



Preparing for Adulthood

Information Pack for Young
People, Parents & Carers

Content

1. Head of Service Welcome and Overview
2. PFA Introduction and Information;
 - Introduction
 - Background
 - Objectives
 - Focus Areas
3. PFA Key Areas of Focus & Support Structures for Ages 14-17
4. PFA Key Areas of Focus & Support Structures for Ages 18-19
5. PFA Key Areas of Focus & Support Structures for Ages 19-25



Head of Service

Welcome and Overview

Welcome to the 0-25 Together Service.

Our service has been designed with Disabled Children, young people, young adults and their families at the heart. Local people helped us to shape the service that we have today, including designing our web page, our short breaks arrangements, our standard letters and even our team's name.

Everyday we aim to make a difference for our families, and this guide has been designed with that in mind to help you to access the important information that you & your young disabled people need as they move through their teenage years and prepare for adulthood. To further support you we have worked together with Herts Parent Carer Involvement (HPCI) to create checklists as part of this guide to make it as easy as is possible to understand the information & support that is available.

Preparing for adulthood is a positive step for parents / carers and young people, they will gain new opportunities, rights, and responsibilities. Young people have told us that they want to grow up and experience the best life that they can as part of their local community with friends', family and most importantly have fun and be happy. The 0-25 Together Service is designed to help support independence and new choices, and make sure that young people's voices are heard when decisions need to be taken. We will also help them plan for any eligible care and support needs that might be identified.

We hope you find this guide to be helpful and that our Preparing for Adulthood Practitioners support you and your young person to navigate their journey to adulthood successfully. If you have any issues along the way we are there to help so please do make contact and where we can't help directly we will tell you about other local services. We are a service that seeks to continually listen and learn from the lived experience of parents and carers of disabled children, young people and young adults and regularly update our approaches in response to your feedback.

Preparing for Adulthood Introduction & Information

Introduction

It is never too early to start preparing for adulthood. For those children who will need support into adulthood, school and support services should be working with Parents/Carers to promote life skills from an early age. Formal transition planning will start for most young people with an EHCP at 14 (Year 9). Most of these young people will leave school at 16 (Year 11) to move onto college or training. Young people with more complex needs may stay on in special provisions until 18/19 and then may go on to college or other provisions.

Background

The Special Education Needs and Disabilities Code of Practice (2014) states that we need to start thinking about Preparing for Adulthood from an early age and are making specific plans from Year 9 onwards.

It is recognised that preparing for adulthood is a life stage that all young people go through when they move on from being a teenager and become an adult. It is a period of change for all young people, but can be a difficult time for some, including those with special educational needs and disabilities. It can sometimes take longer and take much more careful preparation than for other young people of a similar age. It is therefore essential that there is a trained worker available to support a young person and you their family during this process. This worker will assist the young person and their family to access any support that they may need and tell them the reasonable adjustments they should expect from their community to enable their inclusion. Planning for adulthood should focus on community inclusion and aim for young people to be active members of their communities. We want to help the young person to be as independent as possible so that they are able to access community resources to support them where this meets their needs, including volunteering and/or employment (see Employment/Further Education sections in the by age Key Areas of Focus & Support Structures below).

Objectives of the PFA Practitioner

To ensure that you are at the centre of everything that we do. It is vital that we know your goals and aspirations and we help you to plan for your adult life. The PFA Practitioner must;

- Ensure that information about Preparing for Adulthood is shared with you and your parents and carers from age 14.
- Be a point of contact for you during this time.
- Ensure that all referrals to relevant agencies that can help enable you are completed in a timely manner.
- Regularly review needs, provision and outcomes in partnership with SEND and NHS colleagues.

Stages of Preparing for Adulthood

The focus areas are split into age sections to complement the different support structures for different age groups;

- Age 14 to 17
- Age 18 to 19
- Age 19 to 25

The 0-25 Together Service work within several different legislative frameworks across the different age ranges, including the Children Act (1989), Equalities Act (2010), Children and Families Act (2014), the Care Act (2014) and the Mental Capacity Act (2005).

