

Your guide to preparing for adulthood

“We all want to live in a place we call home with the people and things we love, in communities where we look out for one another, doing things that matter to us. At this important time of your life, we want you to get the right support to be the best you can in adulthood.”

Source: Social Care Future



**SEND
partnership**

Right support, right place,
right time



Contents

Introduction	4
SEND Code of Practice and Mental Capacity Act	7
Education and employment	11
Independent living	16
Communities, friendships and relationships	20
Travel and explore	23
Health	25
Financial support	31
Planning for transition	34
The role of education, care and health services	39



SCAN ME

to visit the guide online

[www.nottinghamshire.gov.uk/
preparingforadulthood](http://www.nottinghamshire.gov.uk/preparingforadulthood)



Introduction

› Our vision

We all want to live in a place we can call home with the people and things we love, in communities where we look out for one another, doing things that matter to us. At this important time of your life, we want you to get the right support to be the best you can in adulthood.

Source: Social Care Future



› Our principles

We will:

- 1 Listen to the views, wishes and feelings of children and young people, and their families, as they plan for their futures.
- 2 Ensure that the pathways into adulthood are clear and accessible for children and young people, and their families.
- 3 Ensure that communication between professionals and children, young people and families is clear, consistent and honest.
- 4 Have a personalised support offer that empowers children and young people to be ambitious, make informed choices about their future and maximise opportunities for employment.
- 5 Support children and young people to live as independently as possible.
- 6 Ensure that agencies and services work closely together to develop a co-ordinated support offer with children and young people and their families.
- 7 Respond to concerns about abuse and harm in a timely and person-centred way, taking account of the views of the child, young person and their representatives.
- 8 Create co-production opportunities to develop, deliver and review services.

➤ Introduction

This document is aimed at young people with special educational needs and disabilities (SEND) aged 14 to 25, and their parents and carers, who want to know more about what support they can expect as they move into adulthood. This preparing for adulthood period is also sometimes referred to as 'transition'.

This printed guide aims to provide an overview of the support and services available for young people as they become adults and move from children's to adults' services. For a list of resources where you can find detailed information about each of the sections in this guide, visit our online preparing for adulthood guide at www.nottinghamshire.gov.uk/preparingforadulthood

Preparing for adulthood means preparing for:

- Further education and/or employment – this includes exploring different education and employment options, such as apprenticeships, internships, volunteering, planning for college or university or becoming self-employed.
- Independent living – this means young people have greater flexibility, greater control and freedom over their lives, the support they receive and their living arrangements, including supported living.
- Contributing to the local community and participating in society, including having friends and supportive relationships.
- Being as healthy as possible during their adult life.



Preparing for adulthood should be one of the most exciting times for any young person as they leave school, consider employment or training, further education and maybe leave home. Young people with special educational needs and disabilities (SEND) hope for the same things as all people; they want a voice, a social life, and to be involved as active, valued citizens of their community.

Whilst preparing for adulthood is something to celebrate, we also know that this can be a challenging time for young people with additional needs, and their families, especially if there is a need for or reliance on significant support from health and social care services.

For most young people, having access to timely, accessible information that helps them to understand their options and make informed decisions about their future may be enough to help them through this stage. Some young people, especially those who have a lot of contact with agencies or services, may need more support from family, friends and professionals as they move between children's and adults' services.

Everyone's experience of moving into adulthood will be different; this document is not intended to be specific to individuals or exhaustive – its purpose is to provide information about the key areas. Visit **www.nottinghamshire.gov.uk/preparingforadulthood** for more detail and up to date information.

Many young people who will transition to adult social care may have, or have had, an education, health and care plan (EHCP).

Young people with an EHCP can come along to preparing for adulthood family information events which are held throughout the year. Contact: icdsehcpst16@nottscs.gov.uk.

This document and the services outlined are not exclusive to young people with an EHCP.

Some care leavers with additional needs or disabilities may be eligible for services under adult social care. For young people who have been looked after, specific information is available on the local offer for care leavers at **www.nottshelpyourself.org.uk**





