome to the Rutland County Council and Rutland Parent Carer Voice's guide to supporting children and young people with special educational needs and disabilities (SEND) into adulthood.

This guide aims to provide you with information to help you to support your child to become as independent as possible and live a fulfilling life.

The information is most relevant to children and young people with graduated support in school/college, as well as those who have an Education, Health and Care Plan (EHCP).

Included in this guide is information about how to support children and young people at the relevant life stages, including details on the processes and options involved, related to key aspects of their lives.

We know supporting young people with SEND to become more independent can be life-transforming. Realistically, it happens from their earliest years, but in an official capacity certainly no later than age 13 or 14.

Support will come from a range of sources which may include yourselves, your wider family, friends, community groups, school/college, Rutland County Council and health professionals.

Rutland's ethos is to ensure everyone works together to support young people in the most appropriate and person-centered way.

The information in this guide is in line with the Care Act 2014, the Children and Families Act 2014, and the government's SEND Code of Practice.

Rutland County Council and Rutland Parent Carer Voice are here to support but there are also many other organisations who provide help – you will find all contact information in the Directory at the back of this handbook.

Working in partnership

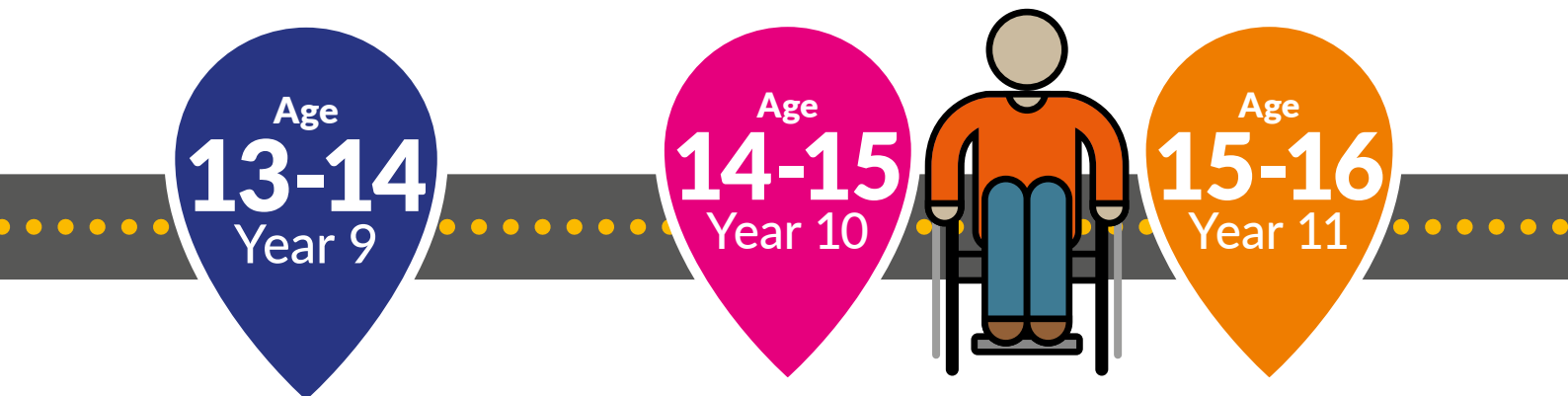


Rutland
County Council

Quick guide to life transitions

There are a number of transitions in a young person's life and planning for these can involve a lot of different things. Every young person is different and will develop at their own pace.

This chart highlights what you and your child may need to consider at each stage.



Stage:

- Key Stage 4 options planning

Things to consider:

- Key stage 4 options or alternative curriculum
- Age at which to sit public examinations
- Revise EHCP
- Transport arrangements
- Social activities
- Likelihood of Adult Social Care eligibility
- Current and future health / mental health needs

Support available from:

- You, as parent/carers
- School/college/academy
- Rutland SEND Service
- SENDIASS Rutland
- Rutland Transport Service
- Rutland Aiming High Service
- Personal Assistants
- Rutland Youth Service
- Community clubs/societies
- Rutland Early Help and Social Care
- Healthy Together Public Health Nursing GP/Paediatrician
- Health for Teens/Kooth
- Equipment provisions: Wheelchair, orthotics
- Rutland Parent Carer Voice
- Rutland Rotaract Family Support Centre

Stage:

- Review of Key Stage 4 progress

Things to consider:

- Work experience
- Learning Disability Register at GP and annual health check
- Social activities
- Building independence skills

Support available from:

As previous, plus:

- Work experience coordinator at school/college
- GP
- Rutland Disabled Youth Forum
- Family and friends
- Age Concern Independent Advocacy

Stage:

- Post-16 applications

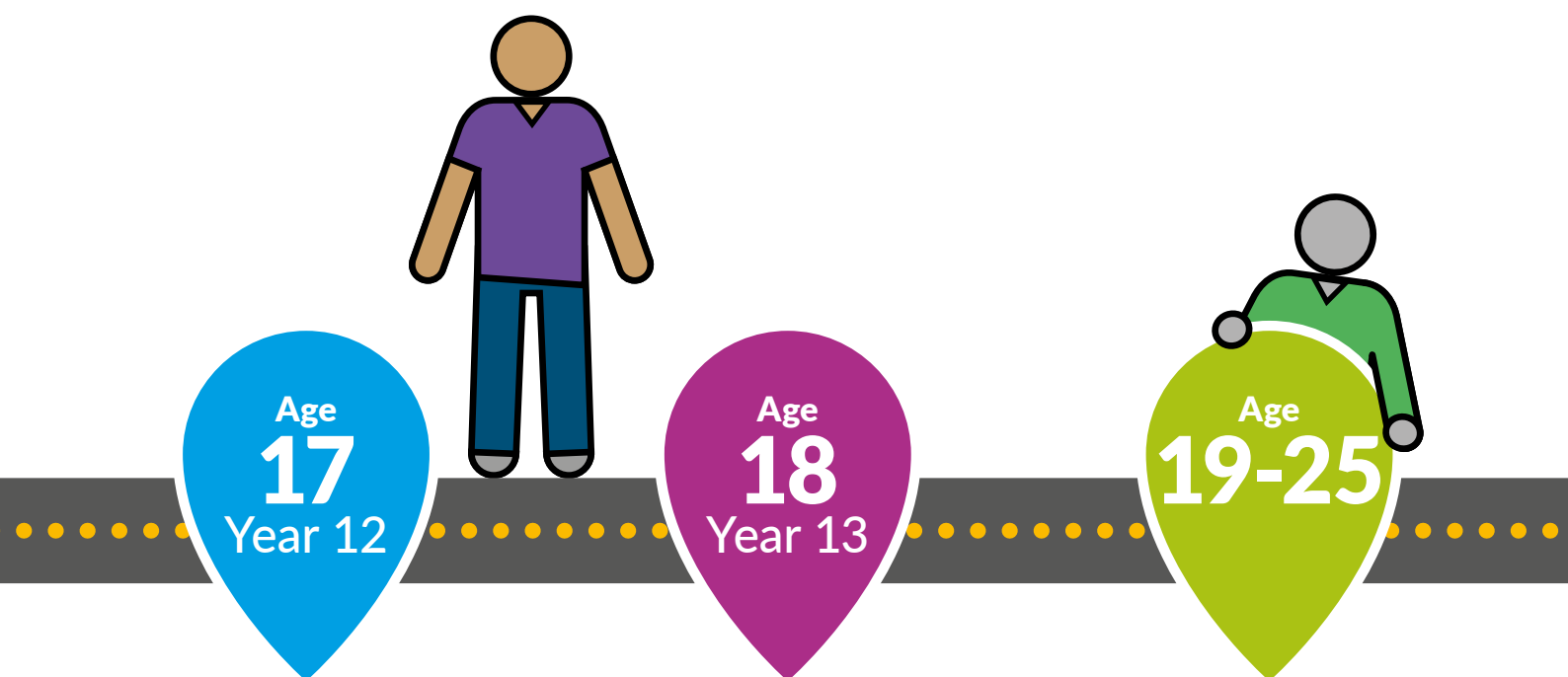
Things to consider:

