

14-25

Preparing For Adult Life

Transitions Guide

Written by parents, for parents





Waltham Forest Parent Forum

JOIN YOUR LOCAL PARENT FORUM

Are you a parent or carer with a child or young person aged 0-25 with special educational needs and/or disability?

YOUR VIEWS AND EXPERIENCES MATTER

Waltham Forest Parent Forum is a parent carer led organisation working to ensure that every parent carer in Waltham Forest gets their voice heard.

THE RECOGNISED FORUM FOR WALTHAM FOREST

We are the recognised forum for Waltham Forest and are completely independent of Waltham Forest Council and local health services.

WHAT DO PARENT CARER FORUMS DO?

We gather the views of local families and work in partnership with the local authority, education settings, health providers and other services to highlight where changes or improvements are needed.

GET INVOLVED - YOUR VOICE IS KEY TO OUR SUCCESS!

- *Tell us your experiences
- *Fill in our surveys
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- *Join as a member



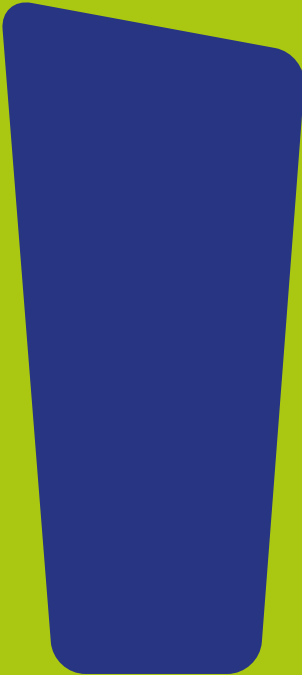
Visit our website: www.walthamforestparentforum.com

Or email walthamforestparentforum@live.co.uk for more information



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Introduction

As parents, we all hope that our young people will have a fulfilling and meaningful life, preferably doing something they want to do and following their ambitions. As parents of children and young people with special educational needs and disabilities, this is of even greater concern as much of what happens and will happen to our young people is largely dependent on other people.

Under current legislation the views of ourselves as parents and of our young people must be taken into account. This includes decisions about their education, support needed and their future lives.

There is a focus on what happens to our children and young people when they become adults and how preparation for this must start in year 9. (The relevant pieces of legislation are the Children and Families Act 2014 and the Care Act 2014).

This means that as parents/carers, we are encouraged to take an active role and this guide will help us to:

- know more about what should happen and when;
- be prepared;
- be clear about the obligations of the education, health and social care services;
- understand how we and our young person can take part; and
- be able and know how to challenge if we think that any part of this preparation for adulthood is not happening as it should

Preparing for adulthood means preparing young people with special educational needs and or disabilities for:

- further education and/or employment – this includes exploring options for what your child or young person will do during the day when they leave school, this may include attending a day service, further education, different employment options, such as supported employment, volunteering, as well as other daytime opportunities.
- being independent – this means young people having choice and control over their lives, the support they receive, their accommodation and living arrangements, whenever possible.
- being part of society including having friends and supportive relationships and being part of their local community.
- being as healthy as possible in adult life – including moving to adult health services, having access to sport and keeping active and having an annual health check.

These four key areas are the four themes explained in the Children and Families Act and will be focused on from 14 years of age (school year 9) as part of their annual review.

Year 9 (age 13-14)

If your young person has an Education, Health and Care Plan (EHCP), the Local Authority must ensure that the EHCP 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

Education

If your young person attends a mainstream school, they will be asked to choose which subjects they want to study at Key Stage 4 (Years 10 and 11, ages 14-16). 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 young person 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 young person 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 EHCP to have the National Curriculum disapplied. This means that they do not have to follow the National Curriculum.

Social Care - Think about your young person's current and future support needs. Is the support they get still relevant now they are a teenager? You might want to ask for direct payments to pay for a Personal Assistant (PA) who can help your young person with work experience, developing their independent living skills, and accessing community activities. If your young person currently receives overnight short breaks you should start to plan with your social worker how this support might look in the future.

