

Transition Into Adulthood

a guide for parents and carers



Your Life Your Choices :)

Contents	1
Introduction	2
Transition Basics	3
Transition Planning	4
Who Can Help?	5
Transition Review Meetings	6
Transition Coordinators (or Transition Keyworkers)	7
Preparing for Transition Meetings	8
Review Meeting Checklist for Parents and Carers	9
Review Meeting Checklist for the Young Person	10
Agreeing an Action Plan at the Review Meeting	11
Other Things to Consider as Parents or Carers	12
Questions to Help with Transition Planning...	13
Education, Work and Training	14
Having Fun	15
Communication	16
Family and Friends	17
Keeping Safe and Healthy	18
Where I Live	19
Transport	20
Money	21
Useful Contact Details	22

Introduction

This guide is for parents or carers of young people aged 13-25, where the young person has a disability or additional needs. This age range is a period of change for young people and their families, and is sometimes described as the Transition into Adulthood. This guide sometimes refers to 'your son or daughter' when we are talking about the young person.

Becoming an adult can be a challenging time for any young person. If the young person has a disability or additional needs, they might need extra support to make a successful transition into adulthood.

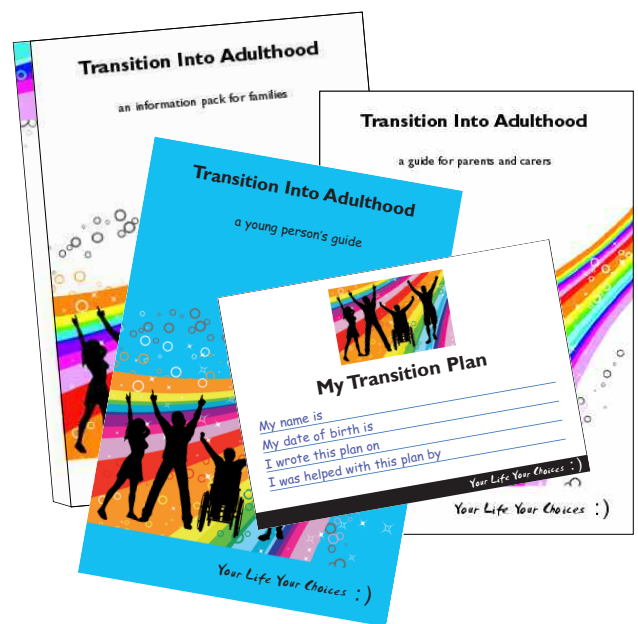
This can also be a difficult time for parents, carers and other family members.

This guide should help you to:

- Think about important transition issues.
- Support your son or daughter with their Transition Plan.
- Find out how to get more information about transition.

All young people are different, and some of the information in this guide might not be relevant to your family situation.

If your son or daughter has very complex needs, you might need more detailed information to help you with transition planning. There is a list of useful contacts at the end of this guide.



This guide for parents and carers is part of an information pack for families. The pack also includes:

- a young person's guide
- a blank copy of a Transition Plan

Some young people might need a Transition Plan with more space to write in, or in a different format. You can ask your school which type of Transition Plan is best to use, or you could look on your local authority website to see if other types of Transition Plan are available.

The information in this guide was correct at the time of publication.

Transition Basics

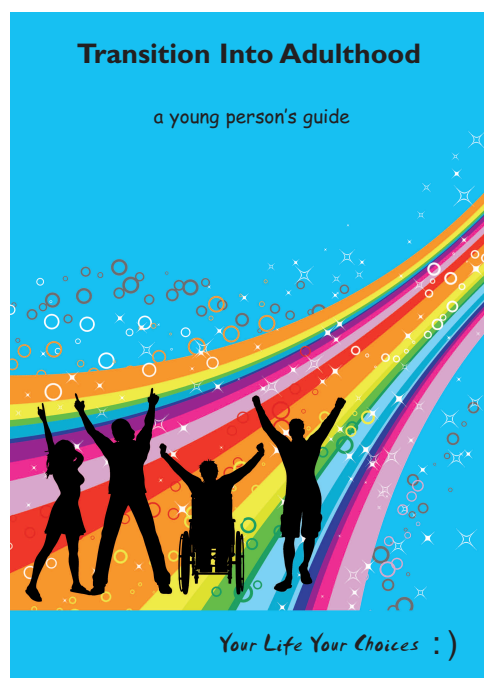
All young people in the UK legally become adults on their 18th birthday. But nobody learns how to be an adult overnight. Preparing for adulthood is a process which takes several years.

