

Preparing for Adulthood



A guide for Parents, Carers and Young People with Education, Health and Care Plans aged 14 to 25 years in mainstream and special education

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This is a guide for parents, carers and young people with Education, Health and Care Plans aged 14 to 25 years in mainstream and special education who are preparing for adulthood.

Includes information about:

- Education
- Health
- Social Care
- Employment
- Transport
- Finance and Benefits

Completed in conjunction with Bedford Borough Council's Adults with Learning Disabilities Team, Children with Disabilities Team, Bedford Borough's Parent Carer Forum and the Local Offer.

Further information, including a downloadable booklet, can be found on:



<https://localoffer.bedford.gov.uk/kb5/bedford/directory/advice.page?id=Qla-YCFhyak>

▶▶▶ Introduction

Adulthood is a time of significant change for young people especially when they have special educational needs and disabilities. There are many decisions and choices for young people, their families and carers to make about the future.

This can be complicated as support from education, health and social care may change when they get to 18.

A real big step as a young person approaches adulthood is leaving school but transition planning is also about moving from children social care and joining adult social care or leaving children's health and accessing specialist health services. Not everyone receiving children's social services will be eligible for Adult social care services, as the eligibility criteria is different.

That is why preparing for adulthood should start early to plan the right support for young people, to achieve the outcomes they want.

Bedford Borough's vision

Bedford Borough's vision for children and young people with SEND is the same as for all young people; to be safe, fulfil their potential, develop resilience and be healthy.

Bedford Borough Children's Services Outcomes Framework:



Top tips for a successful transition

- *If the Transition involves a big change, start planning early!*
- *Get involved in the planning process for the Transition to ensure that it is truly person centred*
- *Make sure your parents/carers are involved in the process*
- *Make sure you have all the necessary information in order to make your choices*
- *Make sure information is shared with the people who need to know to ensure that different services and agencies are working together*
- *Have clear aspirations and goals for achieving good life outcomes*
- *Make sure you know what actions have been taken or agreed and keep thinking about what is in your EHC Plan and make sure that it is flexible*
- *Make sure you know who to ask if you are unsure*
- *Make sure you go and look at different options and opportunities*
- *Get involved in the reviews at school - be prepared beforehand and know what you want to ask. Have the people present who you would like there.*



▶▶▶▶ Year 9 (age 13-14)

Being supported towards greater independence and employability can be life-transforming for children and young people with special educational needs and disabilities (SEND).

This preparation for adulthood should happen from their earliest years and no later than by Year 9 (age 13 or 14) and should link to the Young Person's Aspirations.



Education

Preparing for Adulthood Review

If your child has an Education, Health and Care (EHC) plan, the Local Authority must ensure that the EHC plan review at Year 9 - and every review thereafter - includes a focus on preparing for adulthood. Education, health and social care services should all be involved in planning and supporting this from Year 9 and into adulthood.

Preparing for adulthood planning should include support to:

- *prepare for further/higher education and/or employment.*
- *prepare for independent living.*
- *maintain good health in adult life.*
- *participate in society, including support in developing and maintaining friendships and relationships.*

Subjects

If your child attends a mainstream school, they will be asked to choose which subjects they want to study at Key Stage 4 (Years 10, ages 14-15). If appropriate, these will be the subjects they will take for GCSE exams.

Some subjects are compulsory at GCSE level: English, maths and science. Some schools have other compulsory subjects, e.g. religious education in faith schools.

Optional subjects vary from school to school, but your child must be offered at least one course in each of four groups of subjects: arts (including art and design, music, dance, drama and media arts); design and technology; humanities (history and geography); and modern foreign languages (e.g. French, German, Spanish).

If your child is not working at the levels necessary for GCSEs, ask the school about other accredited qualifications that might be available.

Entry-level qualifications are closely linked to the National Curriculum but also cover vocational and life skills. Assessment for these qualifications can be written, oral or practical.

Functional skills qualifications support the development of practical skills in English, maths and ICT. There is a strong focus on explanation and problem-solving, with a choice of assessment methods.

BTEC qualifications are vocational and work-related courses, designed to accommodate the needs of employers and allow students to progress to further and higher education or into employment.

For some students with special educational needs the National Curriculum at Key Stages 3 and 4 is not appropriate, especially in relation to qualifications and examinations. Legislation allows for pupils with EHC plans to have the National Curriculum disapplied. This means that they do not have to follow the National Curriculum.

For more information, see:



<https://www.gov.uk/government/publications/disapplying-aspects-of-the-national-curriculum>

SEND Support

Bedford SENDIASS offers free, confidential and impartial information, advice and support to parents and carers of young people aged 0-25 with special educational needs or disabilities (SEND) as well as young people themselves, to families who live in the Bedford Borough area.

We can offer you advice and information on key issues like Special Educational Needs and provision.

We can also offer support on Education, Health and Care Needs Assessments and Plans and matters relating to social care and health. They can also give you practical support with tasks such as understanding complicated documents and reports, completing SEND paperwork and enable you to feel more confident to voice your views in meetings.

For more information please visit:



<https://bedfordsendiass.org/>



Health

If your child has a learning disability, make sure that your GP records this on their notes.

This will act as a prompt so that reasonable adjustments can be made to ensure that your child can access high-quality and appropriate health care at all times and in all settings.

From age 14 onwards, it may also mean that your child will be invited to attend for annual health checks.

Annual Health Checks

An annual health check will involve a visit to the doctor's surgery to see a GP or a nurse who will:

- *carry out a general physical examination (weight, heart rate, blood pressure etc).*
- *assess emotional wellbeing & behaviour.*
- *ask questions about lifestyle & diet.*
- *review prescribed medication.*
- *check whether any chronic illnesses, such as asthma or diabetes, are being well managed.*
- *review arrangements with other health professionals, e.g. physiotherapists or speech and language therapists.*

The Annual Health Check is a chance for your child to get used to visiting the doctor's surgery. It may also be a good opportunity to discuss any transitional arrangements for the move to adult health services.

Information gathered through the annual health check can be fed into the EHCP process.

Hospital Services

Planning for the move from children's to adult hospital services should also begin in Year 9.

It should be:

- *led by a named worker, often a nurse, who will coordinate your child's transition care and support.*
- *developmentally appropriate, taking into account your child's capabilities and needs.*
- *not be based on a rigid age threshold.*
- *take place at a time of relative stability, i.e. not at the same time as moving from school to college or during a health crisis.*
- *reviewed at least annually.*

Clinical specialities do transition differently; although they should all follow the NICE guidelines (see www.nice.org.uk/guidance/ng43).

Ask at your child's next hospital appointment about arrangements for transition.

