

# Preparing for Adulthood Protocol Easy read



An easy read guide for all young people with  
Special Educational Needs and Disabilities



## Section 1 : Introduction



Hello

What do we mean by transition?



**Transition** means moving from childhood to becoming a young adult.

You may move from children to adult social services.

### Aims of Good Transition planning



1. Look at having high hopes and how you can reach them
2. Start transition early and involve you and your parents/carers in planning for adulthood
3. For the staff you work with to talk to each other and you, to make sure that your plan is clear and easy, and that you can get the support that you need
4. Everyone who works with you thinks about your age and understanding of the world around you





5. To make sure that you and your parents/carers have access to all the information that you need to make the best decisions about your future
  
6. We make sure that you and your parents/carers have all the support needed.



## Section 2

### SEND Local Offer & Care Act

#### Special Educational Needs - our 'Local Offer'

Our local offer is:

1. information, advice, support and services
2. provided by education, health, Kent County Council (the **local** authority) and voluntary organisations
3. **local** to Kent
4. for children and young people with special educational needs and disabilities (**SEND**) aged 0-25.



*You can find it on our website at:*

[www.kent.gov.uk/education-and-children/special-educational-needs](http://www.kent.gov.uk/education-and-children/special-educational-needs)



## Section 3

### Education and Employment

#### Careers Advice and Guidance

There are lots of people who can support and guide you to make the right choices about your future.



We recognise that there are unique challenges faced when transitioning from school to further learning and to the workplace.



#### The right job for you

A good way to help you decide what you might like to do for a job is to fill in a questionnaire, called a 'vocational profile'. It is a useful and successful way of finding out what kind of job you may be interested in.

#### [Full vocational profiles resources](#)

#### Kent Supported Employment

This is a specialist employment service that will help you with training and work experience to find a job and continue to support you in work.

Email:

[KentSupportedEmployment@theeducationpeople.org](mailto:KentSupportedEmployment@theeducationpeople.org)



## Section 4

### Independent Living



#### Your own place

We have created 'No Place Like Home', a guide to support you, your family and our staff to find the right place for you. This could be:

- Renting your own home
- Owning your own home
- Supported Living schemes
- Staying in your current home
- Living with other family members
- Shared lives schemes
- Residential care



We want you to have as much independence as possible where you live, whilst giving you the support you need.

Everybody needs a home, a place where you can do the things you like to do; somewhere where you feel safe and secure; somewhere to be with friends or to just relax. This guide helps you.



<https://www.preparingforadulthood.org.uk/downloads/independent-living/no-place-like-home-guide.htm>



## Money Advice

You and other young people with special education needs and/or disabilities could be entitled to benefits to help you, which would usually be either Disability Living Allowance (DLA) or Personal Independence Payment (PIP).

<https://www.gov.uk/browse/benefits>



## Financial Assessment and Charging

If you have support from Social Care, we may have to charge for some of the services we provide or arrange. We work out how much someone can pay towards their support. This is called a financial assessment. It is done following rules given to us by the government.

If you need to have a financial assessment a member of staff will guide you through it.



## Personal Budgets

A Personal Budget is a set amount of money for your support.

A personal budget can only be spent on things set out in your Education, Health and Care Plan (EHCP). A parent/carer, or young person if they are over the age of 16, can request a personal budget.



## Direct Payments

A Direct Payment is like a personal budget. But the money can to be paid onto a [Kent Card](#) or things can be paid from a bank account.

It will be looked at to see if a Direct Payment is the best option for you.

### Help with money

You should be able to ask for money advice at your college or post-16 educational setting. This should be with the information provided about future employment options.



There are many different charities and services that are out there to help you manage your money:



Prince's Trust

- The Prince's Trust – Funding to train and learn <https://www.princes-trust.org.uk/help-for-young-people/get-funding-train-learn>



- Turn2Us – Support through grants and benefits help <https://www.turn2us.org.uk/Get-Support>



- Citizens Advice Bureau – Advice about money and budgeting <https://www.citizensadvice.org.uk/debt-and-money/>



## Section 5

### Communities, Friendships and Relationships

#### Friends, Relationships and Communities

In Kent we know that for you, and other young people with SEND, having friends, relationships, good social lives and being included in the community is a valuable part of your lives.

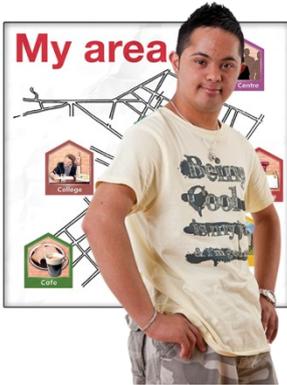


During the transition planning, thought is given to what needs to be done to support you to have opportunities to spend time with friends outside of school and college, to develop and keep friendships and relationships, and to ensure that you have access to local communities.

#### Key things to think about:

- Keeping friends and having good relationships
- Supporting you to think about and understand sexuality, sexual identity, relationships and rights
- Contributing to, and being part of, the local community
- Having a 'voice'
- Volunteering
- Independent travel
- Staying safe.





