

Preparing for Adulthood

'A parent's toolkit for transition at CPA'

Preparing for
Adulthood



PfA Outcomes across the age ranges
for children and young people with SEND



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Welcome and Introduction

This Transition Toolkit is designed to support parents and carers of students at Cambridge Park Academy (CPA) with planning for the future.

In this toolkit you will find information about the stages of transition from Year 9 to Year 14.

As a parent or carer, the transition planning process is your chance to put across what you want for your child's future. It is also your child's chance to voice their own hopes and wishes.




As an academy, we are here to guide and support you through the process, and work towards a smooth transition from school to adult life.

Our aims are to

- ✓ Support your child to get to know the people involved in their transition, and that they are working together towards a shared goal.
- ✓ Make transition planning person-centred, where your child's hopes, dreams and worries matter.
- ✓ Support and guide you and your child through the transition process.
- ✓ Help your child reach their full potential by exploring the range of possibilities for adult life.

What Cambridge Park 6th Form offers

- The curriculum in the 6th Form is based around Preparing for Adulthood. Our aim is to give students as many of the skills they need for adult life as possible.
- Preparing for Adulthood covers these four key areas: **Vocational, Independent Living Skills, Relationships & Community Good Health & Wellbeing**
- Students follow one of three pathways through the 6th Form:
 - Independent Pathway
 - Semi-Independent Pathway
 - Supported Pathway
- Each pathway supports the students to work towards the adult future that is right for them. The next page shows what we hope the students in each pathway could achieve in different areas.

Pathway	Supported Pathway 	Semi-Independent Pathway 	Independent Pathway 
Our aspirations for each pathway...			
Communication	<i>To be able to:</i> <ul style="list-style-type: none"> • Express choices and makes their needs known 	<i>To be able to:</i> <ul style="list-style-type: none"> • Communicate effectively in a range of contexts, with both familiar and unfamiliar adults 	<i>To be able to:</i> <ul style="list-style-type: none"> • Communicate confidently, read, write and apply functional maths skills
Self-Care	<ul style="list-style-type: none"> • Co-operate with self-care routines 	<ul style="list-style-type: none"> • Complete aspects of self-care with support • Participate in a range of familiar and unfamiliar activities that contribute to a healthy life-style 	<ul style="list-style-type: none"> • Meet own basic needs independently and know about positive health choices
Community Participation	<ul style="list-style-type: none"> • Safely access community activities with support, and respond positively to changes in the environment 	<ul style="list-style-type: none"> • Access the community safely 	<ul style="list-style-type: none"> • Travels independently • Manage personal safety
Social Development	<ul style="list-style-type: none"> • Engage in and enjoy a range of different activities with others 	<ul style="list-style-type: none"> • Socialise with other young people 	<ul style="list-style-type: none"> • Understand the importance of friendships and other relationships

Physical & Emotional Health	<ul style="list-style-type: none"> Respond to and accept support to help manage their emotions, sensory and physical needs 	<ul style="list-style-type: none"> Have an awareness of personal safety Regulate their own emotions and sensory needs with support 	<ul style="list-style-type: none"> Understand own emotional well-being and where to get support if needed
What the curriculum for each pathway includes...			
Vocational	<ul style="list-style-type: none"> Communication Skills Thematic Sensory Curriculum 	<ul style="list-style-type: none"> Communication Skills Functional English and Maths 	<ul style="list-style-type: none"> Communication Skills Functional English and Maths Enterprise <p>Duke of Edinburgh's Award</p> <ul style="list-style-type: none"> Volunteering Section – school-based or external work-experience placements
Independent Living Skills	<ul style="list-style-type: none"> Community trips 6th Form Flat Residential where appropriate 	<ul style="list-style-type: none"> Community trips 6th Form Flat Use of public transport Residential where appropriate 	<ul style="list-style-type: none"> 6th Form Flat Use of public transport Independent Travel Training <p>Duke of Edinburgh's Award</p> <ul style="list-style-type: none"> Expedition Section - Residential
Relationships & Community	<ul style="list-style-type: none"> Jigsaw PSHE Programme Leisure Skills 	<ul style="list-style-type: none"> Jigsaw PSHE Programme Leisure Skills 	<ul style="list-style-type: none"> Jigsaw PSHE Programme Leisure Skills
Good Health & Wellbeing	<ul style="list-style-type: none"> Thematic Music, Art & Drama Sensory Diet Personal Care Routines & Physical Therapy 	<ul style="list-style-type: none"> Thematic Music, Art & Drama Sensory Diet 	<p>Duke of Edinburgh's Award:</p> <ul style="list-style-type: none"> Skill Section – Music, Art or Drama Physical Section - Sport

What support we offer for transition

- We offer advice for parents and carers through open mornings and information sessions.
- We can also guide parents/carers towards other sources of support and information on other aspects of planning for the future. This toolkit can help you with that.
- We run group taster visits to a range of colleges and day care providers across the region.
- Students in 6th Form will have a transition passport which allows them to record and reflect on their experiences.
- Staff are readily available to advise and make suggestions about post-19 options, and where might best be able to meet your child's needs.
- Staff can arrange and accompany parents/carers to visit post-19 provisions they are interested in.