Bedford Borough's Local offer (<https://localoffer.bedford.gov.uk/kb5/bedford/directory/home.page>) outlines a collection of support available to young people who are 'Preparing for Adulthood' and their families including:

- *Diet and Healthy Lifestyle*
- *Drugs, Alcohol and Smoking*
- *General Health*
- *Mental Health*
- *Pregnancy and Childbirth*
- *Sexual Health*
- *Specialist Disability Services*
- *Dentist and Optician*

Any difficulty you may have in accessing a service because of an additional need must try to be supported by professionals with them considering 'reasonable adjustments' to help you do so.



Social Care

Think about your child's current and future support needs. Is the support they receive still relevant to them now they are a teenager?

You might want to consider asking for direct payments to pay for a Personal Assistant (PA) who can help your child to access social and leisure activities. Your child might be interested in joining a local club.



<https://localoffer.bedford.gov.uk/kb5/bedford/directory/site.page?id=NxIyPKo3LRY>

Bedford has facilities such as Smiley Club, SSG, Autism Bedfordshire Youth Groups, Fun 4 Young People Groups, BDCPS Groups and Mencap Playschemes amongst others.

For more information on the local provision available, see the Bedford Local Offer at:



<https://localoffer.bedford.gov.uk/kb5/bedford/directory/home.page>



Employment

There are some employment opportunities for children aged 13+ with restrictions in place. These restrictions can include working times/hours and industries.

More information can be found at:



<https://www.bedford.gov.uk/schools-education-and-childcare/education-welfare-service/child-employment/>

There is also contact information on this website for someone who can advise where to seek suitable employment for someone aged 13+.



Finance



It is much easier to open a bank account for your child before they turn 18. You have to be at least 11 years old to open your own bank account, and some accounts have a higher minimum age like 16.

More information available here:



<https://www.money.co.uk/current-accounts/how-to-get-a-bank-account-for-under-18s.htm>

▶▶▶▶ Year 10 (age 14-15)



Education

If you think that your child will need extra help to enable them to successfully take GCSE exams at the end of Year 11 such as extra time, a computer or a smaller/ individual room, you should talk to the SENCO and/ or Examinations Officer at school as soon as possible about Access Arrangements.

Access Arrangements allow students with special educational needs, disabilities or temporary injuries to access exams without changing the demands of the assessment. They are based on evidence of need, the normal way of working in the classroom and must be appropriate to the student and the exam.

For example:

- *If your child does not have someone to read or scribe for them in class (normal way of working), they would not be eligible for this in exams.*
- *A student with dyslexia may require extra time for a written exam but not for a practical one.*

At the annual review of the EHC plan, continue with planning for preparation for adulthood. As part of this planning, there should be discussions with your child and yourselves, regarding potential opportunities for future education, work and training opportunities that are available in the future.



Health

Flu Jab for Carers

The seasonal flu vaccine is the best way to protect yourself and the person you care for from flu, and may prevent you from being too ill to care. Speak to your GP or pharmacist about having a flu jab along with your disabled child.

NB: Remember to ask for a flu vaccine nasal spray for your child (2-17 years) and check that they haven't already had it in school.

Health Action Plan

Health Action Plans should be updated (if applicable) by those involved in supporting your Child's Health Care needs. This should be written in consultation with the young person and parent/carer(s) to feed into transition planning.

For more information, please visit:



<https://www.bedford.gov.uk/social-care-health-and-community/help-for-adults/partnership-boards/learning-disability/my-better-health-plan/>

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- *General Health*
- *Mental Health*
- *Pregnancy and Childbirth*
- *Sexual Health*
- *Specialist Disability Services*
- *Dentist and Optician*

Any difficulty you may have in accessing a service because of an additional need must try to be supported by professionals with them considering 'reasonable adjustments' to help you do so.

If you are over 14 years, and have a Learning Disability, remember to book your 'Annual Health Check' with your GP surgery. Don't forget to let the surgery know of any 'Reasonable Adjustments' that would help you to attend.



Transport

Independent Travel Training

You may want to consider Independent Travel Training. This is designed to equip your child with the confidence and skills required to travel independently to and from school or college.

If you think that this is something that your child would benefit from and is ready for, talk to the SENCO, School/College or your child's Social Worker.

For more information see:



<https://localoffer.bedford.gov.uk/kb5/bedford/directory/service.page?id=QCJx1yHOJas>



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<https://www.money.co.uk/current-accounts/how-to-get-a-bank-account-for-under-18s.htm>

▶▶▶▶▶ Year 11 (age 15-16)



Education

Year 11 is the last year of compulsory schooling.

If your child wants to apply for a school 6th form or college place, check websites for open evenings/days. The deadline for applications for sixth form and college courses is usually 31 January.

Bedford school's sixth forms & Bedford Sixth Form College usually require 6 GCSEs grade 9-4 in the new system, including a grade 4 in maths and English language. However, they have the option of being more flexible about entry requirements for students with EHC plans, if it seems likely that the student could cope with the course and it meets their needs.

If your child is moving to college after Year 11, their course may not cover five full days as a full time course is around 18 hours per week. If your child has an EHC plan and it is unlikely that they will be able to undertake unsupervised learning in college and/or it is

unsafe to leave them at home alone, then the local authority should consider providing a package of provision and support across education, health and social care that covers five days a week.

Five-day packages of support do not have to be at one provider and could involve amounts of time at different providers and in different settings. As well as time for independent study, a package of provision can include non-educational activities such as:

- *volunteering or community participation.*
- *work experience.*
- *independent travel training, and/or skills for living in semi-supported or independent accommodation.*
- *support to access facilities in the local community, develop and maintain friendships.*
- *health-related activities such as physiotherapy and physical activity.*

In making decisions about packages of support, local authorities should take into account the impact on your family and on your child's progress.

TIP **REMEMBER:** *The school year finishes early in Year 11, whether your child is taking exams or not – either on the last Friday in June or earlier because of study leave. Check with school in good time to make alternative arrangements.*

If your son or daughter is currently at a Special School, e.g. Ridgeway, Ivel Valley or St Johns they may wish to remain at school until they are 19 and go into the school Post 16 provision. There are a number of local training providers that can offer an alternative option to going to college.

For more details on these providers please refer to the local offer website.





Transport

There is no automatic entitlement to free travel assistance and home-to-school or college transport beyond compulsory school age (16 years). You may have to contribute to the cost of your child's transport. Your child may be able to get a bursary to help with education-related costs, including transport (see page X).

If your child has an EHC plan and is moving from school to college, you will have to fill in a transport application form available online from Bedford Borough Council. This enables a reassessment of needs and will determine whether your child is eligible for travel support.

The council does not provide travel assistance to work experience placements, medical appointments or other off-site visits; responsibility for this remains with the parents or carers, or school or college as appropriate.