## Short breaks

KCC funds a range of short breaks. These support building friendships in the community: Not all short breaks are funded by the County Council. The three types of short breaks are:



- **Everyday community services** that can be used by everyone, like youth clubs, after school activities, Scouts, Guides, leisure centers and holiday activities.

KCC's youth offer can be found here:

<https://www.kent.gov.uk/education-and-children/young-people/online-youth-services>



Local offer directory of services:

<https://local.kent.gov.uk/kb5/kent/directory/results.action?localofferchannel=0>



- **Targeted short breaks:** These are specific short breaks for disabled children and young people. These services may be for an evening, weekend and school holiday.



- **Specialist short breaks:** These are daytime or overnight services, or services paid for by direct payments. They are designed to meet the needs of an individual child and their carers after a Social Care assessment (Child and Families Assessment).

## Section 6

### Health and Wellbeing



#### Health

We know that you may have health conditions which need ongoing treatment.

When moving from children to adult social care we aim to make this as easy as possible.

We use the 'Ready Steady Go' and 'Hello to adult services' programmes to do this.

This should make it easier for you and your parents/carers to be in control of your care and support.



You might also need a 'communication passport'. This is a document which puts information into a clear and positive accessible format if you have difficulty communicating.



Health professionals will check to see if you need 'continuing health care'. This will be reviewed early, and you will be encouraged to keep a 'Personal Health Record'.



If you are aged 14 or over, and are on your GP's learning disability register, you can have a free annual health check once a year. Check you are on this as it is very important to have a regular check-up.



## Mental health

If you are under mental health services, your transition into adult services differs depending on your treatment.



At 17, you will be assessed as to whether or not you see a professional in adult mental health services.



If you do not meet the criteria for adult mental health services, you will be discharged to your GP at 18.



There may be a specialist nurse or a Learning Disability Nurse who can support you with this.

## Section 7

### Transition Programme



As you go through transition you might have an Education, Health and Care Plan (EHCP). This supports you getting ready for adulthood. It should reflect your hopes, dreams and future plans.

#### Things to think about:



Your plans, reviews, and support.

1. How can your plans be more joined up? Could an education plan be part of your review?
2. If you do not have an EHCP think about how your plans can support your goals.



The professional you deal with should start thinking about your transition to adulthood early, so there is plenty of time to get things right for you.

## Section 8

### Becoming an Adult



There is a workbook, '[Becoming an adult](#)' to help you think about your future and annual reviews. You can work through this on your own or with someone to help you.

#### What can I do to prepare for transition?

- It is never too early to start planning for life after school.
- Thinking about ideas for life will help you plan to reach your goals.
- Take time to visit local colleges to find out what support there is to help you achieve your goals.
- Talk about any worries you might have.
- Work together to make sure the right support and services are available.



#### Creating a transition plan

If you have an EHCP, planning for the future starts at age 13/14 (Year 9).

The annual review will be a place to gather all the important information about you and record your parents/carers views.



### You may have questions about:



- Leaving school or starting college
- Finding a job
- Benefits and money
- Where young people live or have short breaks
- Keeping healthy and safe
- Paying for care and support



So that you get the most out of the transition meetings think about the things you like and hopes for the future.

If you need more support to do this, it may be helpful to ask others who know you well what they think.



Planning the future should focus on your strengths, what is important to you, now and in the future.



There are documents to help you at:

[www.preparingforadulthood.org.uk/downloads/person-centred-planning/introduction-to-person-centred-planning-tools.htm](http://www.preparingforadulthood.org.uk/downloads/person-centred-planning/introduction-to-person-centred-planning-tools.htm)



## Section 9

### Who can help me to prepare for my transition?

Some services that you might be interested in

**Advocacy** is about helping you to speaking up and take part in decisions which affect your life.



If you find it difficult to speak up for yourself, we can help you find an advocate to support you.

Advocates are professionally trained, fair and impartial, and their service is completely confidential and independent of the local authority.

Advocates support people to:

- develop the skills, confidence, and knowledge they need to voice their concerns and make sure they are being treated right.
- access information and services
- explore choices and options



To find local services see KCC Local Offer: [Kent County Council - Advocacy - someone to speak up for you](#)

## Kent Pathways Service

Kent Pathways is a service for young people (aged 16-25), adults with a Learning Disability (aged 26 plus), and adults who have health and social care needs.



The service works with you to build on your skills and confidence to do more for yourself. This could be:

- Shopping
- Cooking
- Safety in the home and community
- College
- Housing
- Keeping Well
- Budgeting and Benefits
- Using technology



It can last for up to 12 weeks and is free.



## Information, Advice and Support Kent (IASK)

We support young people age 25 or under who need extra help with learning and/or have a disability. Children, young people and their parents/carers can contact us for free, confidential, information, advice and support.



To find out more about IASK see their website: <https://www.iask.org.uk/>; telephone: 03000 41 3000 or email: [iask@kent.gov.uk](mailto:iask@kent.gov.uk)

## Supported Employment – how it helps young people



If you are looking to get a job, Kent Supported Employment (KSE) can help you.

We offer one to one support to you to help you find an apprenticeship, work placement experience and/or paid work.