Some people like to plan ahead as a way of preparing for the future. This might mean thinking about things that are difficult to talk about, like ‘When will my son or daughter need information about sex and relationships?’

Some people find it hard to plan ahead, and prefer to wait for things to happen. This might work out OK, but some things might not turn out as you would like them to. You might then need to ask for information or support to sort things out.

This guide is divided into sections so that you can think about each section when your family is ready to deal with it.

The sections in this guide are linked to the sections in the ‘Young Person’s Guide to Transition’.



Transition Planning

Transition Planning is a way of planning ahead.

The main aim of a Transition Plan is to find out and record what is important to the young person now, and in the future. By thinking about the future, your son or daughter can start to think about what might need to change, and what help they will need, as they become an adult.

Some things are easier for young people to think about:

Which classes do I like in school?

What do I like doing in my spare time?

Some things are much harder for young people to think about:

Where do I want to live when I am an adult?

What sort of job will I be able to do?

How will I travel about?

What money will I need?

The Transition Plan we use in this pack is broken down into sections so that you and your son or daughter can think about each section when you are ready.

You might find it useful to read through the whole of this Guide before you help a young person with their transition planning.

One blank copy of a Transition Plan is included with this pack. If you need more copies, or want to use a different version of the Transition Plan, please use the contact details at the end of this guide.



Who Can Help?

Staff in School

If your son or daughter has a Statement of Special Educational Needs (SEN), then the staff in school should help your son or daughter to make a Transition Plan as part of the Annual Review in school year 9 when they are 13 or 14 years old. Even if they don't have a Statement, the school could still help them to make a Transition Plan. You could ask the school if they will help with this.

Careers Adviser

If your son or daughter has a Careers Adviser, then they should be able to help with the Transition Plan sections about Education and Work. You could ask when the Careers Adviser will be visiting your son or daughter's school, and if they will look at the Transition Plan during this visit.

Social Worker

If your son or daughter has a social worker, then the social worker will be working to a Social Services plan. This could be a Child in Need plan, a Looked After Child plan, a Care Plan or a Pathway Plan. Whichever sort of plan it is, it should be linked to your son or daughter's Transition Plan, if they have one. If your son or daughter has made their own Transition Plan, they can show

this to their Social Worker and ask if Social Services can support it. The Social Worker should explain how Social Services support will change as your son or daughter becomes an adult, and whether any new staff from Adult Services will get involved. A referral for an Adult Social Services assessment may be needed: you should ask who will do this, and when.

Health Worker

If any Health Workers are involved in meeting your son or daughter's health needs, the Health Workers can read the Transition Plan and help with the Health section. You can ask the Health Worker to explain how Health Service support will change as your son or daughter becomes an adult, and whether any new staff from Adult Services will get involved.

Advocate

If your son or daughter needs an advocate to help them get their views across, the advocate could help them by looking at their Transition Plan and working out what actions are needed to take the plan forward. You can find out about Advocacy Services from your local authority or by asking any staff who are working with your son or daughter.

Transition Review Meetings

For young people with a Statement of Special Educational Needs, the Annual Reviews in school years 9 and upwards are meetings when Transition Plans are discussed, reviewed and updated. These meetings are sometimes called ‘School Reviews’, ‘Statement Reviews’ or ‘Transition Reviews’.

These meetings are usually organised by the school’s Special Educational Needs Coordinator (SENCO) or Additional Learning Needs Coordinator (ALNCO).