- Special arrangements for exams
- Post-16 employment, education or training
- Personal Independence Payment (PIP) application
- Review of current health needs to understand what specialist services will be needed into adulthood
- Building independence skills

Support available from:

As previous, plus:

- SENCO
- Rutland Youth Education and Careers Service
- Post-16 education/training provider
- Supported Internship Job Coach
- Citizens Advice Rutland
- Dept for Work & Pensions
- Leicester Partnership Trust Neighbouring Clinical Commissioning Groups
- University Hospital Leicester (UHL)
- Independent Living Skills sessions (Aiming High)



Stage:

- Review of post-16 progress
- Transition to adult health and/or mental health services (if eligible)
- Transition to adult social care

Things to consider:

- Post-18 planning
- Transitions assessment for eligibility for Adult Social Care
- Change in placement / respite
- Continuing healthcare assessment

Support available from:

As previous, plus:

- Rutland Transition Service (Adult Social Care)
- Personalised Commissioning Team for Continuing Healthcare

Stage:

- Transition to post-18
- Oversight of health care moves from Lead Community Clinician to GP

Things to consider:

- University application, including Student finance
- Disabled Student Allowance (DSA)
- Job applications
- Access to Work support
- Social activities

Support available from:

As previous, plus:

- College SENCO
- DSA assessment centre
- National Careers Service
- Job Centre Plus
- Dept for Work and Pensions
- Out of Hours Group

Stage:

- Post-18 occupation / programme
- Independent living / housing

Things to consider:

- Review level of support and adjust if necessary (social care, Access to Work, DSA)
- Review need for EHCP
- Universal Credit
- Consider Housing Options
- Consider use of assistive technology
- Introduction to Community Support Service for adults if eligible

Support available from:

As previous, plus:

- Rutland SEND Service
- Rutland Adult Learning
- SENDIASS Rutland
- Citizens Advice Rutland
- Rutland Housing Options Team
- Rutland Community Wellbeing Service
- Let's Talk Wellbeing
- Mental Health Matters

Contact information can be found in the Directory (see page 22)

Getting around

As any child gets older, they are expected to be able to get themselves to school, on their own, whether that be on foot, on a bike or by public transport.

This is the same for most young people with SEND, who may just need a little longer or a little more support to achieve this. Being able to travel independently to school or college is a vital skill that will open up many more opportunities in adulthood.

Where children have been receiving home to school travel assistance, in line with Rutland's transport policy they will be expected to travel as independently as possible to school or college as soon as they are able to do so.

Skill development

Where a young person is considered sufficiently capable, they may be offered independent travel training for them to develop the skills to be able to travel more independently. The training would be carried out to an agreed plan and conducted by Rutland County Council or Personal Assistants working with the young person.

Some travel training is also included in the Aiming High Independent Living Skills sessions and parents are encouraged to support the development of these skills at home.

Once the young person or young adult has the necessary confidence and ability, they will be expected to travel independently to and from school or college.

Support available

There will be some young people and young adults who, due to their level of need, are unable to travel independently and will have been assessed as being eligible for local authority transport. This support can be provided in a number of ways, all dependant on entitlement and specific need:

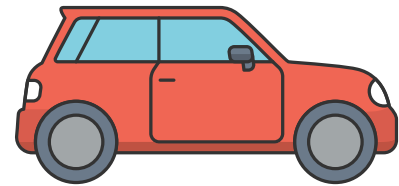
- **Independent Travel Training** and support to utilise public transport – free travel pass provided – or walk to school/college
- **Bus pass** for use on a closed school bus service
- **A seat on a shared minibus or taxi contract** (with or without an allocated passenger assistant)
- **Lone taxi transport** (based on an assessment of enhanced need – with or without an allocated passenger assistant)
- **Personal Travel Budget**

A **Personal Travel Budget** provides the opportunity for families to have some choice and control over the way their child gets to and from school or college. A Personal Travel Budget can help you arrange your child's travel in a way that suits your circumstances and can help develop independent travel skills.

The payments can be used in creative ways such as to buy a travel pass for an adult to accompany your child to and from school, or pay for an escort to walk with them.

Learning to drive

Many young people with SEND will be able to, and may want to learn to drive.



Young people receiving the higher rate mobility component of Disability Living Allowance or the enhanced rate mobility component of Personal Independence Payment may hold a provisional driving license from age 16 and may be exempt from paying vehicle tax.

Many local driving instructors have had good training and experience to ensure they are inclusive, but it is advisable to meet and discuss your child's needs before you choose an instructor.

How can I help?

- If you mainly travel by car, consider walking or using public transport with your teenager so they develop road safety awareness and start to get an idea of how to use buses and trains.
- Get your young person to plan a trip so they learn how to read timetables and understand fares involved.
- If you are in receipt of Personal Independence Payment for mobility, you should consider how you will use this to develop independent travel skills with your child.
- Consider giving your child pocket money so they can pay their own fares.

Building skills

The teenage years are when young people begin to master the skills that will enable them to be as independent as possible in adulthood. Young people with SEND may need more support, encouragement and time to do this, but the skills they need are the same.