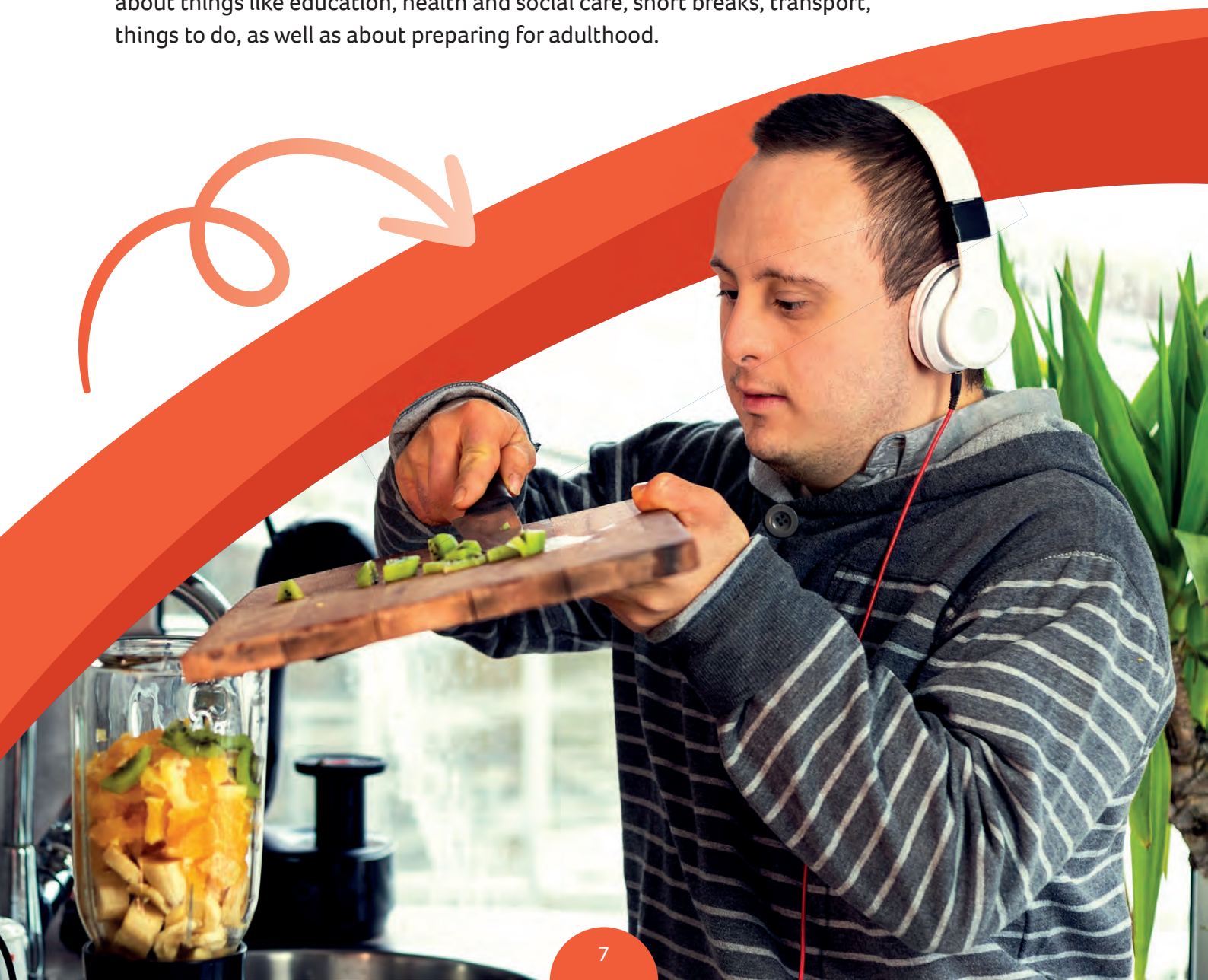
SEND Code of Practice and Mental Capacity Act

➤ Special educational needs and disabilities (SEND) code of practice

The legislation that outlines the duty of local authorities to provide services is different for children and adults. This can mean that the services available and access to them changes once a young person reaches 18 years old.

The **special educational needs and disabilities (SEND) code of practice** provides statutory guidance that outlines in detail what the local authority must do, by law, to support children and young people with SEND.

Every authority is required to publish a guide to services and support for children and young people with SEND aged 0 to 25. This is called the **SEND Local Offer**, and contains information about things like education, health and social care, short breaks, transport, things to do, as well as about preparing for adulthood.



➤ Care Act 2014

Duties for local authorities to provide adult social care services are described in the Care Act 2014 and ensure that:

- People receive services to meet their care needs and to prevent their care needs from increasing.
- There are a range of high quality, appropriate services available to choose from.
- People get good information about what care and support is available so that they can make informed decisions.



➤ Preparing for adulthood (PfA) team

If a young person may need to start or continue accessing support or services from the local authority once they become 18, they will need to have an assessment to see what support they need. The team can complete this assessment, help to guide families through the process and help to organise their support. The team takes referrals for anyone aged 14 to 17½.

