

A Parent and Carer Guide to the Transition Process for Young People with Disabilities

December 2017

1. Introduction

This guide has been written for parents and carers of children and young people with a Statement of Special Educational Needs in Flintshire.

We hope the information will help to enable you to find the information needed to support your family through transition from services provided by Social Services for Children to those from Social Services for Adults if you are being supported by the CIDS/Transition Team.

The [Social Services and Well-being Act \(Wales\) 2014](#), aims to give those receiving support a louder voice and more control in the care and support they receive. Over the next few years, there will be a number of changes to bring the Transition process in line with the Act and to put the person at the centre of the process.

Whilst these changes are taking place, we will continue to listen to the young person throughout the transition process to help them, wherever possible, achieve their dreams.

Each young person is an individual, and there is no 'one-size-fits-all' approach to transition, but it is hoped that this guide will help to answer some of the questions you may have, and give you some suggestions on where you can find out more information.

This booklet will cover the following:

- What is Transition for young people?
- The Transition Team
- Planning for Transition
- What to expect during Transition
- Becoming an Adult
- Future changes to Transition
- Useful contacts and resources
- Eligibility for support
- Being a carer
- Views about your service

2. What is Transition for Young People?

Transition is a time of change. We all go through transitional stages in our lives, whether it be from primary school to secondary school or moving house.

For young people with Disabilities, Transition is a time where it may mean they:

- Leave school
- Go to college or university
- Move in to independent living / supported living
- Move in to Social Services for Adult Services

Changes in life can be a stressful time for anyone. There are lots of decisions to make and some may be difficult for both you and the young person you support. However, it can be a really exciting time, where the young person may be able to move towards goals they want to achieve.

You may first be asked about Transition at a really early stage when the young person enters Year 8. It may be difficult to think Transition at this point, but by agreeing to the Transition Team's support, the young person and the service will be able to plan ahead.

3. The CIDS/Transition Team

Mission Statement

To support a seamless pathway in to adulthood for children and young people with disabilities, promoting their right to have their voice heard every step of the way.

Recently, the Children's Integrated Disability Service (CIDS) and the Transition Team have merged. The CIDS/Transition Team aim to provide support for young people aged 16-25 who have a physical disability, sensory impairment or a learning disability to:

- Promote independence
- College/ training support
- Community based social activities and transport training
- Work experience directed towards possible jobs in the future.

The service focuses on a seamless and smooth transition to Social Services for Adults with the help of the young person, their carers/family and partner agencies. The team use person-centred approaches to ensure that the young person's goals and hopes are reached where possible, that the young person is valued, can make informed choices and is supported to learn everyday skills.

The CIDS/Transition Team sits within Social Services for Adults, but works closely with Social Services for Children in areas like safeguarding.



4. Eligibility for Support

Under the new Social Services and Wellbeing Act (Wales) 2014, a person may be eligible for services if an assessment establishes that overcoming barriers to achieving their personal outcomes requires the local authority to prepare and ensure the delivery of a care and support plan, or a support plan for carers.

The assessment will look at 5 things:

1. the person's circumstances
2. their personal outcomes
3. barriers to achieving those outcomes
4. risks to the person or to other persons if those outcomes are not achieved
5. the person's strengths and capabilities

5. Planning for Transition

During the process of transitioning from Social Services for Children to Social Services for Adults, there will be lots of meetings to attend. These meetings are to help the young person, with your support, make some choices about what they want for their future.

The early meetings will focus on providing information to you and the young person, and finding out about what the young person likes and dislikes. As transition approaches there may be more decisions to make and more information about the options available.

Tips for talking about transition

Parents

- try not to assume what your child wants from the future – ask them what's important to them
- get information about all the options in advance of meetings, for example education and support for living independently
- before meetings, encourage your child to make a list of the items they would like to discuss
- ask your child how they want you to support them in meetings
- encourage your child to do the talking if they feel able to
- in meetings, prompt rather than take over. If you think your child's questions haven't been answered, ask them if they would like to go back to any issue to discuss more.

Source: *Preparing for adult life and transition. Information for families* Contact a Family (2008)

Here are some questions the young person may want to think about:

- Who do I want to help me?
- How can I be more independent?
- How can I tell people what I want?
- What would I like to be doing in the future?
- Have I got health needs I need to think about?
- What money will I have and who can help me sort it out?
- Where do I want to live? Would I like to share and if so who with?