PFA Key Areas of Focus & Support Structures for Ages 14-17

CHILDREN'S LEGISLATION APPLIES
MENTAL CAPACITY ACT APPLIES FROM AGE 16
Focus Area
<ul style="list-style-type: none"> • Where you are known to 0-25 Together and in receipt of regular support services' the PFA approach should be initiated from Year 9 onwards. • For most families, a Preparation for Adulthood Practitioner will attend Year 9/10/11 EHCP review or provide relevant information if attendance is not required. PFA practitioners will usually be linked to a number of schools, colleges and settings to deliver information and advice, general planning and routine care reviews. • A One Page profile should be developed and updated at each Review for you receiving a service from the 0-25 Together Service. (If the setting already holds a one-page profile the existing document can be reviewed & updated as opposed to newly creating).
<p>Social Care</p> <p>An emphasis on your goals and aspirations and how you will develop independence. Regular Reviews continue to be held. An assessment will be completed to identify needs into adulthood ahead of the 18th birthday.</p>
<p>Life Skills</p> <ul style="list-style-type: none"> • This should be reviewed at each EHCP/Social Care Review. • A discussion with you should take place and possibly your Parents or Carers to identify the life skills that need to be developed and identify the resources to support for example travel training, money management, having your say, making networks and friends. It is important to build on young people's strengths and focus on the support that they need to gain life skills in a safe and supported way. • This should be reviewed at each EHCP/Social Care Review.
<p>Health</p> <ul style="list-style-type: none"> • You and your Parents and Carers need to consider what changes will happen in terms of the health provision in the coming 4 years. If you have an EHCP plan it is important that it is recorded in this document. • If you have a Learning Disability, talk with your GP as you should be registered and supported to access an Annual Health Check. • At Year 11 Review, it is important to review the health section in the EHCP so that you are clear which children's health services you will be discharged from and who will be supporting your health needs within Adult Services. It is also crucial that the role of GP is discussed with you. Consideration also needs to be given to health needs that aren't listed in the EHCP. • Your PFA Practitioner or Social Worker should advise you as to whether Continuing Care (NHS) Funding to help meet your health, care and support needs.

<p>Employment / Further Education</p> <ul style="list-style-type: none"> • Although it may seem a bit early for these discussions at Year 9 it is crucial that these discussions are held to understand your aspirations and to help you to plan for when you leave education. • Continued work with Hertfordshire’s Services for Young People should take place at each Review and there should be a clear plan as what you will be doing in the future years linked to your aspirations whether that is to remain in school, college, supported employment or apprenticeship. • For those with an EHCP, Hertfordshire’s Services for Young People, LDD Team can offer a Personal Advisor. If you want to have a Personal Advisor, the school or college must refer for you. If you are not in education but would like this support, Hertfordshire’s Services for Young People, LDD Team will provide you with support to find work (or get back into education or training) up until the age of 20 (or until the age of 25 with an EHCP).
<p>Housing Pathway</p> <ul style="list-style-type: none"> • It is important at Year 9/10 that you and your Parents and Carers start to think about where you would like to live in the future. Information should be provided to you on all the options available. • You should be provided with information on how to apply for the local housing register if you wish to leave home. Information should be considered about housing benefits and funding streams that are available to support people to live independently.
<p>Developing Friends, Relationships and Community (Social Network)</p> <ul style="list-style-type: none"> • We know that it can sometimes be difficult for young people to develop social networks and it is important that this is explored in the reviews. Thought needs to be given to maintaining important relationships and developing new ones. • If you are leaving school, it is important that a discussion takes place with you on how contact with the friendship group will be maintained.
<p>Having your Say and being in Control</p> <ul style="list-style-type: none"> • Practitioners should provide information and have early conversations with you and your Parents and Carers regarding any relevant capacity, best interest assessments, DOLS or becoming an appointee and what this means as you reach adulthood. • Parents and Carers should be offered a Carers Assessment.
<p>Finance and Benefits</p> <ul style="list-style-type: none"> • Information should be provided to you on all relevant benefits and a check undertaken to ensure that you and your Parents and Carers are in receipt of all benefits that are eligible.