No matter what level of need your child has, it is worth considering the following areas of independence to a level appropriate to your child:

- Being domestically independent – cooking, cleaning and doing the laundry
- Managing their time, study, social life and responsibilities themselves
- Being confident in the outside world with different types of people and situations
- Looking out for themselves and their friends when out and about or online
- Making decisions and choices and understanding any consequences
- Managing money

Support available

Many of these skills will be developed naturally at home and at school or college. Aiming High also periodically run Independent Living skills sessions for those aged over 14 which look at: living independently, money management, looking after yourself, cleaning, washing, ironing, making friends, travelling, eating healthily and much more. These sessions are held at the new Flat 1A at Jules House in Oakham.

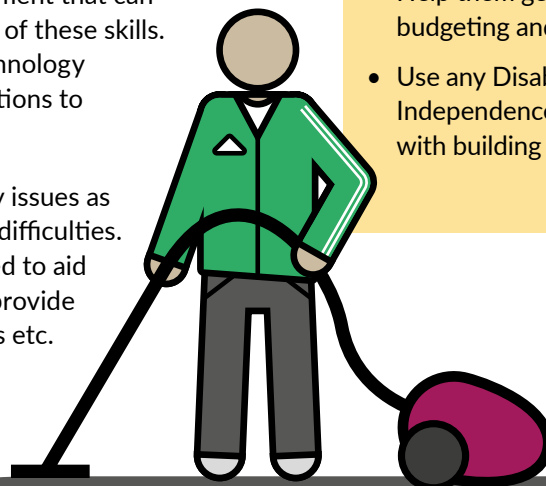
Assistive technology is continuously developing with more and more apps and equipment that can support young people to learn some of these skills. Spire Homes and other assistive technology providers may be able to suggest options to support your child.

These aids can support with mobility issues as well as learning and communication difficulties. Devices and various apps can be used to aid communication, anxiety strategies, provide picture timetables, location, prompts etc.

It can be difficult, and worrying, to facilitate your child's growing independence. Concerns about safety, responsibilities and wanting them to enjoy their lives without too many worries, can all make it difficult to let go and allow them to develop independence. There will be other people working with your child who you can talk to if you are worried about how much freedom to give them, such as a social worker, teacher or health professional. You may also find it helpful to talk to other parents at one of the drop in sessions run by the Rutland Youth Service or the Rutland Rotaract Family Support Centre. Details can be found on the Rutland Information Service.

How can I help?

- If you have not already done so, consider if now is the right time to encourage your teenager to develop their independent skills at home. This could be anything from making themselves toast at breakfast and making their bed, to cooking for the family once a week.
- It may also be time to help your teenager to open their own bank account and start developing an understanding of money. It's much easier to open an account before they are 18.
- Introduce your child to the Keep Safe Scheme by visiting some of the participating venues.
- Talk to your child about internet safety and keep yourself up to date with the social media apps they are using.
- Help them get a part time job, so they can develop budgeting and money skills.
- Use any Disability Living Allowance or Personal Independence Payments to cover costs associated with building these skills.



Education

All children in mainstream school will need to choose options for Year 10 onwards. If appropriate, these will be the subjects they will take for GCSE. If your child is not working at this level, ask the school or college about other accredited qualifications that might be available, such as:

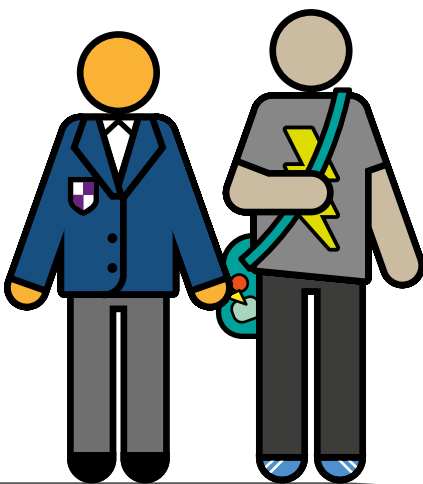
- Entry-level qualifications that also cover vocational and life skills
- Functional skills qualifications in English, Maths and ICT
- BTEC qualifications - vocational and work-related courses

Support available

If and when appropriate, discuss any special arrangements for exams. Students with SEND may need help such as extra time, a computer, or smaller individual room.

Access arrangements allow them to sit exams as fairly and as comfortably as possible. The SENCO and/or Examinations Officer at school or college will arrange this.

For some students with SEND the law allows pupils with Education, Health and Care Plans to have the National Curriculum dis-applied. This means that they can follow other more appropriate learning which can be discussed at your child's annual review.



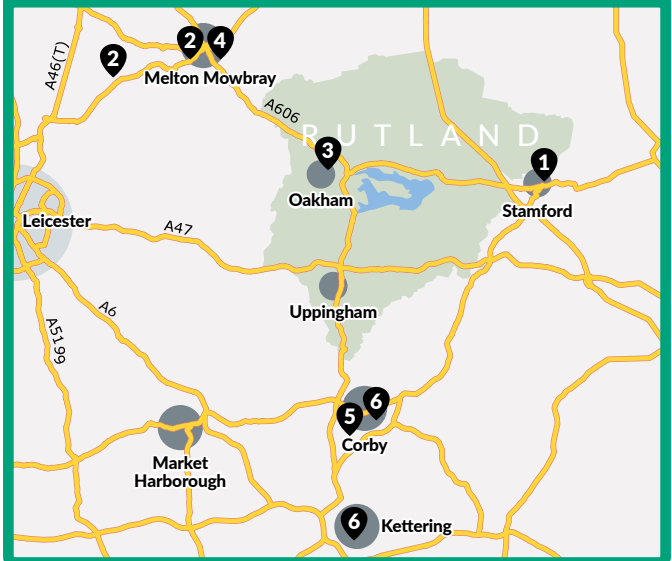
Beyond age 16

The next stage will be to plan for learning beyond age 16. Young people may leave school at 16, but must continue in accredited education or training until their 18th birthday. Post-16 learning may include English and Maths at an appropriate level.

Some students with SEND may have to work towards achieving at least GCSE level 4 (C) or equivalent qualification (e.g. Functional Skills Level 2), whereas others may be exempt from this.

Post 16 providers in and around Rutland include:

- | | |
|--|---|
| 1 New College Stamford | 4 Melton Vale Post 16 Centre |
| 2 Brooksby Melton College (2 sites) | 5 Brooke Weston Academy, Corby |
| 3 Harington School, Oakham | 6 Tresham College of FE, Corby (2 sites) |



Applications must usually be made in January-March and young people may apply to more than one college. Open evenings, normally happen early in the autumn term but if your teenager will find open days challenging, the SEN team at the school or college may be able to arrange a separate visit.

For young people in specialist provision, it may be possible to continue at the same setting for post 16, however it is still worthwhile considering other more local options and help support improved integration into your local community. This may be an important factor if your child would like to live locally as an adult and would benefit from making more local connections.