For further information, please see:



<https://www.bedford.gov.uk/schools-education-and-childcare/schools-and-collegescadem/school-transport/>

Information relating to Travel Training can also be found at:



<https://localoffer.bedford.gov.uk/kb5/bedford/directory/service.page?id=QCJx1yHOJas>.



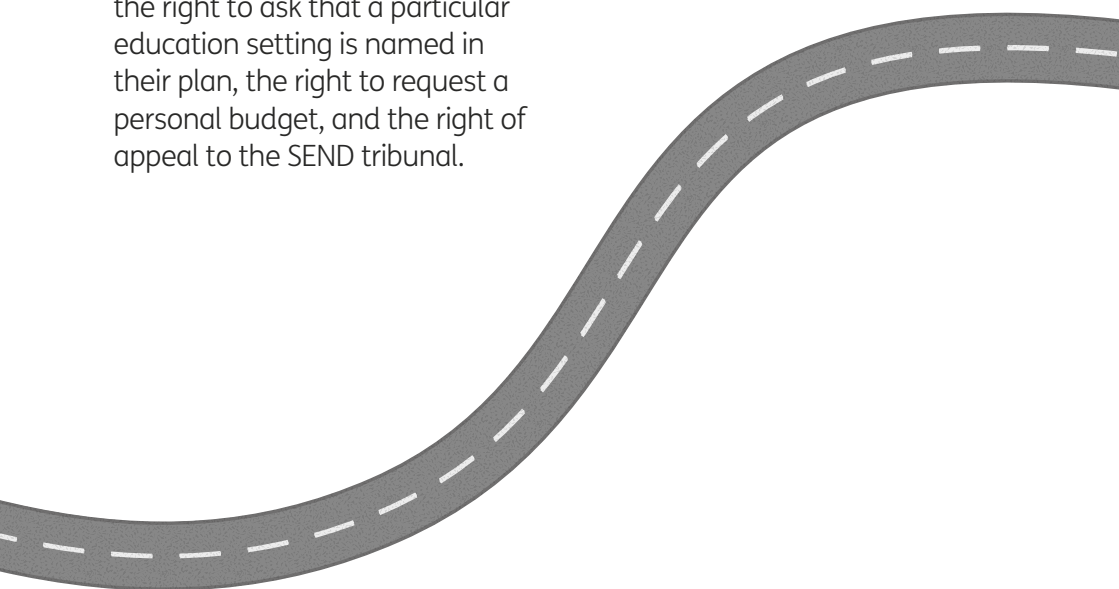
Legal Matters

Decisions about EHC Plans

When a young person reaches the end of compulsory school age (defined as the last Friday in June of the school year in which they turn 16), some rights related to EHC plans transfer from the parents to the young person.

These are: the right to ask for an EHC needs assessment, the right to make representations about the content of their EHC plan, the right to ask that a particular education setting is named in their plan, the right to request a personal budget, and the right of appeal to the SEND tribunal.

If you think your young person lacks mental capacity to make these decisions, you should alert the local authority and inform them that you want to act as your child's representative. When making decisions on behalf of your young person, you must comply with the Mental Capacity Act.



The Mental Capacity Act

This Act affects decision-making for all people aged 16 and over who are unable to make some or all decisions by themselves. The issue of capacity is decision-specific; this means that capacity can only be assessed 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.

It also recognises the fact that someone may be able to make some decisions but not others. For example, someone can lack capacity to make complex financial decisions or consent to medical treatment, but have the capacity to decide what they would like to eat.

When assessing capacity to make a decision, it is important to consider whether your child is able to:

- *understand the information relevant to the decision.*
- *retain that information.*
- *use that information to make a decision.*
- *communicate their decision (whether by talking, using sign language or any other means).*

When someone is judged not to have the capacity to make a specific decision (following a capacity assessment), that decision can be taken for them, but it 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; e.g. a doctor who requires consent before carrying out treatment.

Consulting with others is a vital part of best interest decision-making, and the Mental Capacity Act requires the involvement of carers and family members.

Parents and professionals must always support a young person 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.

An easy read guide can be found at:



<https://www.local.gov.uk/sites/default/files/documents/easy-read-guide-pdf-16-pa-2cc.pdf>

There may be a requirement for Deprivation of Liberty arrangements, for someone who lacks capacity, when they move into a Residential or Supported Living home whereby they are unable to consent to their care and support.



Health

Whether or not your child has transitioned to adult health services for their long-term needs, if they are 16 or over and require emergency treatment, they must attend the A&E department at Bedford Hospital.

Your child may be invited to attend transition clinics which are jointly run by staff from children's and adult health services.

If you are over 14 years, and have a Learning Disability, remember to book your 'Annual Health Check' with your GP surgery. Don't forget to let the surgery know of any 'Reasonable Adjustments' that would help you to attend.

More information can be found at:



<https://www.adass.org.uk/media/5896/quick-guide-to-deprivation-of-liberty-safeguards.pdf>

Bedford Borough's Local offer (<https://localoffer.bedford.gov.uk/kb5/bedford/directory/home.page>) outlines a collection of support available to young people who are 'Preparing for Adulthood' and their families including:

- *Diet and Healthy Lifestyle*
- *Drugs, Alcohol and Smoking*
- *General Health*
- *Mental Health*
- *Pregnancy and Childbirth*
- *Sexual Health*
- *Specialist Disability Services*
- *Dentist and Optician*

Any difficulty you may have in accessing a service because of an additional need must try to be supported by professionals with them considering 'reasonable adjustments' to help you do so.



Finance

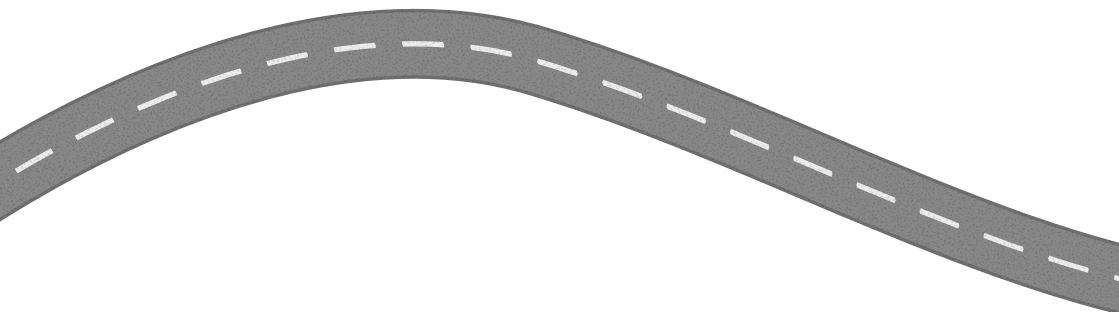
Your Child/The Young Person can:

- *claim benefits in their own right; however, if they stay in full-time non-advanced education (e.g. GCSEs, A-levels, BTECs, NVQ levels 1-3) or some types of training, parents can choose to carry on claiming for them as part of their family. You will need to weigh up which option is likely to leave your family better off. You can get help from Citizen's Advice Bedford on 01234 867944 .*
- *receive Direct Payments in their own right.*
- *will be reassessed under PIP (Personal Independence Payment) if they have been getting DLA (Disability Living Allowance) as a child. For more information, see <https://tinyurl.com/c6ssof6>.*
- *apply for Employment and Support Allowance (ESA) if they are in full-time education and get DLA/PIP. For more information, see www.gov.uk/employment-support-allowance/overview.*



Please note: An award of ESA to the child means that any benefits parents get for their child as a dependant (e.g. child benefit, tax credits) will stop.