Planning for the future – Person-Centred Planning

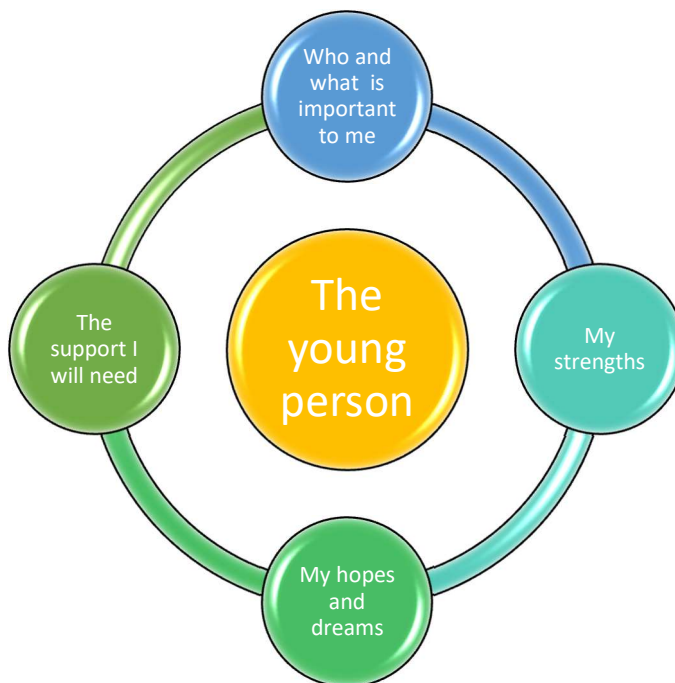
What is Person-Centred Planning? (PCP)

Everyone involved in planning for your child's future should put your child's needs at the centre of the process.

The Key questions to think about in PCP are:

1. Who are the most important people in child's life
2. What are the child strengths?
3. What is important to the child now and in the future (their dreams)
4. What kind of support will they need to achieve the future they want ?

The diagram below illustrates the process



Education Health and Care Plan (EHCP) Review Meetings

Every student at CPA has an EHCP, and this plan has to be reviewed every year. It sets out the outcomes everyone involved should be working towards for your child, and what support they need to help them reach their full potential.

From Year 9 to Year 14 EHCP reviews are the key meetings for planning for your child's future.

They are important for:

- Discussing what we are doing to prepare them for adulthood
- Recording their hopes and dreams
- Agreeing what needs to happen over the next year

It is important for your child's social worker to attend.

Transition Year-by-Year

This is a year-by-year breakdown of what should typically happen in the transition planning process.

Year 9

- EHCP review meeting – start talking about Preparation for Adulthood and developing independence skills from Y9 on
- Set a Long-Term Outcome about transition to post-16
- Referral should be made to Preparing for Adulthood Operational Group (either by school or your Children's Social Worker) – to start the process of allocating an Adults Social Worker. Without one your child won't be able to access services when they leave school.
- Student interview about their interests and hopes for the future
- **Points to consider-If you don't already have one, getting a Children's Social Worker can make the transition process smoother.**

Year 10

- If possible the preferred post-16 provision (6th Form) should be identified and named on the EHCP review paperwork. This is important to make sure a place can be allocated at your chosen post-16 provision.