Health

It is important to start to plan early how resources/services will be accessed in adult life e.g. equipment, therapies, specialist support, prescriptions, dentist, optician, diet to exercise, sexual health. These discussions should form part of an annual review either as part of an EHCP or with individual health teams.

Clinical specialties, such as speech therapy or occupational therapy do transition differently, although they should all follow the NICE guidelines:

www.nice.org.uk/guidance/ng43

- Ask at your young person's next appointment about arrangements for transition.

More information can be found here:

<https://www.walthamforest.gov.uk/schools-education-and-learning/local-offer-special-educational-needs-and-disability-send/health-services-children-and-young-people/health-services-young-people-post-18-years>

A video made by the Designated Clinical Officer (DCO) explains the process of health transition

www.youtube.com/watch?v=a2mFUVcOBAY

Registering with your GP

If your young person has a learning disability, make sure that your GP records this on their notes as well as your status as a carer. This will act as a prompt so that reasonable adjustments can be made to ensure that your young person 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 young person will be invited to attend **annual health checks**.

It is important that your GP knows your young person's needs. This is particularly important for children seen by a Paediatrician as the GP will become the "coordinator of care" when they turn 16yrs, unless attending a special school, in which case it is 19yrs.

In Waltham Forest you can ask at your annual EHCP review for health services to send a request to the GP to add your young person to the disability register if they have a learning disability.

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 and behaviour,
- ask questions about lifestyle and diet
- review currently prescribed medication
- check whether any chronic illnesses, such as asthma or diabetes are being well managed, and
- review arrangements with other health professionals, e.g. physiotherapists or speech and language therapists.

The Annual Health Check is a chance for your young person to get used to visiting the doctor's surgery. It may also be another opportunity to review any transitional arrangements for the move to adult health services. Information gathered through the annual health check can be fed into the EHCP process.

Dynamic Support Register

If your young person has learning disabilities, mental health needs and/or is autistic, talk to CAMHS about a referral to the Dynamic Support Register which aims to prevent unnecessary hospital admissions

Transforming Care: People with learning disabilities and autism | London Borough of Waltham Forest



Year 10 (age 14-15)

Education

If you think your young person will need extra help to successfully take GCSE exams at the end of Y11, talk to your school's SENCO and/or Examinations Officer as soon as possible.

Access arrangements may be made such as allowing extra time to sit the exam, the use of a computer and/or sitting the exam in a smaller/individual room.

These adjustments or arrangements allow students with special educational needs, disabilities or temporary injuries to take 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 young person does not have someone to read or write/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 EHCP, continue with planning for preparation for adulthood.



Careers Service

Schools have a duty to provide a high-quality careers programme, designed and delivered in line with the Gatsby Benchmarks of Good Career Guidance which should include individual guidance as well as opportunities for visits from a range of providers between Years 8-13, so that young people understand all the options available to them to make decisions on their future education or training needs. Individual advice given during a guidance session can be added to a young person's EHCP. Ask the school for details of their careers' programme. More information can be found here www.gov.uk/government/publications/careers-guidance-provision-for-young-people-in-schools

Year 11 (age 15-16)

Year 11 is the last year of compulsory schooling. However your young person will need to remain in education or training until the age of 18.

If your child wants to apply for a school sixth form or college place, check websites for open evenings/days. Find courses and apply online at: www.ucas.com

If your young person is moving to college after Year 11, their course may not cover five full days. Your young person may be able to get further help if:

- They have an EHCP
- it is unlikely they will be able to learn unsupervised in college and/or
- it is unsafe to leave them at home alone

In this case, Waltham Forest Council should consider providing a package of provision and support. This covers five days a week across education, health and social care.

Support for SEND

In the Post 16 setting, the term 'Additional Learning Support' known as ALS is more common than the term SENCO, which is used in schools. In a Post 16 education setting they would normally have an ALS team.