Seek specialist advice to make sure your family won't be worse off!





16-19 Bursary Fund

If your child is in further education (school or college) or training they could apply for a 16-19 bursary. There are two types of bursary:

Vulnerable Student Bursary

Up to £1,200 per year if at least one of the following applies to your child:

- *in or recently left local authority care.*
- *is disabled and getting Income Support (IS) in their own name.*
- *is disabled and getting Employment and Support Allowance (ESA) and either DLA or PIP.*
- *is disabled and getting Universal Credit in their own name in place of IS or ESA.*

Discretionary Bursary

You can apply for this if you need financial help but your child doesn't qualify for a vulnerable student bursary.

The education or training provider decides how much your child will get based on individual circumstances (this usually includes your family income) and what it can be used for.

For more information, see:



www.gov.uk/1619-bursary-fund

Appointeeship

A child turning 16 is usually expected to take on responsibility for any benefits they claim in their own right. If they are unable to manage their affairs, you can become their 'appointee' for benefit claims. Becoming an appointee means that you are responsible for making any claims, giving any information required, and disclosing any changes that may affect your child's entitlement to benefits.

The benefits will be paid to you on their behalf. Becoming an appointee for benefit purposes does not mean you have any wider rights to deal with their affairs.

For more information, see:



www.gov.uk/become-appointee-for-someone-claiming-benefit



Contact a Family have produced a guide 'Personal Independence Payment (PIP) and other benefits at 16' which looks at the benefits it may be possible for a young disabled person to claim once they turn 16 years of age. They have also produced a guide for parents – 'Money Matters - a checklist when your child has additional needs' which is a checklist of the entitlements to benefits and other financial help you may be able to get if you are the parent of a disabled child.

For more information, see:



https://contact.org.uk/media/1532074/money_matters.pdf

Contact a Family also employs experienced benefit advisers who can calculate your benefit and tax credit entitlements over the phone, and they will also help you access a local adviser if you need help completing forms. The free Contact a Family helpline is available from Monday to Friday, 9.30am-5.00pm, on freephone number:



0808 808 3555



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More information available here:



<https://www.money.co.uk/current-accounts/how-to-get-a-bank-account-for-under-18s.htm>

▶▶▶▶ Years 12 & 13 (age 17-19)



Education

Young people must continue in education or training until their 18th birthday.

All students aged 16 to 19 should follow a study programme that stretches them, prepares them for adulthood, and supports their progression into work or further study. For students who have an EHC plan, a study programme can apply up to the age of 25.

Study programmes should always include English and maths, but at an appropriate level. Some students with SEND will be able to work towards achieving GCSE grade C (4) or above, whereas others may qualify for an exemption from the requirement to attain a grade C (4).

While some students with SEND should be on study programmes which help them achieve academic qualifications, others will benefit more from programmes which concentrate on high-quality work experience and other non-qualification activities to help them prepare for employment and adult life.

Young people with an EHC plan can undertake Supported Internships or Traineeships which aim to prepare them for employment or apprenticeships.

Supported Internships

Supported internships are structured study programmes based primarily at an employer. They are designed to enable young people with SEND to achieve sustainable, paid employment by equipping them with the skills they need for work through learning in the workplace.

Internships normally last for a year and include unpaid work placements of at least six months. Wherever possible, they support the young person to move into paid employment at the end of the programme.

For more information, see:



<https://www.preparingforadulthood.org.uk/downloads/supported-internships>.

Traineeships

A traineeship is an education and training programme with work experience that prepares a young person for their future career by helping them to become 'work ready'. Designed to help young people aged 16 to 24 who don't yet have the appropriate skills or experience, traineeships provide the essential work preparation training, English, maths and work experience needed to secure an apprenticeship or employment.

Once a traineeship has finished, the EHCP will cease.

For more information, see



www.gov.uk/government/collections/traineeships-programme.



Having the right education and training outcomes for your child specified in their EHC plan is very important at this stage.

This is because the decision whether a young person aged 19-25 still needs an EHC 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.



Health

If you are over 14 years, and have a Learning Disability, remember to book your 'Annual Health Check' with your GP surgery. Don't forget to let the surgery know of any 'Reasonable Adjustments' that would help you to attend.

If your child's main need is related to their health, they should be referred for an Adult Continuing Health Care Assessment.

This should be done well before their 18th birthday, to allow enough time for the assessment to be completed and for any discussions about the care they are entitled to.

Adult health services use Hospital Passports for people with learning disabilities as a way of sharing important information about the patient and how best to care for them.

To download a Hospital Passport that you can complete on your computer, go to:



<https://www.bedfordshirehospitals.nhs.uk/documents/all-about-me-booklet/>

You can also request support from the Bedford Hospital Learning Disability Liaison Service (18+) if you're admitted to hospital and require additional input to meet need. You can contact them on 07768 132244 or 07833 294335

If there is no equivalent adult health service for your child to transition to, their health needs will be managed by their GP.

If your child has learning disabilities, they could be referred to the Adult Learning Disability Team at Bedford Borough Council who can support with a referral to Twinwoods Clinical Resource Centre. This service offers specialist health care assessment and interventions including: psychiatry, psychology, occupational therapy, physiotherapy and speech and language therapy.

For more information, speak to the Adults with Learning Disabilities Team:



01234 276762

Your GP can also make a referral to Twinwoods if you don't have or want Social Care input.

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- *Mental Health*
- *Pregnancy and Childbirth*
- *Sexual Health*
- *Specialist Disability Services*
- *Dentist and Optician*

Any difficulty you may have in accessing a service because of an additional need must try to be supported by professionals with them considering 'reasonable adjustments' to help you do so.

A Care, Education & Treatment Review (CETR) is a meeting about a child or young person (under 18) who has a learning disability and/or autism and who is either at-risk of being admitted to, or is currently detained in, an in-patient (psychiatric) service.

Further information can be found [here](#).

Once you're over 18, you will have a CTR (Care and Treatment Review) for which further information can be found:



<https://www.england.nhs.uk/wp-content/uploads/2015/10/ctr-policy-guid-er.pdf>



Social Care

The Care Act 2014 includes important legal duties on local authorities about what must happen when a child makes the transition from children's to adult services.