You may wish to work with the young person you support to fill in a 'one-page profile' (Appendix 1). The profile helps those who will be working with the young person understand what is important to them and how best to work with them.

6. What to Expect During Transition

Although each journey through Transition is different for each individual young person, there are some key milestones along the path.

Age	Year	
13 -14	9	<p>The school will arrange the Year 9 Annual Review where the young person can begin to think about what they may want to do when they leave school and in the future. This may seem like a long time away, but it's important to begin to plan for transition early.</p> <p>Agencies who have been involved with your family will be invited along to the meeting, including staff from the school, Careers Wales, your Transition Key Worker from the Children's Disability Team and people from Health services if the young person has any health needs. You may choose other people to attend too, like an Advocate.</p> <p>Careers Wales will write a 'Career Plan'. This will look at what the young person may wish to do in the future. If the young person has a learning disability and is to go to residential college, a Learning Disability Advisor will also begin to work with you.</p> <p>The CIDS/Transition Team will also be developing a 'Care and Support Plan' which will be reviewed every 6 months with you and the young person. This plan will include more information about what the young person likes and dislikes.</p>
14 -15	10	<p>An Annual Review will take place through the school each year to keep the plans up to date. It's OK if the plan changes.</p>
15-16	11	<p>An Annual Review will take place through the school each year to keep the plans up to date.</p> <p>If the young person is going on to college or work based learning, Careers Wales will prepare a 'Learning and Skills Plan'. This will be shared with the college or work opportunity with permission of the young person. It will help the college or work place understand what support is needed for the young person. These will be prepared by the end of May.</p> <p>The Learning and Skills Plan will be reviewed by October half-term by linking in with the young person to see if the plan is working.</p> <p>At 16, the young person may apply for Direct Payments for themselves. Before this age, parents can apply. Direct Payments give you more control and choice over who you can buy services from, instead of getting them from the Council.</p>

		The young person may be eligible to receive Education Maintenance Allowance (EMA). EMA is means tested.
16-17	12	<p>An Annual Review will take place through the school each year to keep the plans up to date.</p> <p>The school will find out what the young person is interested in and find a work experience placement. Speak to your school to find out more. If appropriate the school will also support the young person with transport training to help them feel more confident on public transport, and with applying for a bus pass.</p> <p>The young person may also be eligible for Personal Independence Payments (PIP).</p>
17-18	13	<p>An Annual Review will take place through the school each year to keep the plans up to date. Other staff from Adults Health Services may begin to link in with the meetings if appropriate.</p> <p>The young person is eligible to vote at 18.</p> <p>If the young person is known to children's health services, then adults' health services may link in here too. Speak to your health professionals about how the support provided to the young person could change as they grow older.</p> <p>If the young person is going on to University or other Higher or Further Education settings, their Learning and Skills plan will be shared here too, with permission from the young person. Careers Wales would continue to be involved in the Annual Review and Career Plans.</p>
18-19		<p>Anyone over the age of 18 has access to the 'Information Skills Gateway' at Careers Wales. This helps people to improve their qualifications and skills.</p> <p>The young person may also be able to access Job Coaches through the CIDS/Transition Team. The Job Coaches can support a young person in their volunteering or employment until they feel confident enough to go on their own. Speak to your Key Worker about the options available.</p> <p>An assessment will take place to determine the best services for the young person as they move forward in to adulthood.</p>

An Advocate is someone who helps a person communicate their wishes and feelings if there is a barrier to them doing so themselves. Advocates can be family or another appropriate person, for as long as they are representing the wishes of the individual. Independent Professional Advocates can also be appointed who are independent of the family and any organisations involved.

7. Becoming an Adult

Education

When thinking about moving on to college, Careers Wales will work with the young person to look at what options are available to them. The Local Authority will always look at what opportunities are available locally before considering sending young people on to Residential Colleges. Through this approach the young person will be able to make lifelong friends and networks in their local community and learn to adapt to any local changes as they happen gradually.

In Flintshire, Coleg Cambria provides a wide range of support for young people with disabilities. They have produced '[A guide to support and services for students with a disability](#)' which gives more information on what is available at the college. You can also explore their website [here](#).

There are also residential settings in the local area. Young people may wish to attend a residential college if their needs cannot be met locally. It is important however, to discuss this early in the transition process to ensure that this is the best option for the young person and that funding for the placement can be secured from Welsh Government.

Top Tips

Visit your local college to find out what support is available to the young person.

Speak to others about the course the young person would like to go on. Think about the workload, the pace of the course and whether you feel the young person may get the most out of it and be able to use what they have learnt in the future.