Schools should share information about your

young person to the post 16 setting; however it is important that young people and their families speak to the post 16 setting to check and share any relevant information, including medical information. This is so that the post 16 setting knows what support is needed.

Remember:

The school year finishes early in Year 11, whether your young person 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.

Education Otherwise Than at School (EOTAS)

For some children and young people, education in any setting would be inappropriate due to their special educational needs. This might be suitable if your young person has been out of formal education for a long time and would struggle to return to a college setting. Getting an individual package in place can be challenging and the local authority (LA) should provide support and advice, including advice about personal budgets if appropriate.

This type of package is often referred to Education Otherwise Than at School (EOTAS), but can also include early years and post 16 settings as well. If it agrees, the local authority can arrange for any required special educational provision to be delivered somewhere else, for example at home. The LA must arrange and pay for that provision. EOTAS is different to elective home education. With an EOTAS package, the LA is responsible for arranging and paying for the provision. If a parent chooses to home educate their child, the LA is not responsible for meeting any of the costs or providing any support.

Tip:

Having the right education and training outcomes in your young person EHCP is very important at this stage. This is because the decision whether someone aged 19-25 still needs an EHCP depends whether they have achieved their education and training outcomes. If they haven't, the decision will depend on whether staying in education/training will help them to achieve those outcomes. Outcomes can be updated if further educational progress can be made.



Year 11 (age 15-16)

Transport and Travel

Free travel help may not be available beyond compulsory school age (16 years). This includes home-to-school or college transport. You may have to contribute to the cost of your young person's transport.

If your young person has an EHCP and is moving from school to college, you can apply for transport help. This will help reassess your young person's needs and help show whether they are eligible for travel support. The Council does not currently 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.

Travel Training

The Local Authority can provide a bespoke training programme designed to help children and young people learn the skills to travel independently. These programmes consist of training sessions, escorted travel with trained travel assistants and help to apply for relevant travel passes (Zip Oyster etc.) once the training is complete.

For further information, contact:
The Home to School Transport Team:
assistancewithtravel@walthamforest.gov.uk

Transport for London (TfL) provides free travel on buses and tram services in London (zones 1 to 6) for young person under the age of 18 who are in full-time education. Find out more about Free and discounted travel for under 18s on TfL website:
www.tfl.gov.uk/fares/free-and-discounted-travel

Disabled Person's Freedom Pass

You can get a Disabled Person's Freedom Pass, if you have an eligible disability (as listed in the Transport Act 2000) and live in London.

The Freedom Pass for disabled people gives free travel on:

- most public transport in London 24 hours a day
- most National Rail services within the London area after 9.30am and all day at weekends and on public holidays
- local bus services in the rest of England

More information can be found here:

www.londoncouncils.gov.uk/services/freedom-pass/disabled-persons-freedom-pass

Taxi card scheme

A Freedom Pass holder who finds it too difficult to travel without assistance using public transport may be eligible for the Taxicard scheme, which is also managed by London Councils.

This service provides subsidised trips in licensed taxis and private hire vehicles for people with complex mobility problems.

www.walthamforest.gov.uk/adult-social-care/help-getting-around/taxicard-scheme

Year 11 (age 15-16)

Legal Matters

Decisions about EHCPs

When a young person reaches the end of compulsory school age, some EHCP rights transfer from the parents to the young person. Compulsory school age is defined as the last Friday in June of the school year in which they turn 16.

These changes are:

- the right to ask for an EHC needs assessment
- the right to make representations about the content of their EHCP
- 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 tell Waltham Forest Council. Let them know that you want to act as your young person'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 starts with assuming that everyone has the capacity to make their own decisions. However, for people over 16 who are unable to make some or all decisions by themselves, capacity can only be assessed in relation to a particular decision that needs to be made at a particular time. This is important to prevent 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 young person 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)

After a capacity assessment, someone may be judged as unable to make a specific decision. In that case, the 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. For example, a doctor who requires consent before carrying out treatment.