If your child is likely to need support from adult social care, the local authority must complete a transition assessment before they reach the age of 18. This duty also applies if your child is not currently receiving children's social services but may need services as an adult, e.g. if they have a degenerative condition or mental health problem.

You or your child can ask for an assessment. The Care Act does

not say that the child has to be a certain age to be able to ask for an assessment. It says that local authorities must consider, in all cases, whether there would be a 'significant benefit' to the individual in doing an assessment. Guidance also suggests that assessments should take place when it is easier to understand what the needs of your child will be beyond the age of 18.

Easy Read available at:



<https://councilfordisabledchildren.org.uk/help-resources/resources/2014-care-act-easy-read>

Ensuring there is no gap in services

When a local authority assesses a child who is already receiving support from children's social care, the Care Act requires them to continue providing support through the assessment process until adult services are in place to take over – or until it is clear after the assessment that adult care and support will not be provided. There should be no gap in services.

When an assessment is carried out, information should be given about whether your child is likely to have eligible needs for care and support when they turn 18 and an indication of the sort of support they can expect.

If the local authority decides not to carry out an assessment, it must explain in writing why it has reached that decision and provide information and advice about what can be done to prevent or delay the development of care and support needs.

Carer's Assessments

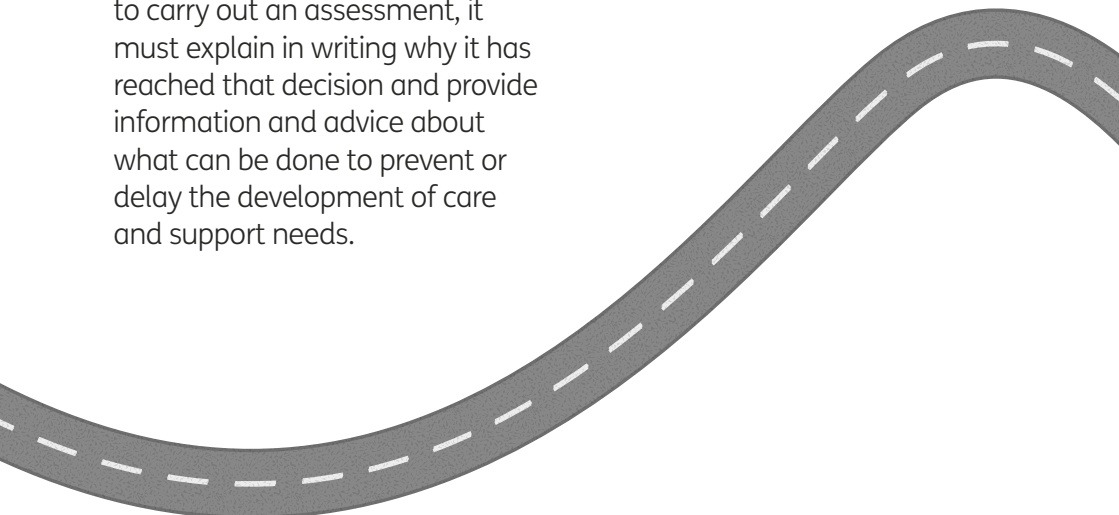
The Care Act gives local authorities a responsibility to assess your needs for support as a carer.

This assessment should consider:

- *The impact of caring on you.*
- *What you want from life:*
 - *Are you able or willing to carry on caring?*
 - *Do you work or want to work?*
 - *Do you want to study or do more socially?*

When the assessment is complete, the local authority must decide whether your needs are 'eligible' for support.

If they are, a support plan will be agreed, setting out how your needs will be met, e.g. help with housework, respite care etc.





Finance

Blue Badges

Blue Badges help people with disabilities or health conditions park closer to their destination. You can apply for a badge for yourself, on behalf of somebody else or an organisation that transports people that need a Blue Badge. The eligibility criteria changed in 2019 relating to Blue Badges, meaning that those with disabilities such as an ASD can be eligible for a Blue Badge.

Further information can be found here, including how to apply:



<https://www.gov.uk/government/publications/blue-badge-can-i-get-one/can-i-get-a-blue-badge>

Access to Work Grant

An Access to Work grant can cover the additional support your child may need for the in-work element of a supported internship or traineeship.

To get an Access to Work grant, your child must be 16 or over and have a disability, health condition or mental health condition that affects their ability to work. One of the following must also apply to them:

- *have a paid job (you cannot get a grant for voluntary work).*
- *are self-employed.*
- *have a job interview.*
- *about to start a job or work trial.*
- *starting work experience.*

NB: Your child may not be eligible if they are claiming Employment and Support Allowance or Income Support.

The amount of money your child will get will depend on their circumstances. The upper limit for grants is currently £41,400.

The money doesn't have to be paid back and will not affect your other benefits.

The money can pay for things like:

- adaptations to the equipment they use.
- special equipment.
- fares to work if they cannot use public transport.
- a support worker or job coach to help them in the workplace.
- a support service if they have a mental health condition and are absent from work or finding it difficult to work.
- disability awareness training for colleagues.
- a communicator at a job interview.

For more information, see:



www.gov.uk/access-to-work/overview



It is much easier to open a bank account for your child before they turn 18.

You have to be at least 11 years old to open your own bank account, and some accounts have a higher minimum age like 16.

More information available here:



<https://www.money.co.uk/current-accounts/how-to-get-a-bank-account-for-under-18s.htm>

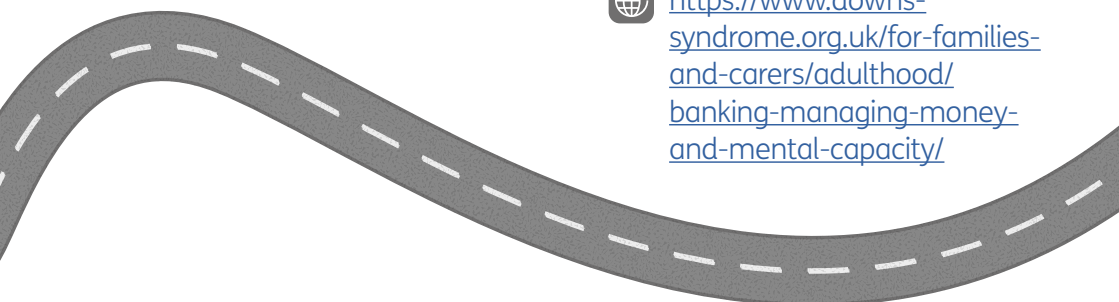
Post 18

If your child has additional needs they may require support with finances. Depending on whether they have capacity to manage their finances or not, will depend on whether you require a “Power of Attorney” or “Deputy for Finances” arrangement.