If the post 16 options include learning, the Education, Health and Care Plan will still stand but it is likely to need significant changes from that point.

Education, Health and Care Plans – post 16

Young adults with SEND are not automatically entitled to continue with Education, Health and Care Plans (EHCP). Having the right education and training outcomes at this stage in an Education, Health and Care Plan is very important as the continuation of a plan will depend on whether they have achieved their education and training outcomes, and if they haven't, whether remaining in education/training will help them to achieve them.

Most young people will complete their further education by age 19 and the plan ceases, but some 19-25 year olds will need a plan for as long as it takes them to complete and consolidate education and training. The plan must contain outcomes which enable the young adult to complete their education and training successfully and move on to the next stage of their lives.

When a young adult is close to finishing their education and training, a final annual review should be held to agree the support needed to help them engage with the community and adult services. Where eligible, an adult care and support plan and/or Continuing Health Care plan may replace the EHC Plan.

Ceasing an EHC Plan may change the benefits that your family are eligible for. Citizens Advice in Oakham can provide advice and support and clarify what action you need to take.

A young person in higher education, for example at university, is not entitled to an EHC Plan. Instead, there are separate systems in place to support disabled young adults in higher education, including Disabled Students' Allowances (DSAs). These are non-repayable grants that help with the additional costs which disabled students incur. The government pays independent assessors to assess students' needs and recommend necessary support. DSAs fund a range of support, including help with the cost of specialist equipment, including computers, travel and non-medical helpers (e.g. sign language interpreters). Where the young adult is eligible, adult social care may help with daily living and personal care costs whilst studying.

At the end of the academic year in which a young person turns 16, they have the main say over some aspects of EHC Plans rather than a parent or carer. They can:

- Ask for an EHC needs assessment
- Propose what should be in their plan
- Ask for a particular education setting to be named in their plan
- Request a personal budget
- Appeal to a SEND tribunal

Most young people still want to talk through these issues with their families, but the law says that from this point local authorities and health bodies must firstly take account of the young person's wishes. The only exception is if they lack mental capacity to make one or more of these decisions. If you think that this is the case, you should talk to Social Services. If everyone agrees with you, you can act as the teenager's official representative.

A young person can get support to ensure they get their views heard in the Education Health and Care Plan application process from SENDIASS who are the local provider of free confidential and impartial advice and support to young people and their families.

How can I help?

- Visit potential post-16 schools/colleges.
- Keep in close contact with the school SENCO regarding progress throughout the year and future options.
- Contact SENDIASS, Rutland if you need impartial information, advice or guidance.
- If your child has a particular career in mind find out from the school careers officer or Rutland Youth Education and Careers Service what suitable courses are available to support these aspirations.

Housing

Where we live and who we live with is really important. Young people, including those with learning difficulties and or other disabilities should be able to choose where they live, and who they live with.

Because of the need for additional considerations, young people with a disability and their families should be encouraged to think about where they might live in the future as part of their transition planning from.

Many young adults will want to continue to live in the family home and most parents are willing and able to facilitate this. There may however come a time when parents need support to enable them to continue this arrangement or they are no longer able to cope with their grown up child at home.

Some young adults may want to live alone (with support if needed) with friends or with a partner. Young adults with complex needs may need more specialist support to be able to move out of home.

Types of living arrangements

There are a number of options for young adults who want to move out, depending on the type of support needed:

Mainstream renting

Renting a property is open to people with, and without, care and support needs:

- Private renting - Property rented from a private landlord.
- Social housing - Property rented from a housing association.

Home ownership

Buying a home is open to people with and without care and support needs:

- Owner occupied - Property owned outright or with a mortgage.
- Shared ownership - Part owned and part rented property.

Supported living

Self-contained housing for people with care or support needs, based around a geographical location, sometimes with shared facilities, with some level of care or support provided with the accommodation.

Residential home

A room in a home where meals, care and support are all provided – these can be private, voluntary sector or local authority run:

- Residential care home - A residential home which provides personal care.
- Residential nursing home - A residential home which provides nursing care.

Whatever the young adult chooses to do it is important to begin to develop the different skills that are needed to live independently.

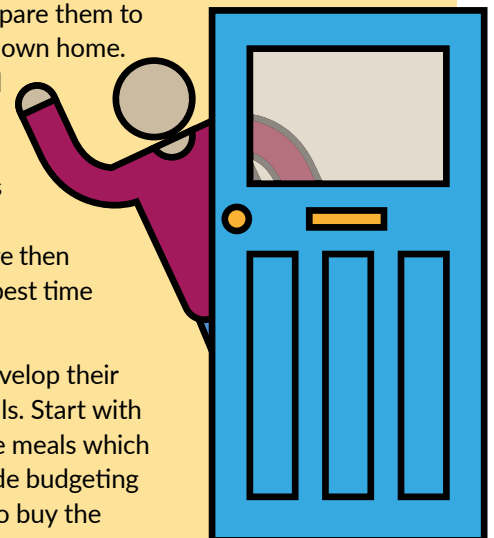
As skills are developed and needs change, a different living arrangement may be more appropriate so it is important to make clear that they can move on at a later date.

Support available

There is lots of support available to help with finding the right housing option and ensuring the right support is in place, including The Housing Options Service, Citizens Advice Rutland and Spire Homes. Further details can be found on the Rutland Information Service.

How can I help?

- Speak with Housing Options about getting on the housing register if looking for social housing.
- Make an appointment with Citizens Advice to discuss possible benefit options to support moving out.
- Start to prepare them to live in their own home. If your child hasn't had to help with chores around the home before then now is the best time to start.
- Begin to develop their cooking skills. Start with basic simple meals which could include budgeting and going to buy the ingredients.



Decision making

The Mental Capacity Act 2005 applies to everyone aged 16 or over, so parents of a young person with a disability or condition which may affect a person's capacity (such as a learning disability), should have relevant information and understand the Mental Capacity Act's potential implications for themselves and their child.

Mental capacity is the ability to make decisions. This could be fairly small decisions like what we eat or the clothes we wear, or could be much bigger decisions, for example where we live and who we live with.

Capacity is based on a single decision at a single time, so some people may have fluctuating capacity, meaning they can make a decision one day and not the next, depending on their wellbeing.

The Mental Capacity Act 2005 sets out what should happen when people are unable to make one or more decisions for them. It clarifies the roles that different people play in decision-making, including family carers, and establishes a Court of Protection which acts as the ultimate arbiter about mental capacity issues.