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

Irwin Mitchell have produced a leaflet for individuals who feel that they are not being appropriately consulted about the welfare of their loved ones www.mencap.org.uk/advice-and-support/mental-capacity-act It was produced by Ambitious about Autism, Mencap and the Challenging Behaviour Foundation in partnership with Irwin Mitchell.



Year 11 (age 15-16)

Finance and Benefits

On turning 16, your 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/carers 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 Contact benefits advisers (0808 808 3555) or Citizens Advice.

At 16 your young person:

- can 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.
- can apply for Universal Credit if they are entitled to DLA or PIP and have limited capability for work, see:

www.gov.uk/universal-credit/eligibility

You can use benefits calculators to find out what benefits you can claim and how to do so at:

www.gov.uk/benefits-calculators

Appointeeship

A young person 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. You must set this up before applying for PIP. Becoming an appointee means that you are responsible for making any claims giving any information required disclosing any changes that may affect your young person's entitlement to benefits.

The benefits will be paid to you on behalf of your young person. 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-benefits

Supporting people to access their money

Banks should offer young people support to access their money if they need it. This might include (but isn't limited to):

- providing information and letters in easy to read formats
- allowing different forms of ID if a person does

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

- not, for example, receive bills in their name
- allowing you to bank in a branch rather than only offering online or telephone banking
- using a chip and signature card if a person has difficulty recalling their PIN number

Different types of accounts

Young people with mental capacity can also be supported through different types of accounts. These include:

- A basic bank account – an account with limits on what a young person can do, e.g. going overdrawn.
- A joint account – again, this is an option if the person has the mental capacity to decide to do this.

Note: Universal Credit replaces, Child Tax Credit, Housing Benefit, Income Support, income-based Jobseeker's Allowance, income-related Employment and Support Allowance, Working Tax Credit. An award of Universal Credit to the young person means that any benefits parents get for their young person as a dependant will stop. Seek specialist advice to make sure your family won't be worse off.

Year 11 (age 15-16)

- A third party mandate – this is when the young person gives someone access to their account (if they have the mental capacity to allow this).

The important thing to remember is that having the mental capacity to understand something is not necessarily understanding all the complex and technical detail – it can be explained in a simple, clear and visual way. The bank should be able to provide information about different accounts in an accessible format

Education and Training 16-19 Bursary Fund

If your young person 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 and Discretionary Bursary.

Vulnerable Student Bursary

Up to £1,200 is available if at least one of the following applies to your young person:

- is in or recently left local authority care is getting Income Support or Universal Credit because your young person is financially supporting themselves
- is getting DLA in their name and Universal Credit
- is getting PIP in their name and Universal Credit

Discretionary Bursary

You can apply for this if you need financial help but your young person doesn't qualify for a vulnerable student bursary. The education or training provider decides how much your young person 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/eligibility

Access to Work Grant

An Access to Work grant can cover additional support your young person may need in the

workplace, when moving from education into employment. To get an Access to Work grant your young person must be 16 or over and have a disability, health condition or mental health condition that affects their ability to work.

Your young person also needs to have a paid job or be about to start or return to one.

NB: Your young person may not be eligible if they are claiming certain other benefits.

Your young person will be offered support based on their needs. This may include a grant to help cover the costs of practical support in the workplace or getting to and from work.

The money does not have to be paid back and will not affect their other benefits. For more information:

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

Health

At the time of the year 11 review, the therapies, specialist nursing or Child and Adolescent Mental Health service will discuss your young person's care and may refer to an adult Service (CAMHS). If young people do need to be referred, these services might be:

- The therapies in the adult learning disability team www.nelft.nhs.uk/services-waltham-forest-cldt
- The adult mental health team if young people have a diagnosed mental health need

www.nelft.nhs.uk/waltham-forest-mental-health-single-point-of-access

Young people can also refer themselves to Talking Therapies at www.talkingtherapies.nelft.nhs.uk

If young people have personal care needs than young people will be referred to: www.nelft.nhs.uk/services-waltham-forest-contenance-advisory-service



Year 12-13 (age 16-18)

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 move into work or further study

For students who have an EHCP, 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 4 (C) or above, whereas others may qualify for an exemption from the requirement to attain a grade 4 (C).

