

Preparing for Adulthood 1

An introduction

Information for young people and their parents and carers

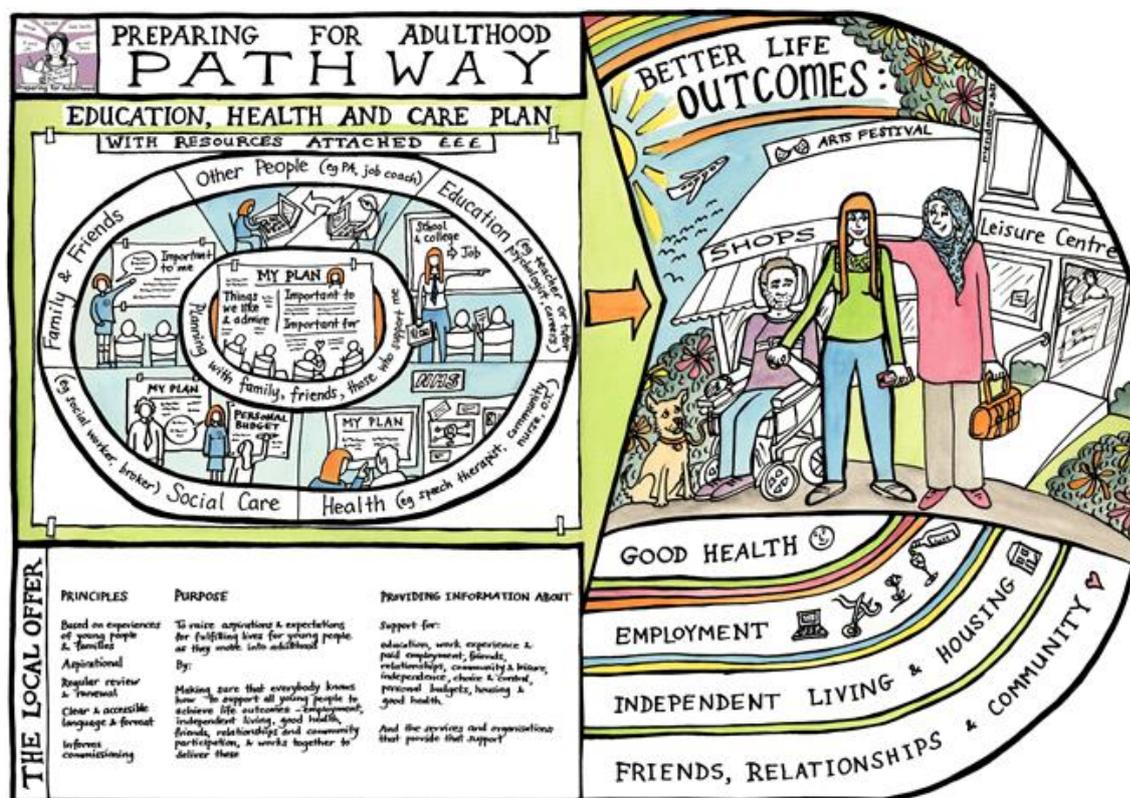


Introduction

This leaflet is the first in a series of four which tell you about Preparing for Adulthood for young people with special educational needs and disabilities. In the past this has often been referred to as transition.

What is Preparing for Adulthood?

Preparing for Adulthood is a process that all young people go through when they move on from being a teenager and become an adult. It is an exciting time but it has been recognised that this can be a difficult time for some young people, especially 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.



The Special Education Needs and Disabilities Code of Practice (2014) says that we need to start thinking about Preparing for Adulthood from an early age, and be making specific plans from Year 9 onwards. Young people with an Education, Health and Care plan should be thinking about including outcomes in their plan that help them to prepare for adulthood. This should include plans for education, training or employment, health needs, housing, leisure, social relationships, and social care amongst other things. North Yorkshire County Council is working to build on and improve the existing pathways to adulthood for young people across the county

Education, Health and Care plans are reviewed during person centred meetings and people who know the young person well can also help the young person to plan for the future, however once the young person is 16 their views will be paramount.

Why do we have to start planning in Year 9?

Preparing for Adulthood is not a one-off event and can begin at any age, however starting to make more specific plans from Year 9 onwards allows time to research different options and put in place any appropriate support.

What will happen in Year 9?

In Year 9 the person centred review meeting for the young person's Education Health and Care Plan will focus on outcomes for Preparing for Adulthood. It will look further ahead and ask what sort of things the young person wants to do when they leave school, find a job, develop friendships and maybe move into their own home. It will identify smaller steps that can be achieved to work towards those longer term goals.

Who will come to the Year 9 Preparing for Adulthood review meeting?

All the people who are usually invited to your Education, Health and Care Plan review meetings will continue to attend, but there will often be some new people to meet, such as a Specialist Careers Officer and a Support Planner. The young person will normally have met these people before they come to their review. You might want to consider if there is anyone you would like to invite who might be able to contribute to supporting the young person achieve their outcomes as they move into adulthood.

What role can a Specialist Careers Advisor play in the Preparing for Adulthood meeting?

A Specialist Careers Officer can provide Information, Advice and Guidance on a range of education and training options open to young people at the end of Year 11 and beyond. This might include Post 16 school provision, local FE college, employment, or employment with training options and also specialist provision where a local college is unable to meet a young person's needs. They can support students from ages 14-25. They also contribute significantly to the preparation for adulthood section of the Education, Health and Care Plan, highlighting desired outcomes and how they will be met.

What is a Support Planner?