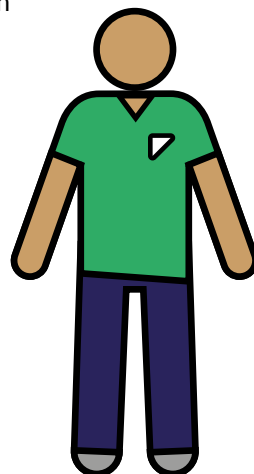
Under the Mental Capacity Act 2005 the issue of capacity is decision-specific; this means that the test of someone's capacity can only be made in relation to a particular decision that needs to be made at a particular time. This is an important safeguard against blanket assessments of someone's ability to make decisions based on their disability or condition. It also recognises the fact that someone may be able to make some decisions but not others.

Just because a young person or adult chooses to make a different decision to the one you would make, or makes one that you consider unwise, does not mean that they lack capacity. This cannot be used as the basis for an unreasonable belief that they lack capacity.

If it has been assessed that a person lacks capacity anything done to or on the behalf of that person must be in their best interests.

How can I help?

- Start to support your young person to be involved as much as possible in a decision made on their behalf.
- If your child is in receipt of benefits, discuss with them how this money is spent.
- Get your young person to start to consider the consequences of their actions.
- Be aware that children aged 10 and over can be arrested and young people aged 18 are treated as an adult by the law.
- Familiarise yourself with the Mental Capacity Act if appropriate – Mencap have a resource pack for families on line at www.mencap.ork.uk



Employment

For many young people with SEND, the world of work may be a realistic aspiration, and for those who wish to follow this route there is support available to help young people in Rutland achieve this.

Schools and colleges have a duty to provide careers education and guidance and should be providing good quality information about future study and employment opportunities to young people and their families.

Many young people know they want to work, but do not know what they want to do so it's a good idea for them to have as much work experience in different places as possible. Some schools and colleges have organised programmes and there may be further options through friends, family or local businesses. Try to ensure your young person is prepared and know what is expected of them, especially in terms of timekeeping, attitude and dress. It may be possible for your young person to visit the site and meet people before they start to reduce any anxiety.

Support available

The Youth Education and Careers Service Adviser can meet with Rutland students for a one-to-one careers interview in Year 9 and again in Year 11. These are at key transition times around students starting to make decisions about their career aspirations with GCSE and vocational choice options for Year 10/11 and again moving on into post 16 choices for college places and other learning opportunities such as apprenticeships/ supported internships from Year 11.

For students with an Education, Health and Care Plan there is additional support with their career aspirations and plans from Year 9 onwards. Aspirations are discussed with key workers in school/college and/or Case Officers from Rutland County Council, at each Annual Review.

For those who are over 18 years old, have a learning disability and access adult Social Care, Rutland County Council has an employment officer who can support people into employment, training or volunteering.

Staff from Stamford Job Centre visit Oakham Library fortnightly and offer group sessions on getting work ready. They also offer specialist employment programmes to support people into work including the Work and Health Programme and Specialist Employability Support.

The National Careers Service provide one to one careers advice to young adults. This can include:

- Finding the right career path
- Making plans to achieve goals
- Training, education and funding
- CV and interview support

Work related options

Volunteering

For some young people, volunteering is a great way to develop skills to help them become work ready. Opportunities are available in your local community and through The Rutland Community Wellbeing Service.

Internships

Supported internships are structured study programmes based mainly at an employer and support young people with SEND to gain and further develop a range of skills through learning in the workplace. They normally last for a year, include the support of a job coach and involve unpaid work placements of at least 6 months. Wherever possible, they support the young person/young adult to move into paid employment. Only young people with an EHC Plan can access supported internships. Rutland County Council have a Supported Internship Coach who is working with young people, local colleges and employers to increase the opportunities available. These could lead to traineeships or apprenticeships as the next step.

Traineeships

A traineeship is an education and training programme with work experience that helps young people aged 16 to 24 become work ready. They are designed for those who don't yet have the appropriate skills or experience for work. They provide the essential work preparation, English, Maths and work experience needed to help gain an apprenticeship or employment.

Apprenticeships

Apprenticeships are actual jobs with training, allowing people to earn while they study for nationally recognised qualifications. They last between one and seven years and are available in over 1,500 occupations across 170 industries. They are employment-based, with learning delivered by a training provider.

Apprenticeship training and employment are offered locally through Rutland Adult Learning and Skills Service (RALSS) training in Oakham.

Support available

An Access to Work grant can cover the additional support a young person may need for the in-work element of a supported internship, traineeship, apprenticeship or paid employment. This could cover things like an in-work job coach, adaptations and/or taxis to work (subject to assessment). To get an Access to Work grant, a young person must be 16 or over and have a disability, health condition or mental health condition that affects their ability to work. They must also meet one of the following conditions:

- Have a paid job
- Be self-employed
- Have a job interview
- Be about to start a job, or a work trial arranged by the Department for Work and Pensions

Further details and how to apply can be found at www.gov.uk

Claiming benefits

Young adults aged 19-25 may not have found employment and need to make a benefit claim for Universal Credit.

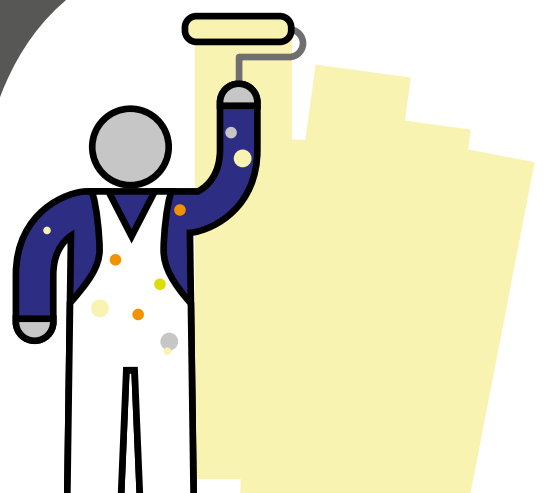
Once they do so, they should be invited to meet a Work Coach at the Job Centre.

Those with a long-term disability or health condition will be given a Work Capability Assessment to see how it may affect their ability to work. After the assessment they will agree a plan of action with the Work Coach. They will either go into a work-related activity group (with regular interviews with an adviser to help claimants get to work), or a support group (if employment is not an option).

Citizens Advice Rutland can support with Access to Work grants and other benefit applications.

How can I help?