Some students with SEND should be on study programmes which help them achieve academic qualifications. Others will benefit more from programmes which help them acquire skills for employment and adult life. These programmes concentrate on high-quality work experience and other non-qualification activities.

Young people with an EHCP can also do internships, Supported Internships, Traineeships or Apprenticeships. These aim to prepare them for employment.

Traineeships

Education and training programme with work experience. They are designed to help young people aged 16 to 24 who don't yet have appropriate skills or experience. Traineeships provide work preparation training, English, Maths and work experience to help get an apprenticeship or employment. Traineeships are exempt from the minimum wage. For more information, see:

www.gov.uk/find-traineeship

Internships

This is where you learn about a job with support or learn about different roles in a job. For some internships you will receive an allowance and for others you will receive a reduced salary. You will gain all the experience to work in the company and gain a qualification.

Supported Internships

Structured study programmes based mainly at an employer. They are designed to help young people with SEND develop the skills to achieve sustainable, paid employment. Internships last about a year and usually include three unpaid work placements. They are supported by a dedicated job coach, who acts as a link between the employer and the intern. Wherever possible, they help the young person to move into paid work at the end of the programme. For further information, see:

Apprenticeships

Apprentices learn how to do a job by:

- Working in an organisation
- Going to college for one day a week

Apprentices are usually paid.

Internships, Supported Internships or Apprenticeships are three types of support into employment that are available for young people. In Waltham Forest they are called 'the three ships.' A young person will keep their Education Health and Care Plan if they are doing a three ships programme.

Year 12-13 (age 16-18)

Health

Children's health services such as therapies, Specialist Nursing and Child and Adolescent Mental Health Services (CAMHS) will continue to work with young people up until they are 18 years and start to plan their transition from 17.5 years.

If they have some of their therapy services in school or college, these will continue up until 19 years e.g. speech and language therapy.

Adult Continuing Health Care

If your young person'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. This allows enough time for the assessment and for any discussions about the care they are entitled to.

Their social worker or a therapist or nurse will need to complete a checklist called a 'Continuing Care Decision Support Tool', to assess if they have high needs that need to be specially funded as an adult. This will be done at 17.5 years.

It is at this age too that the coordinator of care transfers from the Paediatrician (if a child has been seeing one) to the GP.

Community Health Services

If your young person has learning disabilities, they should be referred to the Community Learning disability team (CLDT).

This service offers specialist health care assessment and interventions including: Behaviour support, community learning disability nurses, psychiatrists, psychologists, occupational therapists, speech and language therapists, physiotherapists and social workers. The service offers therapy clinics and drop-in sessions.

Referrals will be accepted through the GP, carer, or telephone call to the team. Self-referrals will also be accepted.

Hospital Passport

Going to hospital if you have a learning disability and or autism can make some people a bit scared or worried so your young person may find a hospital passport helpful.

This can be used when they are going into hospital. Either they or someone who knows them well can write important information about them to help the hospital staff.

A hospital passport can tell doctors, nurses and other people working at the hospital what their likes and dislikes are and how they can best support them.

www.bartshealth.nhs.uk/learning-disabilities

Learning Disability Hospital Team

Barts Hospital Trust has a Learning Disability Team that work across their hospitals with a designated Learning Disability Liaison nurse at each site, who you can contact before your young person goes to Hospital.

The team can ensure their visit to any of the Trust's hospitals is a good one.

The Learning Disabilities Team can be contacted on

Call: Tricia on **07713099156**

bartshealth.learningdisabilityreferralbh@nhs.net



Year 12-13 (age 16-18)

The Care Act 2014

The Care Act 2014 includes important legal duties for local Councils. These duties say what must happen when a child makes the move from children's to adult services.