- From your 16th/17th birthday, you might be able to claim one or more benefits in your own right such as:
 - Personal Independence Payment (PIP)
 - Job Seekers Allowance
 - Employment & Support Allowance (ESA)
 - Universal Credit
- There may be an impact on the benefits that your Parents/Carers claim as well depending on:
 - the disabled young persons' education or employment status
 - the benefits that the disabled young person claims in their own right
 - if the young disabled person in the family is a parent themselves
- You should contact Hertfordshire's Money Advice Unit to ensure that you are claiming the correct & relevant benefits.
- You and your Parents and Carers should be given information on Adult Social Care Charging and what that may mean for you.
- Parents and Carers can be made Appointee for such benefits if it is agreed that you need support to manage your finances.
- You should also be given information on how to claim Disability Related expenditure towards your client contribution and what information and receipts you should keep for this.

Becoming an Appointee (Applies from Age 16)

- Parents/Carers can apply for the right to deal with the benefits of young adults who can't manage their own affairs because they do not have capacity or are severely disabled. This is called an Appointee.
- There are other ways of becoming responsible for managing someone's affairs in the long term such as applying to be a deputy.

Legal Information and Assessments (Applies from Age 16)

- You and your Parents/Carers should be provided with all the necessary information for assessments that need to take place. Capacity and best interest assessments need to occur as required and in advance, so this does not prevent any delay in planning.
- It is important that you and your Parent/Carers are aware of the requirements of the Mental Capacity Act. We always start from assuming that someone has capacity, but capacity assessments must be completed if there is any doubt. This should be considered every time a major decision is required.

PFA Key Areas of Focus & Support Structures for Ages 18-19

CARE ACT APPLIES	
Focus Area	
	<ul style="list-style-type: none"> • The PFA worker will attend the EHCP Reviews and review the post school plan for you with your Parents and Carers if you agree to this. • If not already completed, an assessment will need to begin to identify your goals, aspirations and needs as an adult.
Social Care Review	<p>As you reach 18 the Child in Need meetings will stop and you will move across to Adult Social Care. Reviews will still take place but the ways that reviews are recorded will change. This is because Care and Support needs will be met under the Adult legal framework.</p>
Life Skills	<ul style="list-style-type: none"> • Skills that have been achieved and what further needs to happen. They will assess what ongoing support you will need ongoing and discuss all the options for this with you.
Health	<ul style="list-style-type: none"> • Young people that are receiving a service from Children’s Continuing Health Care will be referred to the Adults Continuing Care for an assessment as the criteria is different and you need to be made aware what changes in the health provision will take place. • At 18 you transition from CAMHS to Adult MH services. • A Purple Folder can be accessed from age 18 which contain important information that supports effective health care for people with learning disabilities and autism. • An Annual Health Check with your GP will still be available for young people with a Learning Disability.
Employment / Further Education	<ul style="list-style-type: none"> • While some young people will still be in school it is important that your PFA practitioner or Social Worker works with you to establish a clear plan of where you will be moving to once school finishes. For young people that are attending college, it is important that the College professionals are involved in the Review. • There should also be a clear plan as to what you will be doing in future years whether that is to remain in school, college, supported employment, volunteering or apprenticeships etc.
Housing Pathway	<ul style="list-style-type: none"> • It is important to discuss future living arrangements at the review meetings. There are a number of options available. Applications for general needs housing must be considered first. • Your PFA practitioner or Social Worker will work with you to ensure that all relevant assessments and referrals to funding panels are completed in sufficient time so that move

from one setting to the next is planned.