Keep a record of all your meetings.

Work and Training

Careers Wales provide careers advice and guidance for people of all ages. They can be contacted through your school, Key Worker or by contacting them directly on 0800 028 48 44.

Careers Wales have produced a booklet 'Planning Ahead – A guide for parents and carers'. This booklet introduces you to the services that Careers Wales offer to young people with special educational needs. For a copy of this booklet, contact Careers Wales or your Key Worker.

The school or college will also provide work experience for young people as taster sessions or linked to something they are interested in. Your school or college will be able to tell you more.

Flintshire County Council also provide a number of work opportunities the young person may feel they would like to get involved in.

Health and Well-being

It's really important to stay healthy and well, so encouraging the young person to think about what they need to keep themselves healthy is really important. It may be useful to think about any medical needs that need to be considered when making plans for the future.

DEWIS Cymru

DEWIS Cymru is the place for information about well-being in Wales and has information that can help you think about what matters to you, along with information about local organisations and services that can help. <https://www.dewis.wales/>

Living Independently

The school, the Transition Team and others will be working with the young person and their family to promote independent living skills.

The school will also be helping the young person with 'transport training' to help them feel more confident with public transport. The [Orange Wallet Transport Scheme](#) is also available in Flintshire. It is intended to help people, especially those on the Autistic Spectrum, to cope more easily with public transport. You can ask your Key worker for more information.

Leisure Time

The [Family Information Service Flintshire](#) have a database of different organisations and group in Flintshire and will help in finding what is available in Flintshire for the young person to access. Tel: 01352 703500

Money and Benefits

As a young person moves into adulthood, there may be changes in the benefits they receive. There may be charges for some of the care and support they receive, and the way the benefits are received may also change.

There are different benefits available, but access to these may depend on the young person's disability and other criteria.

Personal Independence Payment (PIP) started to replace the Disability Living Allowance (DLA) in 2013. The payments help towards some costs people with disabilities may face, such as paying for support around the home. PIP is a non-means-tested, non-taxable benefit, unaffected by employment status, which people can spend in a way to best meet their needs. PIP can be claimed from 16+. The amount of funding depends on how the condition affects the individual, not the condition itself.

You may wish to help the young person set up a bank account if they don't already have one.

For more information about PIP, please go to <https://www.gov.uk/pip/overview>

At 16, the young person may be able to apply for Direct Payments for themselves. Before this age, parents may apply. If you are eligible for help to meet your care needs, Flintshire County Council can give you the money instead of a service. You can spend the money on getting the support you need. This is known as a Direct Payment. You can use your Direct Payment to arrange support that is right for you and your lifestyle. You can find out more about Direct Payments [here](#).

There is more information on financial help for people with Learning Disabilities on the [Direct.gov website](#) and the [Careers Wales Website](#).

For more information, speak to your Key Worker or you could access the Local Citizen's Advice Bureau (CAB)

8. Being a Carer

Transition may mean changes for you as well as the young person. When they become 18 the law says the person you care for is an adult.

- This means they have different [rights](#)
- They can make their own decisions about their life, money and where they want to live
- Benefits can be paid to them directly.
- They can vote

Under the Social Services and Wellbeing (Wales) Act 2014, you are entitled to a Carers Assessment. Carers under the age of 18 are also entitled to a Young Carers Assessment from Social Services. Speak to your Key Worker to find out more or you can contact [North East Wales Carers Information Service](#) (NEWCIS).

9. Future Changes to Transition

The Welsh Government is reforming the system for supporting children and young people with additional learning needs (ALN) in Wales.

The transformed system will:

- ensure that all learners with ALN are supported to overcome barriers to learning and can achieve their full potential
- improve the planning and delivery of support for learners from 0 to 25 with ALN, placing learners' needs, views, wishes and feelings at the heart of the process
- focus on the importance of identifying needs early and putting in place timely and effective interventions which are monitored and adapted to ensure they deliver the desired outcomes.

More information on the changes can be found on the [Welsh Government's Website](#).

Until the new legislation comes in, all the responsibilities and requirements connected with the existing legislative framework for special educational needs remain in place.