It is important to have all the right people at these review meetings. The school will set these meetings up, and they should know which other professionals to invite. Depending on what support your son or daughter needs, the following people could be invited:

- Your son or daughter
- Parents or carers
- School staff who work with your son or daughter
- Careers Wales Adviser
- Social Worker*
- Health Worker(s)*
- Advocate*
- Support worker(s)*
- Transition Coordinator or Keyworker*



** These professionals will be invited to attend if they are already involved or if their involvement might be useful for the Transition Plan.*

Transition Coordinators (or Transition Keyworkers)

Some young people will have a Transition Coordinator or Transition Keyworker who can support them with their Transition Planning. The decision about whether a young person needs a Transition Coordinator is made by the Multi-Agency Transition Group in your local authority area.

There is a referral system and a set of eligibility criteria to decide which young people should have a Transition Coordinator. You can find out about the referral system for Transition Coordinator support, by contacting your local authority or looking on their website.

The Transition Coordinator could be one of the following professionals:

- Social Worker, if your son or daughter has one,
- Health Worker, if your son or daughter has complex health needs,
- A member of the school staff,
- Any other professional who knows your son or daughter well.

The Multi-Agency Transition Group in your local authority area includes representatives of the Education Service, Careers Wales, the Health Service and Social Services. For young

people with SEN statements, these services have a duty to share information to make sure that the right people are invited to each young person's Transition Review meetings. For other young people who need multi-agency transition support, consent is needed for the referral.

Preparing for Transition Meetings

If you and your son or daughter want to be fully involved in the Transition meeting, you should think about the meeting in advance and check that you are all prepared for it.

You can use the Working/Not Working template below to help you think about the issues that need to be discussed. If you fill in this template, you can take it into the meeting and show it to the people at the meeting.

Preparing for a Review Meeting

What's working for the young person?



What's not working for the young person?



What's working for the parents or carers?



What's not working for the parents or carers?



Review Meeting Checklist for Parents and Carers

You can use this checklist to make notes for the meeting:

	✓ or X
Do you know who will be attending the meeting and what will be discussed?	
Have you seen an up-to-date copy of your son or daughter's Transition Plan	
Have you seen an up-to-date copy of your son or daughter's Statement, or Individual Development Plan (IDP)?	
Do you have any comments or questions about the Transition Plan or Statement? <i>If so, make a note of them here:</i> <hr/> <hr/> <hr/> <hr/>	
Do you have any suggestions on how the Transition Plan or Statement could be improved or updated? <i>If so, make a note of them here:</i> <hr/> <hr/> <hr/> <hr/>	
Is there anyone who could come to the meeting to help you bring up these issues?	

You should tell the school if you plan to bring someone else to the meeting. If you have any concerns prior to the meeting, you could contact the school to see if they can provide you with any more information about the meeting.

Review Meeting Checklist for the Young Person

You can use this checklist with the young person to help them prepare for the meeting:

	✓ or X
Do you want to come to the whole meeting?	
Would you prefer to come to just part of the meeting?	
Do you need any support to help you take part in the meeting? What support do you need? _____ _____	
Do you want to tell people at the meeting what's in your Transition Plan?	
Do you want someone else to tell people at the meeting what's in your Transition Plan? Who can do this for you? _____	
Do you give permission for copies of your Transition Plan to be given to everyone at the meeting?	
Have you got any questions about your Transition Plan or your plans for the future? <i>Write your questions here:</i> _____ _____	
Have you got any questions about how other people can help you with your plans for the future? <i>Write your questions here:</i> _____ _____	

Agreeing an Action Plan at the Review Meeting

The Action Plan can be a useful way of recording what needs to be done, and checking that people have done what they agreed to do.

Before the meeting, it is worth thinking about what needs to be on the Action Plan.

You could use the template below to write down the actions that you and your son or daughter think are needed. Everyone at the meeting can then decide if they agree with these actions, and can set a deadline and select somebody to be responsible for each action.

Making an Action Plan?

What needs to happen?	Who will do it?	When?

Other Things to Consider as Parents or Carers

Social Services support

Has your son or daughter got a Social Worker? If not, do they need one or will they need one in the future?

If your son or daughter is still in school, you might not have thought about the need for support from a Social Worker. You might not know whether your son or daughter is eligible for support from a Social Worker. When your son or daughter leaves school, they might need support from Social Services. It is better to plan ahead for this possibility.