- Talk to your child about their job aspirations and investigate potential routes to help them achieve this.
- Ensure your child is making the most of the careers support at school or college.
- Make the most of the information and advice opportunities to ensure you are all well informed about the opportunities available.
- Try to enable work experience opportunities, including part time jobs for your child.
- Discuss the National Citizen Service (NCS) with your child if aged 15-17 as this is a great opportunity to develop work ready skills and provides an introduction to volunteering



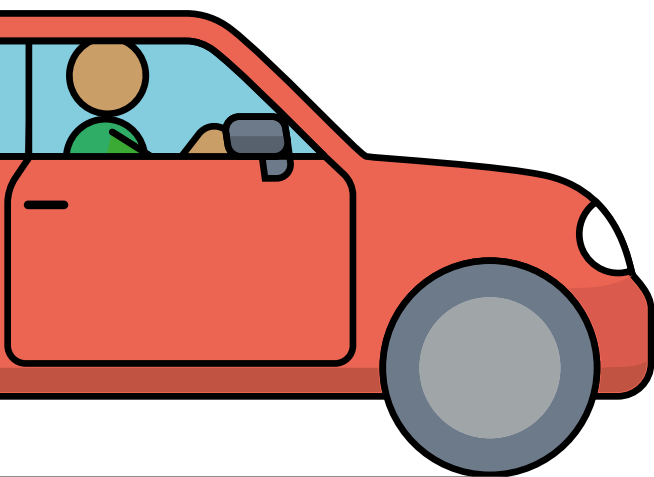
Being part of the community

There are many inclusive activities and groups in and around Rutland that your child can access – details of what's available locally can be found on the Rutland Information Service.

Rutland Youth Service also run youth clubs and various positive activities that your child may like to be involved in.

If your child struggles to access mainstream groups, they will be able to attend Aiming High activities up to the age of 25. These offer a small, safe environment for young people to develop social skills, friendships, confidence and try new activities.

The Rutland Rotaract Family Support Centre also provide activities and events for you and your children.



Support available

You may be eligible for The Aiming High Short Breaks Scheme which is a personal budget in the form of a direct payment. This money can be used to help pay for support your child needs to access activities and socialise in their community, thus creating a short break for you and your child.

A personal budget may also be available in other situations and is the notional amount of money agreed by the local authority and/or the health authority that is needed to meet the identified needs in a Social Care Plan or Education, Health and Care Plan. Families or young people may be able to receive some of their personal budget as a direct payment. This means they may be able to receive money to arrange their own support services as agreed in the Education, Health and Care or Social Care Support Plan. Examples may include:

- access to local community and groups
- access to a variety of short breaks
- personal care
- personal assistants

If your family are being supported by children's social care because of your child's disability, then the Care Act 2014 places legal duties on local authorities about what must happen when a young person transfers to adults' services.

If a young person is likely to have care and support needs as an adult, Rutland County Council must complete a Transition Assessment before they reach 18. This duty also applies if a young person is not currently receiving children's social services but may need services as an adult, e.g. if they have a degenerative condition or a mental health problem.

A young person or parent/carer can ask for this assessment. Local authorities must consider, in all cases, whether there would be a 'significant benefit' to the individual in making an assessment. If after assessment, Rutland County Council decides the young person is not eligible for support, they will be signposted to appropriate services for support. This may include support to access housing, job centre services, benefit support, volunteering opportunities etc.

You must be aware that eligibility for children's social care does not guarantee the same support as an adult as the criteria applied will be different.

Young adults over the age of 18 who are eligible for care and support needs from Adult Social Care may have to contribute towards their care and support costs. The transition assessment will include a check on how much a young adult can afford to contribute and may include a contribution to:

- home care
- day activities and respite
- supported living
- support from a Personal Assistant (PA)

When Rutland County Council assesses a young person who is already receiving support from children's social care, they must continue providing support until adults' services are in place to take over - or until the assessment shows that adult care and support will not be provided. There should be no gap in services.

A parent/carer may be eligible for Carer's Allowance which should be discussed during the transition assessment.

Where young adults aged 18 or over still have an Education, Health and Care Plan and receive support from adult social care, this is provided under the Care Act 2014.

However, the Education, Health and Care Plan remains the overarching plan that ensures young adults receive the support needed to achieve agreed Preparing for Adulthood outcomes. The adult care and support plan forms the 'care' element of the plan.

Young people can be supported with the transition into adult services by the independent advocacy service in Rutland run by Age UK. This service is for anyone aged 14 and over who is struggling to understand social care processes or struggling to communicate their wishes.

How can I help?

- Encourage your child to get involved in their local community by joining a club or developing a hobby.
- Use local amenities, such as Rutland Water, sports centres, libraries, etc. as a family so your child is used to going to these places and gets to know the staff.
- If your child has significant needs, discuss what support may be available into adulthood with your Social Worker.
- If your child has mobility issues or substantial hidden disabilities, you may be eligible for a Blue Badge. Accessible parking may make it easier to get your child involved in the local community.



Staying healthy

Your doctor

It's a good idea to make sure that your child's medical records detail their special educational need or disability as you may not always attend appointments with them in the future and the doctor may become more pivotal into adulthood.

If your teenager has a learning disability, ask the doctor to put them on the Learning Disability Register. The surgery can then make reasonable adjustments when providing health care. The doctor should offer those with a learning disability an annual health check from age 14.

During an annual health check a GP or nurse carries out a general physical examination, assesses emotional well-being and behaviour, asks about lifestyle and diet, reviews current medication, checks whether any chronic illnesses (e.g. asthma, diabetes) are well managed and reviews involvement of other health professionals.



Adult health services

Discussions about transition to adult health services should happen from age 14 onwards.

Not all health services will be required on the journey towards adulthood. Paediatric care for a young person may cease before they are 18 when responsibility for arranging additional health support passes to the doctor.

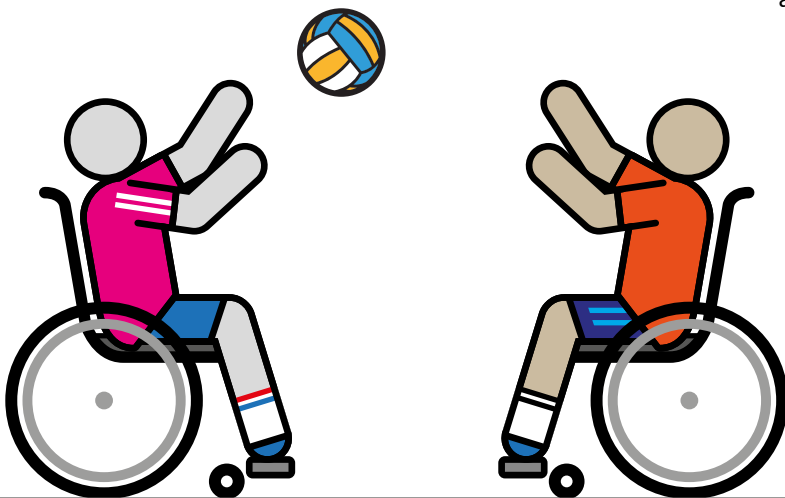
Long term medical conditions will continue to be addressed but the service provider may change as a young person approaches adulthood. Ask at the next clinic appointment about transition arrangements. Discuss with health professionals what services exist, who runs them and who is responsible for funding them from 18.