If your young person is likely to need support from adult social care, Waltham Forest Council must complete a transition assessment before they reach the age of 18 and put the necessary support in place. Your young person's SEND officer will complete a Care Act Screening tool at 17 years to check eligibility.

This also applies if your young person is not currently receiving children's social services but may need services as an adult.

You or your young person can ask for an assessment. The Care Act does not say that the young person has to be a certain age to be able to ask for an assessment. It says that Waltham Forest should consider, in all cases, whether there would be a 'significant benefit' to the individual.

An assessment will look at the care and support needs of your young person and whether they will be eligible for support when they turn 18. It will also give information about the support needed for adult life and the sort of support they can expect.

This may mean a Personal Budget is given to pay for the support a young person needs. If the Council decides not to carry out an assessment, it must explain in writing why. It must also provide information and advice about what can prevent or delay the development of care and support needs.

If your young person does not meet Adult Social Care eligibility, then there may be support in the community to help them to maximise their independence. They may

want to speak to a social prescriber who can help them find ways of supporting themselves in the community.

Social Prescribing

www.walthamforest.gov.uk/health-and-wellbeing/waltham-forest-social-prescribing-service

The social prescribing service helps residents in Waltham Forest to:

- get advice about entitlement to benefits or what to do about debt
- become more active or increase healthy eating
- join in with local groups like art classes or gardening groups
- connect to local befriending or volunteering schemes
- gain training to help build confidence or move into work
- receive assistance with a cold home or other housing issues

There are many other benefits too.

This service also provides a link between residents and further support in order to improve their health and prevent the deterioration of illness.

Ensuring there is no gap in services

-When Waltham Forest Council assesses a child who is already receiving support from children's social care, the Care Act requires them to continue providing support 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.

Year 12-13 (age 16-18)

Carers Assessments

The Care Act gives local authorities a responsibility to assess your need for support as a carer. Before an assessment it will be useful to think about:

- how you would describe your caring role
- if you look after anyone else e.g. family, children
- maintaining a habitable home to live in
- your ability to go shopping and prepare meals for yourself and your family.
- developing and maintaining family or other significant personal relationships
- any effects becoming a carer could have on your job, training, education or volunteering.
- if you have any leisure time
- other support available to you or the person you care for

When the local authority carries out an assessment of needs and outcomes, they will also assess the needs of those around you to ensure their needs and outcomes are supported too, to ensure that everyone at home, including the person you care for (who may live elsewhere), has the right support in place. This can also reduce the demand and pressures faced by yourself as a carer.

After the assessment, Waltham Forest Council 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.

You may then be provided with a one off payment to use to support your needs and meet outcomes in your support plan.

Advice, Information and Peer Support

All carers can access personalised information, advice and guidance via Waltham Forest's dedicated carers support service and digital services. Carers can refer themselves to Carers First, the borough's voluntary and community sector partner for support, or can contact other organisations. Information on support and services is available online via the Council's and Carers First webpages.

There are also opportunities for carers to meet with other carers and share experiences, have time away from caring responsibilities, learn new skills and hobbies.

Flu and Covid vaccinations for carers

The seasonal flu vaccine is the best way to protect yourself and the person you care for from flu. It may prevent you from being too ill to care. Speak to your GP about having a flu jab along with your disabled young person or go to your pharmacist (proof of receiving Carers Allowance may be required).

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

Covid boosters

If you are registered as a carer, you will be offered a seasonal COVID-19 vaccine. Your young person may also be eligible.

If you have a low income you may also be able to claim support for health costs, such as prescriptions, sight tests and dental treatment:
www.nhs.uk/nhs-services/help-with-health-costs/

Young Adults (age 19-25)

Post 19 Education

Your young person may progress to studying for a level 4 qualification (e.g. HNC, CertHE) in a further education college or at university. Once this happens, your young person is no longer entitled to an EHCP. The Government has recognised that some need longer to complete and consolidate their education and training. The length of time will vary for each individual up to the age of 25. Waltham Forest Council must not cease the EHCP simply because the young person is aged 19 or over. It must take into account whether the education or training outcomes in the EHCP have been achieved.