Year 11

- If it wasn't done in Year 10, the post-16 provision needs to be named at this point
- Referral to Adults Social Care needs to be made at this point at the latest – if not then the package of support your child receives might not continue when they hit 18
- Free school transport finishes at the end of Y11 – you must complete an application through North East Lincs for transport post-16, and will have to pay a contribution toward the cost
- Parent open morning for moving up to 6th Form
- **Points to consider -Start thinking about what you and your child want from post-19 provision**

Year 12

- Students start learning about post-19 options
- We work on student's ability to talk about what they like and express their views and opinions
- We start supporting parents to visit post-19 providers they are interested in
- Adult Social Worker should be allocated to the family and begin the process of your child's needs
- Adult Social Worker should attend EHC reviews each year from Y12 on

Year 13

- We will run a parent information session about transition
- We run taster visits to different post-19 providers
- Students start work on their Student Transition Passport*
- Student interview / review of interests and goals
- Handover from Children's to Adults Social Worker at or around your child's 18th birthday

- Handover from children to adult's health services where appropriate e.g. iPASS, orthotics, physio, OT, epilepsy nurses, Speech and Language Therapy

*The Student Transition Passport is a tool for students to gather information about post-19 provisions they have visited or learned about. It helps them to collect information about their options for adult life in a way that is meaningful to them. Students are supported to record their experiences through a combination of photographs, staff observations and their own words where possible.

Year 14

- Post-19 provision(s) need to be named at the EHCP review meeting
- We start personalised transition visits to chosen post-19 provider(s) in the Summer term

Post-19

- Enjoy their adult future!

The Local Offer

North East Lincolnshire has its own Local Offer websites. This website brings information about all the different services available for children and young people with SEND into one place. It holds all the up-to-date information about:

- Education
- Health
- Social Care
- Leisure
- Money matters
- Becoming an adult

North East Lincolnshire Local Offer

[NELC SEND Local Offer | Parents and carers \(nelincs.gov.uk\)](http://nelincs.gov.uk)

Social Care Support

North East Lincolnshire Council has its own team that support children and adults with SEND.

Children's Social Workers can help with:

- Getting the right benefits for you child
- Getting access to social clubs and holiday schemes
- Respite, Personal Assistants (P.A.s) and short breaks
- Making sure you get the help you need from other services and professionals

At 18 years of age, Children's Social Workers will hand over to Adults Social Workers. Even if your child hasn't had a Children's Social Worker, getting an Adults Social Worker is essential to get access to services when your child leaves CPA

Adult Social Workers can help with:

- Making sure the support your child has been getting continues when they turn 18
- Giving you advice about changes to benefits and legal issues when your child turns 18
- Finding and getting funding for extra support when your child leaves CPA at 19

Personal Budgets

Personal Budgets are a way for you as a parent / carer to take control of some of the money that is spent on your child's education, health and social care needs. You can request a Personal Budget as part of the Annual Review of your child's EHCP. The Personal Budget can identify how you would like some of your child's funding to be used to meet the targets agreed in the EHCP.

You can find out more about Personal Budgets on the Local Offer website for your area.

The 24/7 Grid

The 24/7 Grid is an online tool for planning out the support your child needs with day-to-day living.

It creates an online weekly timetable for your child, which you can fill in with their activities, how much support they need at different times, and how much that support costs. This can be a useful tool for talking to different services about what your child and their family need.

You can find out more at www.247grid.com

Health Support

Your GP

All GP practices should provide an annual health-check for anyone with a Learning Disability who is 14 years or older. People with Learning Disabilities are at higher risk of many physical and mental health problems, so annual health-checks can be important.

Learn more here: www.nhs.uk/conditions/learning-disabilities/annual-health-checks

Mental Health Support

North East Lincolnshire provide a range of support services including:

Well-being hubs
Family Hubs
Young minds matter

You can find out more at www.nelincs.gov.uk/health-wellbeing-and-social-care/health-and-wellbeing/mental-and-emotional-health/

Integrated Physical and Sensory Service (iPASS)

iPASS are a specialist team who support young people (age 0-25) with visual impairments, hearing impairments and physical difficulties. They can advise parents and school about support and adaptations so that children with these difficulties can participate fully.

You can find out more about iPASS here: <http://www.ipass.org.uk>

Other Physical Services

A range of other professionals might support your child's physical needs:

- **Physiotherapists** support children (up to age 19) who have difficulties with movement. They can develop physical management and exercise plans, and organise for specialist equipment to be provide.
- **Occupational Therapists** (OTs) support children (up to age 19) with a range of difficulties in daily life, including sensory needs. They can assess sensory difficulties and advise activities and adaptations that can help your child manage their sensory needs.
- **Wheelchair Services** provide and maintain specialist wheelchairs and seating.

NHS Continuing Healthcare (CHC) Funding

If your child has a long-term health need, they may qualify for Continuing Healthcare funding from the NHS when they turn 18. This funding can pay for specialist support, care or equipment that they might need because of their health needs. A CHC assessment will be carried out by a nurse and any other relevant professionals, who will collect evidence of your child's needs in the following areas:

- Behaviour
- Cognition

- Psychological / Emotional needs
- Communication
- Mobility
- Nutrition
- Continence
- Skin
- Breathing
- Medication
- Altered states of consciousness

If CHC funding is agreed it will be reviewed regularly (usually every 6 months) for as long as it continues.