Different hospital departments do transition differently and at different times, although they should all follow the national guidelines for transition

National guidance says it should:

- be led by a named worker, who will coordinate a young person's transition, care and support
- consider a teenager's capability and needs
- not be based on a rigid age threshold
- take place at a time of relative stability, e.g. not at the same time as moving from school to college or during a health crisis

Ask at the next hospital appointment about transition arrangements.



Significant health needs

If a young person has very significant health needs, they should ask for an Adult Continuing Health Care Assessment. This should be done well before their 18th birthday, to allow enough time to complete the assessment and for any discussions about the care they are entitled to.

Your involvement

Health services will continue to involve you as parents regarding the care of your child with their consent, however, young people over 16 are primarily responsible for making decisions about their own health care unless they are thought to be not competent to do so.

Mental capacity

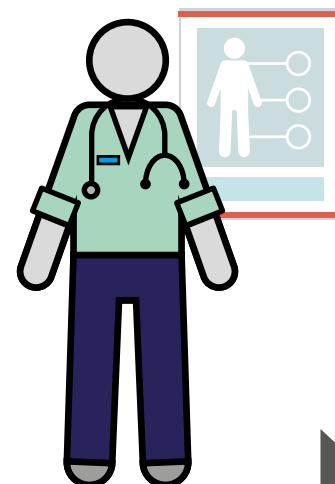
The Mental Capacity Act (MCA) is designed to protect and empower people who may lack the mental capacity to make their own decisions about their care and treatment. It applies to people aged 16 and over.

As well as decisions about day-to-day things like what to wear or what to buy for the weekly shop, it covers serious life-changing decisions like whether to have major surgery.

When someone is judged not to have the capacity to make a specific decision, any decision taken for them must be in their best interests. The process of making a best-interest decision should be led by the person who requires the decision to be made, such as a doctor who requires consent before carrying out treatment. Consulting with others is a vital part of best interest decision-making, and the MCA requires the involvement of parents/carers and family members. A young person / adult must be supported to be involved as much as possible in a decision made on their behalf, even if they do not have the capacity to make it themselves.

How can I help?

- Ensure GP records are up to date
- Check your child knows their date of birth and address, and write down their NHS number
- Where possible enable your child to get used to visiting the doctor's surgery on their own, perhaps starting with the Annual Health Check.
- Show your child how to make a GP, dentist or optician appointment, and then support them to them to make the next one.
- Talk through the changes to their health care early on with your son/daughter along with their GP or Lead professional.
- Consider showing your child how the prescription process works.
- If appropriate discuss any Mental Capacity Act implications for you and your child with your Social Worker or Health Professional
- Encourage your child to eat healthily and perhaps do some exercise together.
- Encourage conversations at home about relationships and safe sex.



Case Studies

Brandon, 20, works for Belvoir Associates in Oakham after Rutland County Council's Education Support Team helped him to make the transition from college into full-time employment.

Before going to college in Stamford, Brandon attended secondary school in Rutland and had a pre-existing Education, Health and Care (EHC) Plan with Rutland Council. This meant he could access additional advice and support through an Education and Careers Advisor.

Through the Council, Brandon joined up to a five-step programme that looks at young people's skills and qualities and tries to match them with what employers are looking for.

"The Education Support Team helped me a lot," explains Brandon. "They gave me the confidence to go out there, meet new people and hold conversations. I used to be really nervous picking up the phone but I built my confidence to the point where I could ring up and ask about jobs.

"I was still looking for jobs when my grandad suggested Belvoir Associates. I got in touch to ask about any vacancies and was offered a trial role processing and dispatching furniture orders. I've now been there for almost six months as a full time employee and really enjoying it.

"I'm working towards gaining more experience and responsibility. The dream is still to work with bikes one day but, right now, I'm very happy where am. I'm looking forward to seeing where the path takes me and enjoying earning and saving money."

"I'm looking forward to seeing where the path takes me and enjoying earning and saving money."



Brandon

Yasmeen, 23, has a part time job with Rutland County Council and lives in Supported Living in Oakham

Yasmeen spent most of her childhood in Rutland and went to two local primary schools. After attending a specialist secondary school Yasmeen received relevant support to attend local post 16 provision.

"I got paid employment with Rutland County Council after completing a Supported Internship, with New College Stamford. This lasted about 9 months, learning administrative tasks such as answering the phone, creating fliers and general admin which all developed my independence skills.

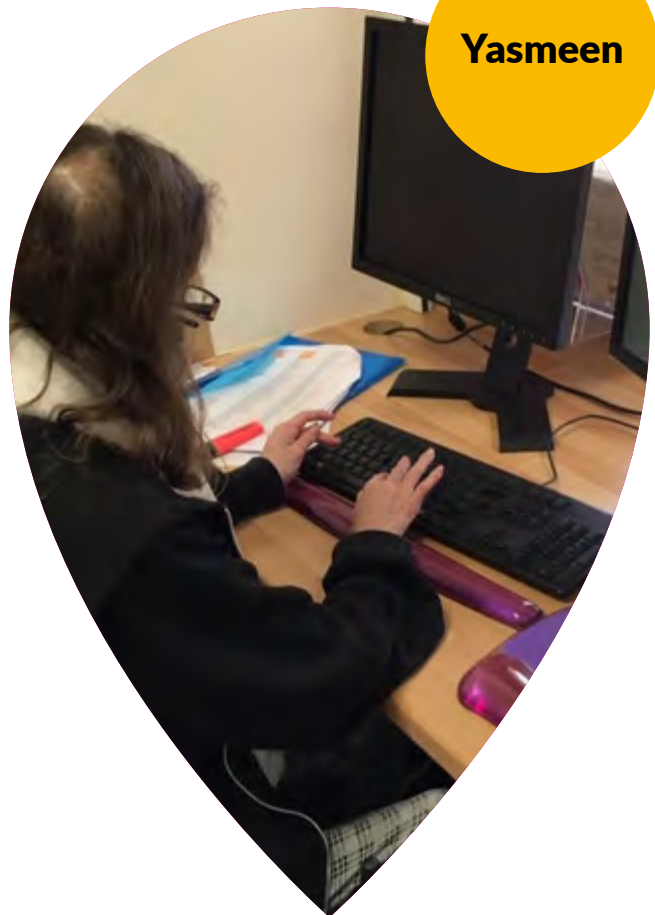
"At first my job coach was glued to my side, but as my confidence grew I needed her less and less.