It is useful to know ahead of time what services may be required so that the council can plan ahead, but as people's needs may change over time, it is more typical for the team to make contact with families of young people between the ages of 16 to 18.

Young people who are already aged 17½ can access support through their local community team.

Get in touch by calling adult social care services on **0300 500 80 80**.

➤ Adult deaf and visual impairment service (ADVIS)

ADVIS provides specialist support to people with a sensory impairment. We have specialist workers who understand the impact of deafness, visual impairment or deaf blindness and can communicate using British Sign Language (BSL).

We can provide information and advice about your situation, provide specialist equipment to help you manage everyday living tasks, and explore rehabilitation to regain skills and confidence and maximise independence.

Get in touch by calling adult social care services on **0300 500 80 80**.

➤ Paying for care and support

When someone becomes 18 and has support from adult social care, they will have a financial assessment to see if they need to contribute towards the cost of their care.



➤ Direct payments

If a young person is assessed by social care as needing support (e.g. for short breaks or support with daily living tasks), the council will often source this support, however the young person may be able to use the money to pay for a service or type of support of their choice as long as it achieves the same outcomes. This is called a Direct Payment.



➤ Making safeguarding personal

The Care Act also requires that local authorities take a 'making safeguarding personal' (or MSP) approach when undertaking safeguarding enquiries. This means that the safeguarding process should be person-led and outcome-focused. It engages the person in a conversation about how best to respond to their safeguarding situation in a way that enhances involvement, choice and control as well as improving quality of life, wellbeing and safety.

➤ Mental Capacity Act (MCA)

Mental capacity ('capacity') is an individual's ability to understand information to make decisions. This includes being able to understand the information relevant to the decision, being able to retain that information, being able to use and weigh that information and being able to communicate that decision.

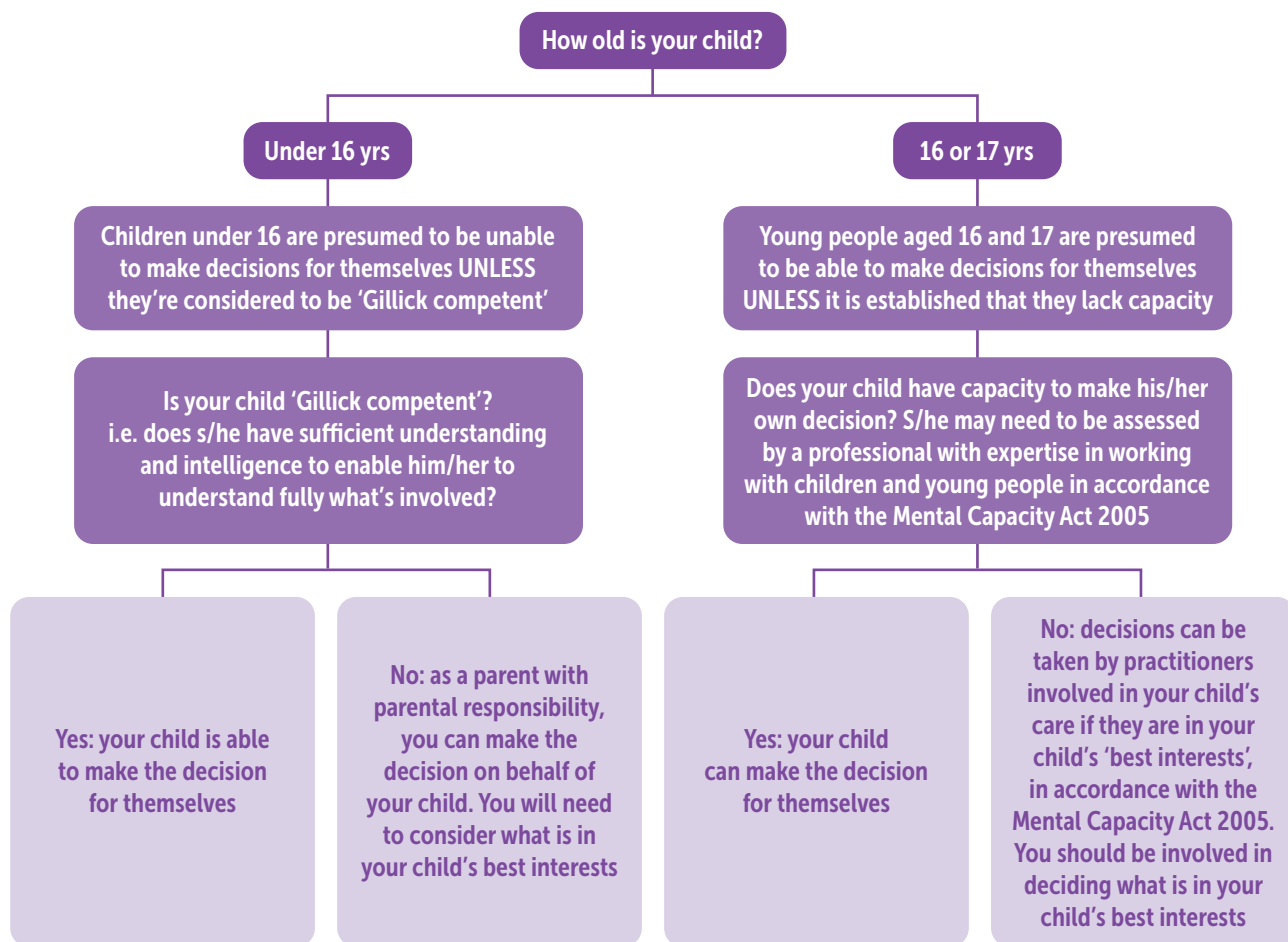
An individual must not be treated as being unable to make a decision unless all practicable steps to help that individual to do so have been taken without success. An individual will lack capacity if they are prevented from making a decision because of a condition that affects the way their brain works. Capacity is both decision and time specific, so an individual can have capacity to make some decisions but not others. Where an individual lacks capacity to make a particular decision, then a decision must be made in the individual's best interests. The way in which such decisions must be made in an individual's best interest is governed by the Mental Capacity Act (MCA) and applies to an individual when they reach the age of 16 in England and Wales only.