More information can be found here:



<https://www.downs-syndrome.org.uk/for-families-and-carers/adulthood/banking-managing-money-and-mental-capacity/>



Independence and Housing Options

Schools and family members should support young people to acquire independent living skills such as travel training, basic cookery skills, personal care and money management.

Moving away from home is a huge step and should be thought through carefully.

Moving into their own home is often a part of preparing for adult life and for some young people who are leaving care it may be something which may happen when they reach 16. Finding the right place to live and the right support to stay in a property is very important and so needs careful planning.

Many young adults are not ready to leave home or do not wish to do so. However, some may nevertheless want to learn more skills which they can use in the family home to become more independent. There are also some young adults who may need very specialist and regular support which may need to be provided in a residential home.

There are a number of different housing options which may need to be considered.

These include:

- *Social Housing - including Housing Association accommodation*
- *Private renting*
- *Shared Housing*
- *Shared Ownership*
- *Temporary Accommodation*
- *Supported Living*
- *Shared Lives Scheme*
- *Residential Homes*

To help prepare young people to prepare encouraging them to access respite services will introduce them to the idea of living outside the family home. If a young person is considering moving out of the family home they can have access to training flats where young people can learn domestic and independent living skills.

There are also opportunities at school or day services which offer independent living skills training. The Adult learning Disability Team run Open Days so that young people and their families can look at the different housing options available in Bedfordshire.

▶▶▶▶ Young Adults (age 19-25)



Education

College

Young people with SEND are not automatically entitled to maintain their EHC plans after they turn 19.

It is expected that most young people with EHC plans will have completed their further education by the age of 19, but the Government has recognised that some need longer to complete and consolidate their education and training. The length of time will vary according to each individual up to the age of 25.

When a 19-to-25-year-old continues with an EHC plan, the local authority must review it at least annually. The plan must contain outcomes which should enable the young person to complete their education and training successfully and move on to the next stage of their lives.

Special School

Young people aged 19 cannot remain in a special school unless they are completing a secondary education course started before they were 18 years old.

They will need to move to college to continue their education or training.

Higher Education

A young person studying for a level 4 in a further education college or at university is not entitled to an EHC plan.

There are separate systems in place to support disabled young people in higher education, including Disabled Students' Allowances (DSAs). These are non-repayable grants that assist with the additional costs incurred by disabled students.

DSAs fund a range of support, including assistance with the cost of:

- *specialist equipment.*
- *travel.*
- *non-medical helpers (e.g. sign language interpreters).*

For more information, see the DSA finance guide:



<https://media.slc.co.uk/sfe/quickStartFinanceGuide/dsa.html>

Ending an EHC plan

One of the reasons for not maintaining an EHC plan is that the young person no longer requires the special education or training provision specified in the plan. When making this decision about a young person aged 19 or over the local authority must take account of whether the education or training outcomes specified in the EHC plan have been achieved.

Local authorities must not cease to maintain the EHC plan simply because the young person is aged 19 or over.

When a young person is close to finishing their education and training, the local authority should use the final annual review to agree the support needed to help them engage with adult services.

The reasons for ceasing an EHC plan as follows:

- *The young person's outcomes on their EHC plan have been met.*
- *They are over 18 and no longer wish to engage in education.*
- *Moving onto Higher Education.*
- *In paid employment.*
- *Will be over the age of 25 at the end of the academic year.*



Health

Learning Disability Liaison

Supporting patients who have a learning disability

Patients with learning disabilities often need special consideration to ensure that they receive the care and treatment which meets their individual needs and maintains their safety. When attending hospital, preparation is important, particularly if you have specific needs that hospital staff need to be aware of and plan for. See below for some guidance on the sorts of things to consider when coming to hospital.

The Learning Disability Liaison Team at Bedford Hospital help support adults who have learning disabilities, their carers and family. They work with hospital staff to help them to understand how best to support and care for people who have a learning disability.

If you are over 14 years, and have a Learning Disability, remember to book your 'Annual Health Check' with your GP surgery. Don't forget to let the surgery know of any 'Reasonable Adjustments' that would help you to attend.


You can complete a booklet called “All About Me” which is available on the Bedford Borough Local Offer, or contact the Liaison Nurses. This booklet can assist staff at the hospital to understand more about your needs.

If you have any questions concerning your hospital visit, or if you require support in preparation or during your visit please contact us:

Simone Mingay


 07833 294 335

Evelyn Asante

 07768 132 244

For Luton and Dunstable Hospital, please contact:

Jeanette Broadhurst

 07899 065 737

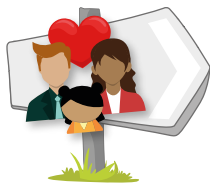
Juliet Foster

 07855 269 102

More information can be found here:

 <https://www.nhs.uk/conditions/learning-disabilities/going-into-hospital/>





Social Care

Where young people aged 18 or over continue to have EHC plans and receive support from adult social care, this will be provided under the Care Act 2014.

The EHC plan should be the overarching plan that ensures young people receive the support they need to help them achieve agreed educational outcomes. The statutory adult care and support plan should form the 'care' element of the young person's EHC plan.

Care and Support Costs

People over the age of 18 who have eligible care and support needs may have to contribute towards the cost of their care and support. The local authority will carry out a financial assessment to check how much your child can afford to contribute towards their care and support.

Care and support your child may have to pay towards includes:

- *home care (day and night).*
- *day activities and respite care.*
- *supported living.*
- *support provided by a Personal Assistant (PA).*

See the Bedford Borough Council fact sheet for information on how contributions are worked out here:



<https://www.bedford.gov.uk/social-care-health-and-community/help-for-adults/money-benefits-and-legal/paying-for-your-care/>

If you don't want Social Care involvement, other organisations locally that may be able to provide support include Autism Bedfordshire, Aspire, Inclusion Project, MIND, Living it Up and Sparkle Club.

Direct Payments

Direct Payments are a way to source your own care, either by employing a Personal Assistant, or to attend Leisure Activities such as a Day Service. People who are eligible for adult care services can receive direct payments.

If you are not already receiving adult care services, somebody from the social work team will first undertake an assessment to identify your care and support needs and discuss these with you.

If this shows that you are entitled to adult care services you then have a right to ask to be considered for direct payments instead of Bedford Borough Council arranging services for you.

You may need the care services because you:

- *are aged 16 and over and have a disability or illness (this can include learning disabilities and mental health problems).*
- *have parental responsibility for a disabled child or children; or*
- *are a carer aged 16 and over.*

You must also:

- *be willing to have Direct Payments.*
- *agree that you understand what having Direct Payments entails; and*
- *be able to manage the payments either alone or with help.*

All local councils must also offer direct payments to people who lack mental capacity. This means people who are unable to decide for themselves whether or not to receive direct payments.