When a 19-to-25-year-old continues with an EHCP, Waltham Forest Council must review it at least once a year. The plan must contain outcomes to help 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 stay 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.

Specialist further education college

A specialist further education (FE) college provides education only for young people with special educational needs. Some have residential facilities and provide what is commonly called a waking day or 24 hour curriculum.

You have the right to express a preference for a specialist FE college to be named in your young person's EHCP. The local authority must agree to your preference unless certain exceptions apply. It is not necessary to prove

that a mainstream college cannot meet your young person's needs before asking for a specialist placement. However, if the local authority believe that a local college can also meet your young person's needs, they may refuse your request on the grounds of cost.

Individually Tailored Education

If your young person moves on to a social care setting, for example an adult residential or day care setting, they may be able to keep their EHCP if they still receive some education.

Young people with special educational needs who do not have an EHCP

Your young person may have difficulty with learning, but may not need an EHCP if their education provider can give them all additional help they need. All education, training and service providers must treat

Ending an EHCP

One of the reasons for not maintaining an EHCP is that the young person no longer needs the special education or training 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 EHCP have been achieved. Local authorities must not stop maintaining the EHCP simply because the young person is aged 19 or over.

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

disabled people fairly and make reasonable adjustments for them, for example, providing a flexible timetable or recordings of lectures. Mainstream colleges have a legal duty to do their best to provide extra help for learners with special educational needs. Help might include individual tuition or mentoring, computer equipment or note takers. Extra help should be detailed in a special educational needs support plan (SEND Support Plan) and reviewed at least three times a year. Colleges should also refer to specialist services for further advice and support, for example educational psychology.

Breaks in Education

Some young people may have a break in their education. This may happen, for example, if it takes a long time to find a suitable college, if they change their mind about a course, or if they become ill. In such situations the EHCP should continue. It should not be ended unless a review has been carried out and it is clear that the young person does not want to return to education.

Higher Education

A young person studying for a level 4 qualification (e.g. HNC, CertHE) in a further education college or at university is not entitled to an EHCP. 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 help with the additional costs incurred by disabled students.

DSAs fund a range of support, including help with the cost of: specialist equipment travel non-medical helpers (e.g. sign language interpreters)

For more information, see the DSA finance guide: www.gov.uk/disabled-students-allowances-dsas

Help with daily living and personal care at university is normally funded by adult social care.





Transport and Travel

Waltham Forest may not fund travel assistance for some 19-25-year-olds for education settings. The Local Authority encourages most post-16

students to use public transport and travel independently because of the beneficial effects this will have on the young person's development and preparation for adulthood. However, in some circumstances additional assistance with travel may be required. Each application will be considered on a case by case basis. If you need help or advice, please contact:

assistancewithtravel@walthamforest.gov.uk



Supported Employment

Supported Employment has been successfully used for supporting people with learning disabilities and/or autism to get and keep paid employment following the

end of their education. It uses a partnership strategy to help people with disabilities to achieve long-term employment and businesses to employ valuable workers. The programme builds skills, confidence, work experience and general employability, leading to job outcomes. Emphasis is placed on in-work support, placing people in work at the earliest opportunity, training them to do the job in the way the employer wants it done, and providing ongoing support to maintain them in the job.



Social Care

Young people aged 18 or over who keep their EHCP may receive support from adult social care under the Care Act 2014. The EHCP should ensure

young people receive the support they need to help them achieve agreed education outcomes. The statutory adult care and support plan should form the 'care' part of the young person's EHCP.



Day Services

If your young person does not want to continue in education after 18, they could attend a day centre or community activity to socialise with others and take part in activities in the centre or in the local community, under their Care Act assessment.



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 young person can afford to contribute towards their care and support. This will take into account income received by your young person through benefits.