Developing Friends, Relationships and Community (Social Network)

- The review will also focus on your important relationships and developing links with the local community. This should build on your strengths. It is important to think about all your relationships including those online.

Finance and Benefits

- At ages 17, 18 and 19 you may be able to claim different benefits depending on your circumstances.
- There may be an impact on the benefits that your Parents or Carers claim as well depending on:
 - the disabled young person's education or employment status
 - the benefits that the disabled young person claims in their own right.
 - if the young disabled person in your family is a parent themselves
- You should contact Hertfordshire' Money Advice Unit to ensure that you are claiming the correct & relevant benefits. You will also be provided with information on the Social Care charging policy explaining the charges for adult services & that a financial assessment must be completed to receive. You will receive information on the information you need to provide for this.

Becoming an Appointee

- Parent/Carers can apply for the right to deal with the benefits of their young person if they can't manage their own affairs because they do not have capacity or are severely disabled. This is called an Appointee.
- There are other ways of becoming responsible for managing someone's affairs in the long term such Deputyship. The PFA or Social Worker will be able to provide information on this.

Legal information and Assessments

- You and your Parents and carers will be provided with all the information for assessments that need to take place. Capacity and best interest assessments need to occur as required and in advance so that this does not prevent any delay in planning for you.
- You have the right to participate in decisions about future provision.
- Your PFA practitioner or Social Worker will ensure that your Parent/Carer is offered a Carers Assessment or a review if one has taken place recently.
- It is important that you & your Parents and Carers are aware of the requirements of the Mental Capacity Act. We always start from assuming that someone has capacity but capacity assessments must be completed if there is any doubt. This should be considered every time a decision is required.

Advocacy

- It is important that a discussion takes place with you on the need for an advocate and referrals to be made to the appropriate service if relevant.

PFA Key Areas of Focus & Support Structures for Ages 19-25

Focus Area
<ul style="list-style-type: none"> Some young people may remain in education as the EHCP can remain until the young person is 25 and school /college will need to continue to hold annual reviews of the EHCP. The PFA practitioner will need to attend these reviews.
<p>Social Care Review Should focus on the following:</p>
<p>Life Skills</p> <ul style="list-style-type: none"> Skills that have been achieved and what further needs to happen. Your PFA Practitioner or Social Worker will assess what ongoing support you will need ongoing and discuss all the options with you.
<p>Employment/Further Education</p> <ul style="list-style-type: none"> You may still be in education and need to have an annual EHCP Review. Your future plan should be clear, and you should know what is happening next and what to expect. You may be in employment in various forms, and it is important to review that all support is in place to support the employment, apprenticeship, volunteering or internship etc.
<p>Housing Pathway</p> <ul style="list-style-type: none"> Planning for your long term housing needs to be discussed & agreed. If you have lived away from home, either in a residential special school or an independent specialist college the PFA or Social Worker will need to plan carefully for your move back to your local area. Planning will include & consider education, employment, health, accommodation, social needs, travel training, and care and support needs.
<p>Developing Friends, Relationships and Community (Social Network)</p> <ul style="list-style-type: none"> Your social work network and developing new relationships can be very important & so should be reviewed/discussed with the PFA practitioner or Social Worker.
<p>Finance & Benefits</p> <ul style="list-style-type: none"> You should contact HCC's Money Advice to ensure that you and/or your Parents and Carers are in receipt of all correct & relevant benefits. You will also be provided with information on the Social Care charging policy explaining the charges for adult social care services and information that you should provide for this.
<p>Legal Information and Assessments</p> <ul style="list-style-type: none"> It is important that you & your Parents and Carers are aware of the requirements of the Mental Capacity Act. We always start from assuming that someone has capacity but capacity assessments must be completed if there is any doubt. This should be considered every time a major decision is required. Carers assessments will be reviewed with your Parents/Carers. Your PFA practitioner or Social Worker will also consider & confirm whether a carers contingency plan needs to be in place.