Mental Capacity

Mental Capacity is someone's ability to make their own decisions. This means being able to:

1. Understand the information they need to make the decision
2. Remember the information long enough to make the decision
3. Weigh up the information
4. Communicate their decision in a way that is clear

If someone isn't able to do these four things, then they 'lack capacity' to make that decision

The law around Mental Capacity says that:

- We should assume everyone has capacity, unless we can prove otherwise
- We have to assess someone's capacity for each decision they need to make
- We should support people to make their own decisions as much as possible
- Under 18 years, a parent can make decisions on behalf of a child who doesn't have capacity
- Over 18 years, professionals and parents have to work together to make a 'best interest' decision for someone who doesn't have capacity
- When professionals and parents can't agree about what is in someone's best interests, the Court of Protection makes the final decision

You can find out more about Mental Capacity here: www.nhs.uk/conditions/social-care-and-support-guide/making-decisions-for-someone-else/mental-capacity-act

SENDIASS / Independent Advocates

SENDIASS stands for Special Educational Needs and Disabilities Information Advice and Support Service. It provides a free, confidential and impartial service for parents and carers, children and young people (up to 25 years old).

In North east Lincolnshire SENDIASS provides

- Information regarding the local offer, local policy and SEN/ disability law from independently trained staff
- Advice for parent/carers, children and young people on gathering, understanding and interpreting information and applying it to their own situation
- Personalisation of personal budgets

- Information on the local authority's processes for resolving disagreements, its complaints procedures and means of redress
- Signposting children, young people and parents to alternative and additional sources of local and national information, advice and support
- Individual casework and representation where needed including support in attending meetings, contributing to assessments and reviews and participating in decisions about outcomes for the child or young person.
- Support for parents and young people in managing mediation and appeals to the SEND Tribunal

You can find out more about SENDIASS here: www.nelsendiass.org.uk

Leisure activities

As a young adult with a disability, your child may be entitled to a range of support and discounts on getting out and about.

For example, they may be entitled to:

- A Blue Badge for disabled parking
- A disabled bus pass
- A disabled rail card
- A CEA cinema card

The local offer [NELC SEND Local Offer | Parents and carers \(nelincs.gov.uk\)](http://nelincs.gov.uk)- Things to do section provides most up to date details

Independent Travel Training ITT

Independent travel trainers support and train young people to travel independently to and from their place of education. The training is primarily intended for young people currently in post-16 education, or in the final two years of their statutory school education (years 10 and 11) who are in receipt of local authority transport support to their school or college.

Referrals may be completed and submitted by any party involved with the young person, such as parent or carer, the school or college attended, transition workers and/or a careers adviser with the Young Peoples Support Services (YPSS).

You can find out more about ITT in North East Lincolnshire here:

www.nelincs.gov.uk/children-families-and-schools/schools-and-education/school-transport

Useful Contacts

Adult Social Care - 01472 256256

Cambridge Park School

Careers advisor - Amy Bunce - amy.bunce@nelincs.gov.uk

Childline

- ☐ 0800 1111
- ☐ www.childline.org.uk

Childline provides free, confidential advice and support to anyone under 19, about any issue.

Citizens Advice

Citizens Advice North East Lincolnshire

The Citizens Advice Bureau (CAB) gives free, impartial advice on issues like:

- Money
- Benefits
- Housing
- Health
- Disability

They can also help you fill out forms, and negotiate with people like landlords, employers and the Council.

Compass Mental Health Support Team - Compass.go.mhst@nhs.net

Family Fund - www.familyfund.org.uk

KIDS www.kids.org.uk

KIDS is a national charity that supports children / young people with disabilities up to age 25.

Local offer - sendlocaloffer.nelincs.gov.uk

LINCS SEND Team - West Lindsay & Lincoln - 01522 524526

East Riding - 01522 556187/552293

NELINCS SEND Team - 01472 323170 sen@nelincs.gov.uk

NLINCS SEND Team - specialneedssection@northlincs.gov.uk

SENDIASS - 01472 355365 nelincs@barnados.org.uk

Young Minds matter (YMM)- lpft.nelymm@nhs.net

Final Message...

We hope this toolkit has been useful! It has been written by 6th Form staff to help you understand the process of transition. All the information in this toolkit is accurate and up-to-date to the best of our knowledge.