Care and support your young person 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)



Living Away from Home

If your young person wants to live away from home but needs support, you will need to talk to your social worker if you have one.

This will be included as part of their Care Act assessment when they are 18 years old. There are different housing options to choose from. They can:

- Live on your own or with friends. If they wish to live on their own, they will need to apply to be on the housing register.

The Housing Register assessment process will take into account individual circumstances to rank the level of housing need from Band 1 (highest priority) to Band 5 (no priority), including medical needs or needs associated with a disability. Medical details should be submitted for consideration as part of any application made for housing which may mean that young people would be placed in the higher Band 2(High Priority) of the priority bands.

If they are not going to live on their own, different types of support might include:

- Shared Lives
- Shared ownership
- Supported Housing
- Residential School/Housing

In a 'shared lives' home, you are helped and supported by a carer who will share their home with you and include you as part of their family.

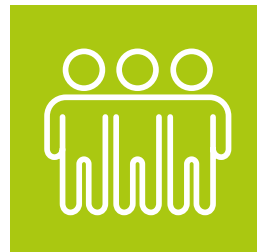
Supported housing is where you have a room in a house with a group, or you may have your own flat. You will have a package of support to help you.



Finance and Benefits

18-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 after claiming. For those claiming Universal Credit, the young person should be offered an appointment within a few days of their application. They should be aware that they may be put on a standard rate until a Work Capability Assessment decides if additional components are payable.



Work Coaches

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. You can also discuss with Jobcentre advisers specialist employability support, which provides mentoring and training to help people with disabilities into work if they can't use other employment programmes.



Disability Employment Advisors

In Waltham Forest there are Disability Employment Advisors who provide specialist 1:1 advice on steps to get or retain work

and signpost or refer to relevant support.

Contact Sabina for more information:
sabina.kosek@dwp.gov.uk



Useful Information

Preparing for Adulthood Waltham Forest:

www.walthamforest.gov.uk/schools-education-and-learning/local-offer-special-educational-needs-and-disability-send/preparing-adulthood

Preparing for Adulthood:

www.preparingforadulthood.org.uk

Local Offer:

www.walthamforest.gov.uk/schools-education-and-learning/local-offer-special-educational-needs-and-disability-send

Post 16 Options:

www.walthamforest.gov.uk/post16choices

Supported Employment:

www.walthamforest.gov.uk/jobs-and-training/find-jobs-and-other-opportunities/supported-employment-project

Employment Pathways-

www.walthamforest.gov.uk/schools-education-and-learning/local-offer-special-educational-needs-and-disability-send/preparing-adulthood/employment

Gatsby Benchmarks for Good Career Guidance

www.gatsby.org.uk/education/focus-areas/good-career-guidance

National Apprenticeship Service:

www.gov.uk/education/further-and-higher-education-skills-and-vocational-training

National Careers Service

<https://nationalcareers.service.gov.uk/>

British Association for Supported Employment:

www.base-uk.org/home

Adult Social Care:

www.walthamforest.gov.uk/adult-social-care

Community Learning Disability Team:

www.nelft.nhs.uk/services-waltham-forest-cldt

Supported Living:

www.walthamforest.gov.uk/adult-social-care/residential-care-supported-and-sheltered-housing

Assistance with Travel:

www.walthamforest.gov.uk/schools-education-and-learning/local-offer-special-educational-needs-and-disability-send/transport-and-getting-around

Annual Learning Disability Health Checks

www.mencap.org.uk/advice-and-support/health/annual-health-checks

Sendiass:

www.walthamforestsendiass.org.uk

Carers First:

www.carersfirst.org.uk/waltham-forest/welcome/

Citizen's Advice:

www.citizensadvice.org.uk/benefits/

Contact - For families with disabled children

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

Ipsa:

www.ipsea.org.uk

SOS!SEN:

www.sossen.org.uk

Sunshine Support:

www.sunshine-support.org.uk

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