You may be able to help someone you know in this position by receiving and managing a direct payment on his or her behalf.

More information on Direct Payments from Adult Services is available here:



<https://www.bedford.gov.uk/social-care-health-and-community/help-for-adults/money-benefits-and-legal/direct-payments/>



Employment

Supported Employment has been successfully used as a model for supporting people with significant disabilities to secure and retain paid employment. The model uses a partnership strategy to enable people with disabilities to achieve sustainable long-term employment and businesses to employ valuable workers.

If your child is open to the Adults with Learning Disabilities Team, ask their Social Worker for a referral to the Supported Employment service.

Alternatively if support may be required, but they're not open to Social Care, contact Jobcentre Plus: 0345 604 3719, or visit the Bedford Jobs Hub:



<https://www.bedford.gov.uk/jobs-and-careers/jobs-hub/>

Other support can be provided by Autism Bedfordshire, Aspire Programme or the Community Mental Health Team, depending on your needs.





Transport

Bedford Borough Council does not fund Travel Assistance for 19-to-25-year-olds without an EHC Plan who do not meet the criteria.

For more information please visit:



<https://www.bedford.gov.uk/schools-education-and-childcare/schools-and-collegescadem/school-transport/>

If your child is aged 19-25 and has an EHC plan, Bedford Borough Council has a duty to provide School Transport for some pupils.

For the relevant policy for your young person, please visit:

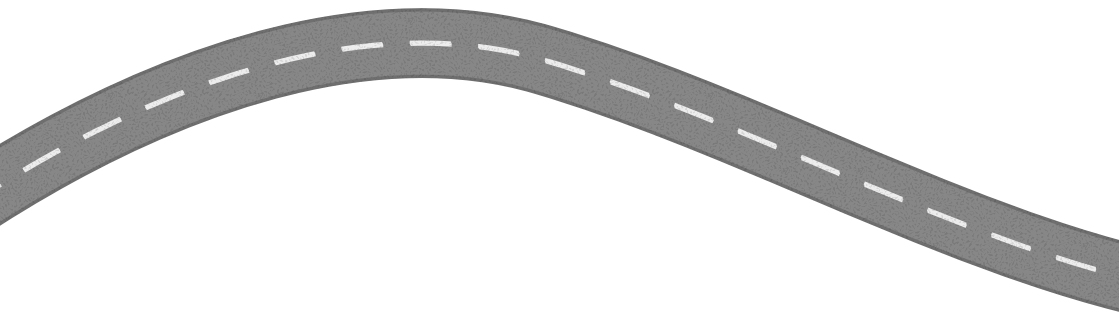


<https://www.bedford.gov.uk/schools-education-and-childcare/schools-and-collegescadem/school-transport/transport-policy/>

You may be able to be eligible to receive a free bus pass – further information is available here:



<https://localoffer.bedford.gov.uk/kb5/bedford/directory/service.page?id=VwKA5X738sQ>





Finance & Benefits

19-to-25-year-olds who make a benefit claim should be invited to meet a work coach at the Jobcentre.

For those claiming Job Seekers' Allowance (JSA), this will be as soon as possible.

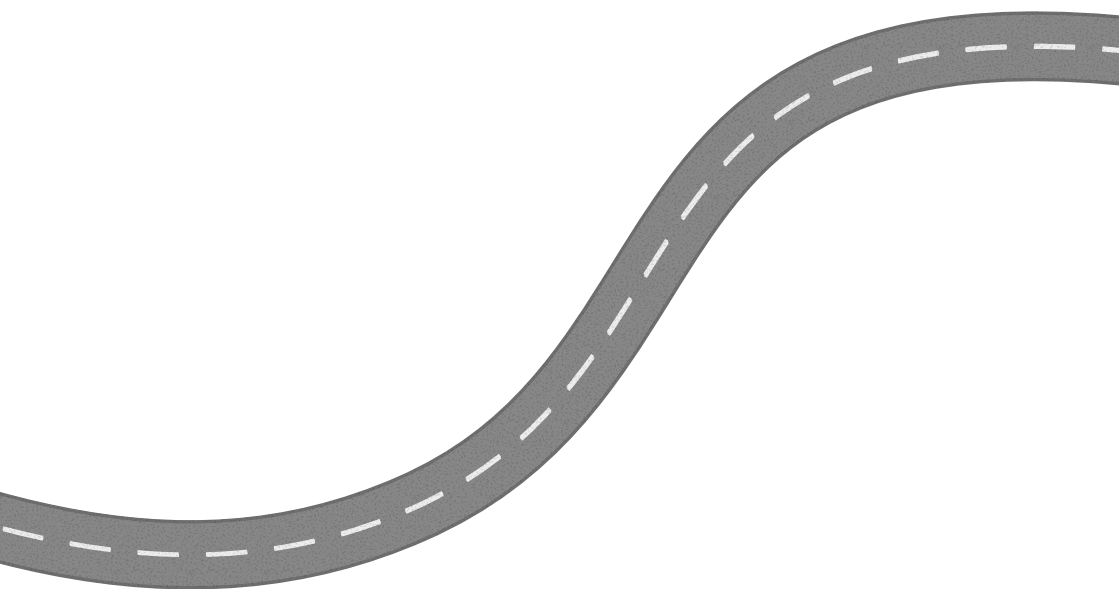
For those claiming Employment and Support Allowance (ESA) this will be within 4 to 6 weeks of their claim.

At the Jobcentre, the work coach will discuss the young person's needs and any barriers to work. If your young person has a long-term disability or health condition they will have a Work Capability Assessment to determine how their ability to work is affected.

For more information, please visit:



www.gov.uk/employment-support-allowance/overview



The Department for Work and Pensions (DWP) offers specialist employment programmes to support people into work.

These include:

- *Work Choice - help to get and keep a job if your young person is disabled and may find it hard to work. The type of support offered depends on needs and is different for everyone, but can include training and developing skills, building confidence and interview coaching. For more information please visit: www.gov.uk/work-choice.*

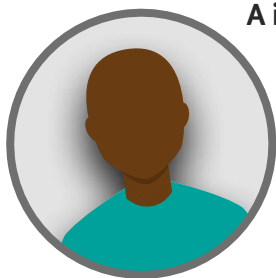
- *Specialist Employability Support - provides mentoring and training to help people with disabilities into work if they can't use other employment programmes. For more information please visit: www.gov.uk/specialist-employability-support/overview.*

Work coaches will also signpost claimants to other local options.

An Access to Work grant (see page 30) provides support to those with a disability or health condition who need help to work.



Transition Stories



A is a young man with learning disabilities and Autism. He is 20 years old and lives at home with his parents in Bedford Borough.

Assessments were undertaken by the Adult Learning Disability Team when A was 17 years of age and a package of community based support was set up enabling A to access the community and broaden his social opportunities.