A young person can become involved with a number of different people throughout the time they are preparing for adulthood; families have told us that it can be difficult to coordinate all of these people. The support planner, based in the Inclusion Service at North Yorkshire County Council can provide a single point of contact and coordinate the delivery of services from other people/agencies.



A support planner takes responsibility for ensuring that the Preparing for Adulthood process is as smooth as possible. They will provide information, support, advocacy at meetings if required, and monitor the delivery of preparing for adulthood outcomes within Education, Health and Care Plans.

How does North Yorkshire County Council support young people who are Preparing for Adulthood?

North Yorkshire County Council is working in a way that supports young people to have a smooth transition into adult life. The Preparing for Adulthood model aims to limit the number of changes in worker for a young person, and introduces a support planner to guide them through the whole process up to the age of 25. The Disabled Children's service can work with young people up to the age of 25, and some adult services (such as the Supported Employment Service) can begin to work with young people from age 16.

The Council is continuing to develop a wide variety of pathways for young people within the county, such as Personalised Learning Pathways. Providing more local options supports greater integration with local communities and promotes independence.

Preparing for Adulthood is a theme that runs through a number of Council strategies, including SEND, Learning Disability Strategy and the All Age Autism Strategy

What happens if my child goes to school outside North Yorkshire?

The Assessment and Reviewing Officer will attend the school annual review and then link with the appropriate local Specialist Careers Officer where the need for advice has been identified. The specialist careers officer will be able to provide information on local college and supported work choices, as well as specialist options such as Personalised Learning and Independent Specialist Providers if the local FE college is not able to meet the young person's needs.

Why do we need to know about the Mental Capacity Act?

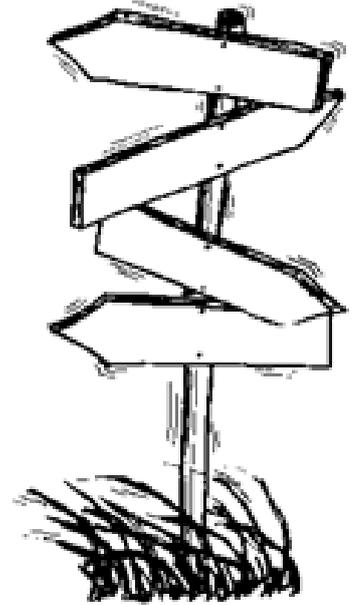
The right to make requests and decisions under the Children and Families Act 2014 transfers to the young person at the end of the school year they turn 16. Parents can still help and support the young person.

The Mental Capacity Act is a law about decision making and says we have to start off by thinking that everyone can make their own decisions. Having mental capacity means being able to make your own decision about something. A person should be given all the support they need to help them make decisions. No one should be stopped from making a decision just because someone else thinks it is wrong or bad. Before someone can make a decision for another person, they need to be sure that they cannot make the decision themselves.

If a decision has to be made for someone because they cannot make it themselves, the decision must be what is in their best interests.

What should we be doing now?

In the period leading up to the Year 9 review you might want to start to have conversations about the sort of things that will be important to the young person as they get older. Talk to them about what they want to do, what sort of things they are interested in and who they want to spend time with. It can be quite daunting for a young person to suddenly be the focus of lots of questions, and to have to think about what they want to do as an adult. It is good to prepare them by talking about these things over a longer period of time. That way they will be used to not just the questions, but to giving an opinion about what they want for themselves.



There is a lot of useful information about transition and Preparing for Adulthood to be found on the internet, including in North Yorkshire's Local Offer. Suggested links to explore are included in the 'Further Information and Useful Contacts' section at the back of the leaflet.

You should find out how the school meets their responsibility to provide independent advice and guidance about on-going education, training and employment opportunities. Some schools buy in support from a Specialist Careers Officer, while others choose to meet this responsibility in other ways. Find out what support the young person will have access to at their school; ask the SENCo or the form tutor.

Some services that are provided by health change at different ages; it would be useful to start to have discussions with the people who take the lead on your child's healthcare at the moment to see how this might affect them, and when planning will start to take place for any future changes in service.

Notes

Further information and useful contacts

Preparing for Adulthood

This is the introductory leaflet about Preparing for Adulthood. There are three other leaflets available which give information and advice about the process, what to consider each year, and where to access further information. Leaflet two covers Y9-11, leaflet three covers Y12-14 and leaflet four is for young people aged 19 onwards. All the leaflets are available through the Preparing for Adulthood page on the Local Offer.

There is information about the national programme on preparing for adulthood [online here](http://www.preparingforadulthood.org.uk/).
<http://www.preparingforadulthood.org.uk/>

The Local Offer

The local offer provides information on what services children, young people and their families can expect from a range of local agencies and other services. This includes education, health, social care and charities as well as things like accessible days out. To access the local offer visit the [website](http://www.northyorks.gov.uk/send).

<http://www.northyorks.gov.uk/send>

There is a specific page with information on Preparing for Adulthood, including a link to the Strategic Protocol which covers Preparing for Adulthood in North Yorkshire. There is also a link to a [young person's](http://www.northyorks.gov.uk/article/26820/Young-peoples-local-offer) accessible version of the local offer.

<http://www.northyorks.gov.uk/article/26820/Young-peoples-local-offer>

There is also information about the assessment and planning process for Education, Health and Care Plans.

<http://www.northyorks.gov.uk/article/25432/SEND---assessments-and-planning>

Special Educational Needs and Disability Information, Advice and Support Service

<http://www.northyorks.gov.uk/article/25378/SEND---advice-and-support>

Transition Information Network

<http://www.transitioninonetwork.org.uk/>

Together for Short Lives

<http://www.togetherforshortlives.org.uk/>

Moving on Up!

<http://www.movingonup.info/>