You can ask Social Services for an assessment to see whether your son or daughter is eligible for support. It is worth explaining that the support might not be needed immediately, but that Social Services might need to get involved in your son or daughter's Transition Planning. You can use the contact information at the end of this guide to ask for Social Services support.

If your son or daughter is assessed as needing any services provided by Adult Social Services, there will need to be a financial assessment of your son or daughter's income and savings, to see if they need to pay a contribution towards the cost of these services.

Specialist College Placements

If your son or daughter is interested in post-16 education in a college setting, will they be able to get onto an appropriate course in a local college?

Your son or daughter's Careers Adviser should be able to give information and advice on this. If it looks as though a local college cannot provide an appropriate course and support, then you or your son or daughter might be asked to think about specialist college placements.

If you are considering this option, you might need support from all of the organisations involved: the School, Education Service, Careers Wales Adviser, Local College, Social Services and Health Board. You might also need support from a Parents' Advisory service such as Snap Cymru.

The process for applying for Specialist College Placements is complicated. The Careers Adviser can explain this process.

Questions to Help with Transition Planning...

You can use the list of questions on pages 14 - 21 for ideas when helping your son or daughter to fill in their Transition Plan. For some young people, many of the questions and some of the sections may not be relevant.

Transition Planning should be person centred, and is not a 'one size fits all' process. If a certain section isn't relevant or requires some amendment, the plan can be altered to suit your son or daughter's circumstances.

For example, some young people might want to include an extra page about their hopes and fears or a page showing what makes a 'good day' or 'bad day' for them. This can be important if there is information about specific phobias and situations which prevent your son or daughter carrying out certain activities.

The Transition Plan has been designed as a flexible tool to identify the most important information for your son or daughter, so that they can share it with people who will work with them during their transition from childhood to adulthood.

What happens on a Good Day?



What happens on a Bad Day?



My hopes and dreams for the future are:



My fears for the future are:



Questions to Help with Transition Planning...

Education, Work and Training



School

- Can your son or daughter claim Education Maintenance Allowance (age 16+)?
 - What is working and not working for your son or daughter in school?
- ## College
- What college is your son or daughter interested in? Have they visited it?
 - What course are they interested in?
 - Transport - how will they get to college? Is a bus pass or travel training needed?
 - Is your son or daughter and family thinking about residential college? If so, are Careers Wales, Health and Social Services aware of this?
 - Is the family aware that funding decisions are sometimes problematic and take time? What will happen if the funding isn't agreed?
 - What does your son or daughter want to do after college?
 - What support is needed at college? Will Careers Wales be dealing with this?
 - Has your son or daughter got any worries about college?
 - If your son or daughter is interested in College or University, are there any Summer Schools, workshops or taster sessions they can attend?
- When is your son or daughter planning to leave school?
 - What lessons/subjects do they enjoy?
 - What lessons/subjects don't they enjoy and why?
 - What support do they get in school?
 - Does your son or daughter need support at breaks and lunch times?
 - Has your son or daughter got a teacher that they can go to with any problems?
 - Are there any access or bullying issues in school?
 - Has your son or daughter got any worries about school?

Questions to Help with Transition Planning...

Having Fun



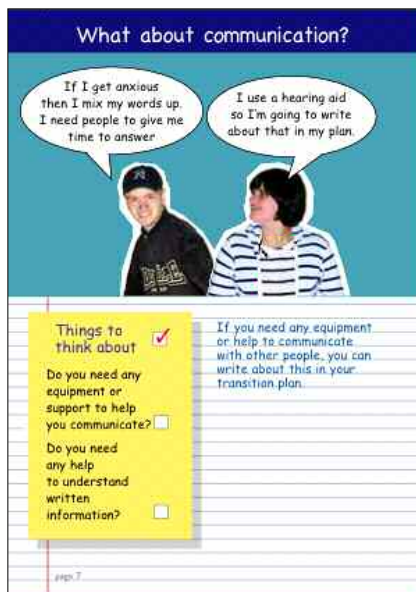
- What do people supporting your son or daughter need to know?
- Is your son or daughter a member of any clubs or groups?
- Does your son or daughter play sport? Would they like to?
- Is your son or daughter happy in their leisure time or would they like to do more?
- What activities would your son or daughter like to try in the future?