10. Views about your service

If you're unhappy about any of the decisions made, you can speak to your Key Worker or make a complaint. You, or someone on your behalf, can contact the Complaints Team with your comment, compliment or complaint. You can write to us, phone or e-mail:

The Complaints Team
Social Services
County Hall
Mold
Flintshire CH7 6NN

Phone: 01352 702623 or 702668
Email: myview@flintshire.gov.uk

11. Contacts

CIDS/Transition Team Tel: 01352 701081

Social Services for Adults Tel: 01352 803444

Social Services for Children Tel: 01352 701000

Flintshire Citizens Advice Bureau

Advice is available to anyone who lives in or visits Flintshire and is completely free, independent, confidential and impartial. <http://flintshirecab.org.uk/>
Adviceline 03444 77 20 20

Careers Wales

<http://www.careerswales.com/en/> Tel: 0800 028 48 44

Advocacy Services North East Wales (ASNEW)

<http://flintshireadvocacy.co.uk/> Tel: 01352 759332

Tros Gynnal Plant – Advocacy Services for Young People

<http://www.trosgynnal.org.uk/> Tel: 02920 396974

North East Wales Carers Information Service (NEWCIS)

<http://www.newcis.org.uk/> Tel: 01352 752525

Family Information Service Flintshire (FISF)

<http://www.fisflintshire.co.uk/> Tel: 01352 703500

12. Useful Resources and Webpages

Additional Learning Needs Transformation Programme, Welsh Government

<http://gov.wales/topics/educationandskills/schoolshome/pupilsupport/additoinal-learning-needs-reform/?lang=en>

Coleg Cambria – A guide to support and Services for Students with Disabilities

English - <https://images.cambria.ac.uk/wp-content/uploads/2016/09/Disabilities-Guide-Sept-2016-Eng-LR.pdf>

Welsh - <https://images.cambria.ac.uk/wp-content/uploads/2016/09/Disabilities-Guide-Sept-2016-Welsh-LR.pdf>

Department of Work and Pensions (DWP)

<https://www.gov.uk/government/organisations/departement-for-work-pensions>

Direct Payments, Flintshire County Council

<http://www.flintshire.gov.uk/en/Resident/Social-Services/Direct-Payments.aspx>

Disability Rights – GOV.UK

<https://www.gov.uk/rights-disabled-person/overview>

Flintshire Social Services Information Leaflets

<http://www.flintshire.gov.uk/en/Resident/Social-Services/Social-Services-Information-Leaflets.aspx>

Funding for students with Learning Difficulties and Disabilities, Careers Wales

<http://www.careerswales.com/en/education-and-courses/how-can-i-fund-my-study/funding-for-students-with-learning-difficulties-and-disabilities/>

Help if you have a disabled child, GOV.UK

<https://www.gov.uk/help-for-disabled-child>

Orange Wallet Transport Scheme

<http://www.asdinfowales.co.uk/orange-wallet/>

Preparing for Adult Life and Transition - Contact a Family

<https://www.scribd.com/document/18052727/Contact-a-Family-Preparing-for-adult-life-and-transition-Scotland>

Social Services and Wellbeing Act (Wales) 2014 Information, Welsh Government

<http://gov.wales/topics/health/socialcare/act/?lang=en>

Transition planning for Disabled young people, NHS Choices

<http://www.nhs.uk/conditions/social-care-and-support-guide/pages/transition-planning-disabled-young-people.aspx>

Legal toolkits: know your rights


Mencap's advice guides provide people with a learning disability information on a range of topics, from housing and education to health and social care. If you are a family member, support worker or advocate to someone with a learning disability, these guides also aim to give you peace of mind by offering clear and practical advice.


- Accessing health and social care services: the rights of adults with a learning disability
- Housing Law: the rights of tenants with a learning disability
- Applying for a place at a specialist further education college: a guide for young people aged 19-25.
- Supporting parents with a learning disability through the child protection system



These toolkits were produced by Mencap Cymru and Cardiff Law School. For more information, contact Mencap WISE: information.wales@mencap.org.uk

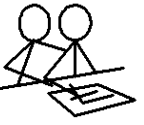
<https://www.mencap.org.uk/mencap-cymru/mencap-cymru-our-resources-and-guides>

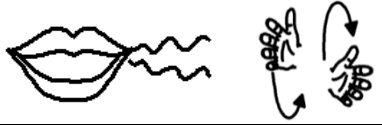
Appendix 1 – One-page profile Template (adapted from a template used by Ysgol Maes Hyrfryd)

	My Name is	 me	Picture here
And this is information important to me		Updated – Date	

Things people like and admire about me	

My important family and friends are....		A good day at school would include....	

Sometimes I might need your help and support with....	

These are ways I communicate....			
In this situation	I do...	We think it means	And we should...