"Towards the end of my internship, I was shown a job description and encouraged to apply. This involved filling in a job application pack (which I'd never done before!). I had an interview and was so pleased when I got the job. I really feel part of the team now and always look forward to going to work.

"About 2 years ago, I moved out of the family home into Supported Living. It was a big change for me but one I was determined to do. With support from staff, I've learnt skills such as; emptying and loading the dishwasher, making my bed, doing my own laundry, and using safe routes around town etc. I am now in the process of getting my own little flat as I want to be as independent as possible!"

"I had an interview and was so pleased when I got the job."

Yasmeen



Harry, 21, is studying history and politics at the University of Warwick

Harry attended local Rutland schools where he received the relevant support and strategies to ensure he achieved his goal.

"From a young age, I knew it I wanted to go to university. My parents had been to university and had always told me about the fond memories they had there. I did doubt sometimes if university was right for me; university is not for everyone which is why every young person should consider it carefully, with their future in mind. I also know the prospect of going can seem daunting for many, but with the support and people around you, all young people can go to university and thrive. I went to the University of Warwick, and studied for a BA in History and Politics, majoring in History.

"I studied A Levels at Rutland College; doing History, Politics and Economics. The key is that the A Levels you pick heavily influence what you can study at university. Courses such as Economics often require a Maths A Level so I think it is well worth any young person deliberating in advance of taking A Levels what they see themselves studying at university.

"Although it's been hard being away from home, the opportunities and experiences have been amazing. I am so glad I went."

"...with the support and people around you, all young people can go to university."



Harry

Glossary

Advocacy:

Taking action to help people say what they want, secure their rights, represent their interests and obtain services they need.

Best Interests Meeting:

A meeting for a person who has already been assessed as lacking capacity, to consult the people involved in the person's life, on whether they feel a particular action or decision is in his or her best interests.

Care and Support Plan:

A plan produced following a Care Act needs assessment, which details a person's needs and how these needs need to be met. The plan should ensure the person's wellbeing is promoted and that they can achieve their desired outcomes.

EHCP (Education Health and Care Plan):

A plan for children and young people aged up to 25, identifying provision needed to meet their special educational needs. (Has replaced statements of SEN and S139 Learning Difficult Assessments).

Eligible Need:

An adult with need for care and support as defined by the Care Act 2014. This has to be arising from a physical/mental disability or illness, meaning they are unable to achieve 2 or more specific listed outcomes and consequently there is an impact on their wellbeing.

Keep Safe Scheme:

Local safe places to go when people are feeling upset, anxious or need help.

Key Stage 4:

Two years of school education incorporating GCSEs, also known as year 10 and year 11.

MCA (Mental Capacity Assessment):

An assessment to decide whether an individual (over 16) has the capacity to make a particular decision at a particular time because they are affected by an illness or a disability. The assessment determines whether a person is unable to understand, retain or weigh up the relevant information to make a decision, and whether they can communicate their decision.

PfA:

Preparing for Adulthood.

RIS (Rutland Information Service):

One stop shop for information for families in Rutland.

SENCO:

Special Educational Needs Coordinator at a nursery, school or college.

SENDIASS:

Special Educational Needs and Disabilities Information Advice and Support Service.

The Local Offer: The Local Offer is an online resource containing information and advice about help available for children and young people with special educational needs or disabilities (SEND), their families and carers. In Rutland The Local Offer is part of the Rutland Information Service at <http://ris.rutland.gov.uk>

Transition Assessment:

An assessment under the Care Act 2014 for children and young carers which must be carried out if there is significant benefit in doing so, and if a child is likely to have needs for care and support after turning 18.

Directory

Access to Work

www.gov.uk

Age Concern Independent Advocacy

Email: advocacy@ageukleics.org.uk

Citizens Advice, Rutland

www.rutlandcab.org.uk

Continuing Health care Assessment

www.leicestercityccg.nhs.uk

Financial support for over 16s in education

www.gov.uk/1619-bursary-fund

Information on DLA and PIP

www.gov.uk/pip

Information on support for disabled higher education students and DSAs

www.gov.uk/disabled-students-allowances-dsas/further-information

NHS services

www.nhs.uk

NHS services in Rutland

www.leicspart.nhs.uk/_OurServicesAZ.aspx

Out of Hours Group

Email: ohcrutland@gmail.com

Preparing for Adulthood

A wide variety of downloadable resources available for parents/carers, young people and professionals.
www.preparingforadulthood.org.uk

Rutland Adult Learning

www.ralss.org.uk

Rutland Adult's Social Care

Email: adultduty@rutland.gov.uk
Tel: 01572 758341

Rutland Aiming High Service

Email: aiminghigh@rutland.gov.uk
Tel: 01572 758390

Rutland Children's Social Care

Email: ChildrensReferrals@rutland.gov.uk
Tel: 01572 758407

Rutland Clinical Commissioning Group

www.eastleicestershireandrutlandccg.nhs.uk

Rutland Community Wellbeing Service

www.rutlandwellbeing.org.uk

Rutland Early Help

Email: earlyhelp@rutland.gov.uk
Tel: 01572 758493

Youth Education and Careers advice service

Information, advice and guidance on careers and employment options.
Email: hward@rutland.gov.uk
Tel: 01572 758301

Rutland Family Support Service

Email: rrfsc@hotmail.co.uk

Rutland Housing Options Service

Email: housingoptions@rutland.gov.uk
Tel: 01572 722577

Rutland Parent Carer Voice

Email: rutlandpcv@gmail.com

Rutland SEND service

Email: send@rutland.gov.uk
Tel: 01572 758497

Rutland Supported Internship Job Coach

Email: rwilliams@rutland.gov.uk

Rutland Youth Service

Email: Jules@rutland.gov.uk
Tel: 01572 758301

SEND Code of Practice

www.gov.uk/government/publications/send-code-of-practice-0-to-25

SENDIASS

Information, advice and support (IAS) to children and young people with SEND and their families, in relation to education, health, social care, disability, benefits and leisure.
Email: info@sendiassrutland.org.uk
Tel: 07977 015 674

Stamford Job Centre

Tel: 0345 604 3719

The Local Offer

Up to date information about services for children, young people and families.
<http://ris.rutland.gov.uk>

Rutland information Service

The Rutland Information Service (RIS) is a one stop shop, providing free, quality, impartial information. This website is great for finding support, advice, childcare, services and things to do in and around Rutland.

The Local Offer (SEND) is part of the RIS website. This is where you will find information and services for children and young people in Rutland with special educational needs and disabilities (SEND), as well as information for their families. The website and content has been developed alongside parents and young people so that it provides families with relevant information.





Rutland
County Council

Catmose Street, Oakham, LE15 6HP

www.rutland.gov.uk

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