Record any actions in the Action Plan

- What does your son or daughter do in their leisure time? Any favourite hobbies?
- What do they like to do in the evenings? Weekends? School holidays?
- Do they prefer indoor or outdoor activities?
- Who does your son or daughter enjoy spending time with?
- Any favourite places to go? For days out or holidays?
- What activities would your son or daughter dislike? Why?
- What support does your son or daughter need?

Questions to Help with Transition Planning...

Communication



If your son or daughter has any communication issues that other people need to know about, you can include information about these in this section. If not, you can leave this section blank and move onto the next section of the plan.

Examples of communication information that should be included:

- Specialist equipment to aid communication: hearing aids, vision aids, specialist devices.
- Specialist language needs: British Sign Language; languages other than English/Welsh.

- Psychology or Speech and Language Therapy input - is a referral needed?
- Visual Impairment or Hearing Impairment service input. Are any referrals to these services needed?
- Does your son or daughter understand what is being explained to them? Do they tend to agree with everything even when they do not understand? How can people check that the young person has really understood?
- Does your son or daughter need support to communicate their views? Is an advocate or supporter needed? Who can advocate for them or support them?
- If your son or daughter has complex communication issues, such as complex behaviour related to communication, a Communication Passport might be needed. Ask about this at the next Review meeting.

Are there any action points to record?

Questions to Help with Transition Planning...

Family and Friends

What about friends and family?

I don't live with my Mum and Dad, but I do want to keep in touch with them.

I'm not sure if I'll make new friends in College. I'd like to talk to someone about this.

Things to think about

How will you stay in touch with your friends and family as you get older?

Do you need any help to meet up with your friends?

You can write about your friends and family in your transition plan.

April 8

Family

- Who are the main family members?
- Home situation - who does your son or daughter live with?
- Family situation - Birth family, Extended family, Foster family etc. Are there any important issues that should be mentioned? Who has Parental Responsibility?
- How does your son or daughter keep in contact with family members?
- Future family - your son or daughter's thoughts on the future - do they want to get married/have a family themselves?

- What support does your son or daughter get from family members?
- Is there anything that might change about how this family support is given?

Friends

- Who are your son or daughter's friends?
- Does your son or daughter want new friends?
- Ideas for making friends?
Clubs/Hobbies/Support Worker
- How does your son or daughter spend time with friends?
- Where can your son or daughter meet with friends or visit friends?
- What support is needed to see friends?
- What support is needed with communication and interaction?
- Does your son or daughter get on with their peer group?
- Do they prefer to be alone or in the company of staff or adults?
- Are there any bullying issues?
- Is social skills training required?

Questions to Help with Transition Planning...

Keeping Safe and Healthy



Medical

- Does your son or daughter have any significant health conditions that require medication, attention or treatment?
- Which health professionals are involved?
- Does your son or daughter need support to attend health appointments?
- Will your son or daughter need ongoing specialist health support into adulthood? Who is coordinating this health support?

Diet, Exercise & Nutrition

- Are there any particularly important foods/drinks that form part of daily routine?

- Are there any routines around meal-times: the way food is presented, specific needs?
- Any allergies? What action is required if your son or daughter has an allergic reaction?
- Can your son or daughter manage their own diet? Do they need reminders, encouragement or prompts to eat more or less of any particular types of food?
- Exercise? What does your son or daughter do to keep fit and active?

Everyday Safety

- Does your son or daughter know how to stay safe in public? Eg. transport and road safety, stranger danger.
- Can your son or daughter recognise dangerous situations and objects?

Mental Well being

- Who or what causes your son or daughter to be stressed or angry? How do they show anger?
- What do they do to calm down or relax?

Sex and Relationship Guidance

- Has your son or daughter had any guidance on sex and relationships?
- Is more guidance needed?

Questions to Help with Transition Planning...