A was attending a local college, whilst there a work placement was identified at a local public house and he began to complete work experience. As A was in his final year of college, referrals were made to the Adult Learning Disability Supported Employment service. They co-worked with A and the college to ensure continuity of his placement.

A left college in June 2019, he has continued to attend his job at the local pub and is now employed 2 days a week there. The Supported Employment team continue to oversee the job and support as and when necessary.

B is a 25 year old gentleman who resides at home with his family. B has a diagnosis of Autism and Dyspraxia.

He previously attended local college and whilst there had a work placement at Morrisons. Prior to leaving college, referrals were made to Supported Employment as B wanted to find work.

B was successful in securing employment at Morrisons 3 days a week (3 hours a day) but has recently increased his hours up to 21 hours a week. Our Supported Employment team continue to oversee the job and support as and when necessary.





C is a young man with learning disabilities and ASD.

Referral received and allocated when C was 17, C turned 18 in December 2017. Adult social worker joint worked with Children's services and attended relevant meetings. Assessment completed and panel application made for continuation and increase of his direct payment prior to his 18th birthday. This enabled C to carry on having his existing care with a Personal Assistant.

C attended the Open House event in 2018 with his Mum and visited a number of our supported living schemes, he particularly liked a provision with a longer waiting list. At his review in 2018, suggestion was given to explore a new provision specifically for young people with learning disabilities. A viewing was arranged and accepted. C had tea visits prior to moving and has since settled well. He also now attends Youth Inspired and Leisure Inspired on Fridays. Transition visits to Youth Inspired took place at the latter end of the summer term.

C was able to view a number of education provisions and day opportunities prior to him leaving school to better inform his decision. His school arranged a transitions event and he also was supported to attend our day services open event. His education and supported living placement is assisting him to develop his independent living skills.



D is a young woman with learning disabilities and ASD.

Referral received June 2017 & assessment completed September 2017. D turned 18 in August 2018. Respite transition commenced pre 18 and started in August 2018 – settled well. D attended day service open events and now attends 2 different day services during school holidays – she previously had a care agency but struggled to identify activities she wanted to participate in so preferred a day service option.

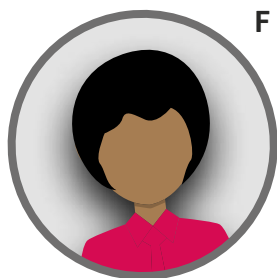
Education & Health Care Plan (EHCP) & Child in Need (CIN) meetings attended pre 18 and EHCP attended post 18 by ALDT. D now attends Youth Inspired. Transition visits to Youth Inspired took place at the latter end of the summer term. D was able to view a number of education provisions and day opportunities prior to her leaving school to better inform her decision. Her school arranged a transitions event and she also was supported to attend the ALDT day services open event.

E is a young man with moderate learning disabilities and ASD.

He is in year 13 of school. E wanted to travel independently to school from age of 17. Request made for funding for E to have travel training with our Bedford Independent Living Team.

Funding approved and E had 6 sessions of independent travel training. E is now travelling independently to and from school.





F is a young lady with severe learning disabilities, ASD and behaviours which can challenge.

Referral received at 16.5 years due to her complex needs in February 2018. Assessment completed by adult services in July 2018. Twinwoods referral made in June 2019 due to complex challenging behaviours. F will require support from a range of specialist services such as Psychiatry, Psychology, SALT.

Handover meetings arranged between children's and adult Psychiatry.

F's Mum attended the Open House and Day Service events as wished for a Shared Care arrangement at 18. Several respite provisions were identified and the preferred option was RFC. Transition meetings have taken place between all services including children and adult social care, school, family, current respite provision and adult respite provision. This started in August 2019 including tea visits from staff to her current respite, progressing to F attending the new provision. Funding already in place to fund this transition prior to her 18th.

From 18, F now attends 3 nights per week, each week. Close multi agency working between Adult and children's services and education. Adult social worker attended EHCP and CIN Meetings. F has 1 final year at school. Several visits taken place to post 19 education providers. Transition worker in school overseeing this. Transition going well and F is participating well.

▶▶▶ Useful Information

Preparing for Adulthood

A wide variety of downloadable resources available for parents, professionals and young people.



www.preparingforadulthood.org.uk

Bedford Borough Council

Children with Disabilities Team



01234 718023

Integrated Front Door (formerly MASH)

Point of entry for all Children's Services referrals)



01234 718700
(during office hours)



0300 300 8123
(out of hours)



multiagency@bedford.gov.uk

Adult Social Care

(for Sensory/Visual/Hearing Impairment and other Adult Services Teams not listed below)



01234 276422

Adults with Learning Disability Team



01234 276762



learning.disability@bedford.gov.uk

Physical Disabilities Team



01234 276168



physical.disability@bedford.gov.uk

Bedford Local Offer

A council-run website with information about support and services for adults, children and families, and the 'local offer' for children and young people aged 0-25 years with SEND. The local offer has a section on transition.



<https://localoffer.bedford.gov.uk/kb5/bedford/directory/home.page>

Community Mental Health Team



01234 880404

SENDIAS

Provides information, advice and support to children and young people with SEND and their families, in relation to education, health, social care, disability benefits and leisure.



01234 276267



sendiass@bedford.gov.uk



<https://bedfordsendiass.org/>

Patient Advice and Liaison Service (PALS)

Monday to Friday, 8am to 4pm



01234 759814



pals@bedfordhospital.nhs.uk

Bedford Hospital



<https://www.bedfordshirehospitals.nhs.uk/>

Benefits Advice

Citizens Advice Bedford



01234 867944



<https://www.bedfordcab.org.uk/>

Contact a Family



Helpline 0808 808 3555



www.cafamily.org.uk

Voiceability

Single point of contact for all statutory advocacy including: social care, mental health, NHS complaints and learning disabilities.



<https://www.voiceability.org/>

Carers in Bedfordshire

Offers a range of support and information services to all carers in the city looking after someone who is unable to manage alone due to disability, severe illness or frailty.



0300 111 1919



<https://www.carersinbeds.org.uk/>

Bedford Borough Parent Carer Forum



07943 524553



communications@bbpcf.org.uk



Finding out more...

If you would like further copies, a large-print copy or information about us and our services, please telephone or write to us at our address below.

Për Informacion

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Informacja

برای اطلاع

Za Informacije

Per Informazione

তথ্যের জন্য



01234 267422



Adult Social Care

Bedford Borough Council
Borough Hall
Cauldwell Street
Bedford MK42 9AP



[www.bedford.gov.uk/health_and_social_care/help_for_adults/
contact_adult_social_care.aspx](http://www.bedford.gov.uk/health_and_social_care/help_for_adults/contact_adult_social_care.aspx)