We will look at jobs and opportunities that are available in your area and that you are interested in. We will support you with interview skills, CV writing and train you to travel to the workplace if needed.

KSE also support your new workplace to help you feel settled in your job and surroundings. Your Employment Support Officer will continue to support you once you have started your job until you are able to work by yourself.

Anytime you need our support you can call your Employment Support Officer who will be on hand to help you, this could be in your job, or if you would like to find a new job.

[www.kent.gov.uk/kentsupportedemployment](http://www.kent.gov.uk/kentsupportedemployment)



## Compliments

If you are happy with any of the services that you have received, and would help other young people, you can tell the people that support you and ask them to let us know.

## Complaints

If you are unhappy with your service speak to your social care professional. Most things can be sorted out this way.

If not, you can make a complaint about social care or health.

**For KCC social care** please go to

[www.kent.gov.uk/haveyoursay](http://www.kent.gov.uk/haveyoursay)



## NHS Complaints Process

You need to know which NHS provider you come under. These are:

### **Kent Community Health Foundation Trust**

Patient Advice and Liaison Service (PALS)

Phone: 0300 123 1807

Email: [kentchft.PALS@nhs.net](mailto:kentchft.PALS@nhs.net)

[www.kentcht.nhs.uk/service/patient-advice-and-liaison-service/](http://www.kentcht.nhs.uk/service/patient-advice-and-liaison-service/)

### **East Kent Hospitals University NHS Foundation Trust**

Patient Advice and Liaison Service (PALS)

Phone: 01227 783145

Email: [ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)

[www.ekhuft.nhs.uk/patients-and-visitors/information-for-patients/pals/](http://www.ekhuft.nhs.uk/patients-and-visitors/information-for-patients/pals/)

### **Kent & Medway Partnership Trust**

Patient Advice and Liaison Service (PALS) West

Phone: 0800 587 6757

[www.kmpt.nhs.uk/get-involved/feedback/compliments-and-complaints/](http://www.kmpt.nhs.uk/get-involved/feedback/compliments-and-complaints/)

Patient Advice and Liaison Service (PALS) West

Phone: 0800 783 9972

Online form: [www.kmpt.nhs.uk/get-involved/feedback/compliments-and-complaints/](http://www.kmpt.nhs.uk/get-involved/feedback/compliments-and-complaints/)

### **Medway Community Healthcare**

Customer Experience Team

Phone: 0300 123 3444 (ask to speak to customer experience team)

Email: [MEDCH.customercare@nhs.net](mailto:MEDCH.customercare@nhs.net)

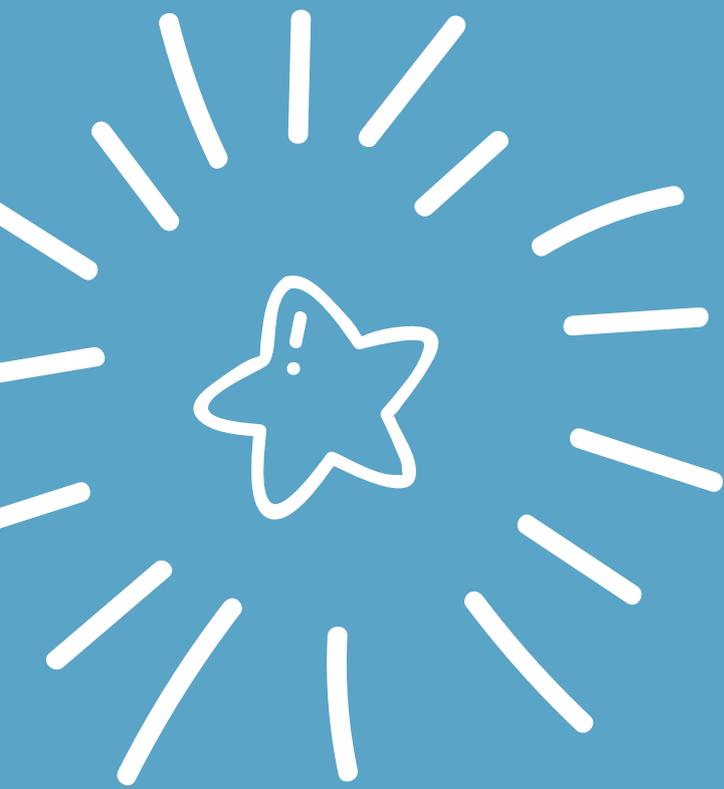
[www.medwaycommunityhealthcare.nhs.uk/contact-us/tell-us](http://www.medwaycommunityhealthcare.nhs.uk/contact-us/tell-us)

### **Medway Foundation Trust**

Phone: 01634 825216

Email: [medwayft.complaints@nhs.net](mailto:medwayft.complaints@nhs.net)

[www.medway.nhs.uk/patients-and-public/complaints/making-a-complaint.htm](http://www.medway.nhs.uk/patients-and-public/complaints/making-a-complaint.htm)



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KCC SEN, Lifespan Pathway 0-25 Disabled  
Children & Disabled Young People's Service  
and Kent & Medway CCG

In collaboration with Broomhill Bank School,  
IASK & PACT

[kent.gov.uk](http://kent.gov.uk)