Where I live



- Where does your son or daughter live now? Who do they live with?
- What does your son or daughter like or dislike about where they live now?
- Does your son or daughter have any ideas about where they would like to live in the future and who with?
- Will they need support? What support will they need?
- Will they need advice on financial support and housing options?
- Does your son or daughter need any aids and adaptations to the house? (Now or in the future)

- Does your son or daughter require an Occupational Therapy assessment?
- Does your son or daughter want to live independently? Will they require independent living skills training?
- Is your son or daughter Looked After? If so, does an Adult Placement or Supported Lodgings need to be considered?
- Is your son or daughter considering residential college? If so, where will they move back to after college and how will they maintain their independent living skills?

Record any actions in the Action Plan

Questions to Help with Transition Planning...

Transport



- How does your son or daughter currently travel around?
- Has your son or daughter got road safety skills?
- Is there anything people need to know about your son or daughter when out and about?
- Is your son or daughter able to go out and about independently?
- What future goals does your son or daughter have in relation to getting around?
- Does your son or daughter require travel training and is this available?

- Has your son or daughter got or do they need a bus pass/train pass and +1 carers pass?
- Does your son or daughter need work on stranger danger?
- Is your son or daughter receiving Disability Living Allowance? Do they need to claim?
- Have they got a blue badge?
- Do they use specialist taxis? If so have they got a particular firm/driver they like to use? Do they require an escort?
- Does your son or daughter require a risk assessment for travelling?
- Has your son or daughter got any transport access or transfer support needs?
- Has your son or daughter got any worries about travelling around?

Record any actions in the Action Plan

Questions to Help with Transition Planning...

Money



Coping with money

- Saving - is your son or daughter a saver - what are they saving for?
- Spending - does your son or daughter like to spend their money as soon as they get it?
- Is your son or daughter able to recognise notes and coins?
- Is your son or daughter able to check change?
- Who supports your son or daughter to deal with money and benefit payments?

Managing a bank account

- Has your son or daughter got a bank account?

- Do they want a bank account?
- Who can support your son or daughter to open a bank account?

Financial support

- Does your son or daughter need to know anything about financial support?
 - EMA - Educational maintenance allowance - for students aged 16+ with parents on lower incomes.
 - Training allowances - for young people on certain training courses.
 - If your son or daughter gets social services support, do they know about Direct Payments?
- Does your son or daughter have any worries about money?
- Does your family need a benefits check or advice? This is worthwhile before your son or daughter makes a new claim for benefits.

The Welfare Benefits system is complex and subject to change. For some young people with special needs it is worth considering making a claim for ESA (Employment and Support Allowance) when they are 16, but this benefit can have an impact on Child Benefit and Tax Credits so it is best to seek expert advice and get a benefits check when your son or daughter is approaching the age of 16.

Useful Contact Details

If you want to find out about Transition Support for young people with disabilities or additional needs, or make a referral for Social Services support, please contact your local council using these details:

Blaenau Gwent Council
Civic Centre,
Ebbw Vale, NP23 6XB

01495 311556
info@blaenau-gwent.gov.uk
www.blaenau-gwent.gov.uk

Caerphilly Council
Penallta House, Tredomen Park,
Ystrad Mynach, CF82 7PG

01443 815588
info@caerphilly.gov.uk
www.caerphilly.gov.uk

Monmouthshire Council
Innovation House, PO Box 106,
Caldicot, NP26 9AN

01633 644644
contact@monmouthshire.gov.uk
www.monmouthshire.gov.uk

Newport Council
Civic Centre
Newport, NP20 4UR

01633 656656
info@newport.gov.uk
www.newport.gov.uk

Torfaen County Borough Council
Civic Centre,
Pontypool, NP4 6YB

01495 762200
your.call@torfaen.gov.uk
www.torfaen.gov.uk

Aneurin Bevan Health Board
Mamhilad House, Block A
Mamhilad Park Estate, NP4 0YP

01873 732732
abhb.enquiries@wales.nhs.uk

Careers Wales
Unit 1, Brecon Court, Llantarnam Park,
Cwmbran NP44 3AB

0800 028 9212
info@careerswalesgwent.org.uk
www.careerswales.com

Snap Cymru
10 Coopers Yard, Curran Road
Cardiff CF10 5NB

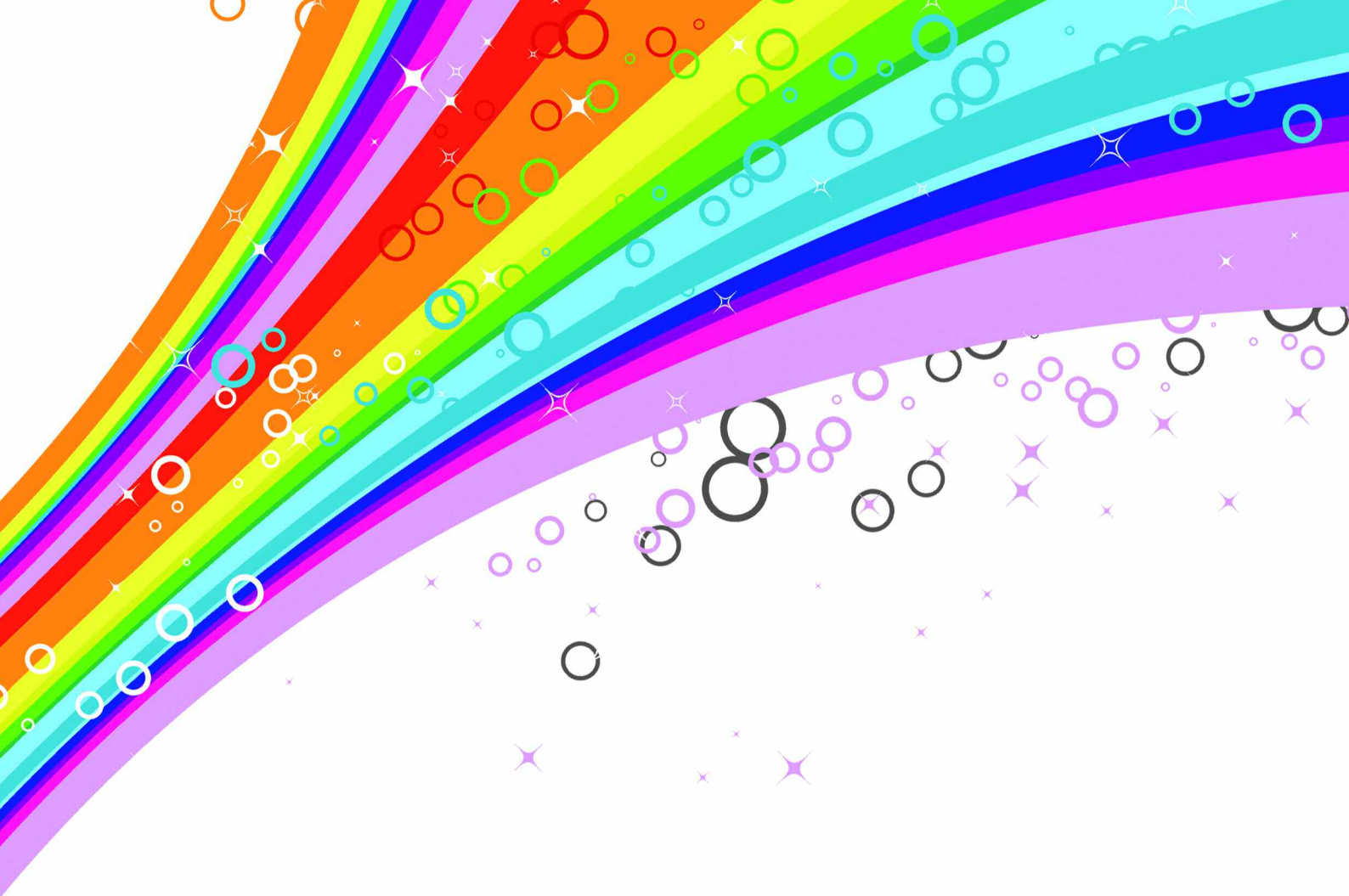
02920 384868
headoffice@snapcymru.org
www.snapcymru.org

Coleg Gwent
The Rhadyr, Usk
NP15 1XJ

01495 333333
info@coleggwent.ac.uk
www.coleggwent.ac.uk

Contact a Family
33-35 Cathedral Road
Cardiff CF11 9HB

0808 808 3555
helpline@cafamily.org.uk
www.cafamily.org.uk



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