A decision can be made on behalf of an individual only if they have been assessed as lacking capacity to make the relevant decision.

Professionals must always start by assuming that an individual has the capacity to make a decision for themselves unless proven otherwise. A lack of capacity cannot be established merely by reference to the individual's age or appearance, or any condition, or aspect of behaviour, which might lead others to make unjustified assumptions about that individual's capacity.



For parents and carers, as their child gets older, they may find that their role in decision-making around care and support changes. The flowchart below is an illustrated example.



Parents can make decisions on behalf of their children below the age of 16 with parental responsibility. However, a child under 16 may have sufficient intelligence and understanding to make decisions for themselves. This is known as competence. For example, a competent child could consent to medical treatment and do so without parental knowledge. Parental responsibility legally ends when a young person becomes 18; however 16 - and 17-year-olds are presumed to have competence to make decisions for themselves, although this is a rebuttable presumption.

Where an individual does not have capacity to make decisions about their finances or their health and welfare, a person may be appointed to make those decisions on their behalf. The person appointed to make those decision is known as a Deputy.

Deprivation of Liberty Safeguards (DoLS):

Sometimes it is necessary for an individual who lacks capacity to be protected by having their freedom of movement and choices restricted to ensure that they get care and treatment that they need.

For a range of resources and links to detailed information about the information in this section, visit our online preparing for adulthood guide at www.nottinghamshire.gov.uk/preparingforadulthood



Education and employment

Good careers advice and guidance in schools should help to raise aspirations and promote access to all career pathways, as well as enabling young people to develop the skills and outlook needed to achieve success within their adult life.

- Every school and college should appoint a named person to the role of careers leader, and they are expected to publish details of their careers programme for pupils and parents and carers.
- Every school must ensure that pupils are provided with independent careers guidance from year 7 to year 13 and publish a policy to explain how this will be achieved. Schools must ensure that there are opportunities for a range of education and training providers to meet with all pupils in year 7 to year 13 to tell them about approved technical education qualifications, supported internships or apprenticeships.
- Schools must provide pupils with opportunities to meet employers at least every year from year 7 to year 13 and some of these encounters must be with science, technology, engineering and mathematics (STEM) employers.
- Some colleges offer support with CV workshops, interview preparation, employer-based talks and careers fairs.
- Every school and college should use the Gatsby Benchmarks to measure and improve career provision.



Vocational profiles are tools that schools may use to help identify which type of work a young person may be suited to. They identify the skills that a young person already has and any areas for developing independence and life skills that would better prepare a young person for work e.g. telling the time or travelling independently.

School attendance:

The local authority's family service (ages 5-18) can support young people and families to improve school attendance and/or help with managing emotions and behaviours.

Education transport:

If a young person uses local authority transport to access an educational placement, they will need to re-apply when they are 16 and every year thereafter.

Education and training providers from age 16+:

For young people applying for further education such as college or university, it is helpful to declare on the application any special educational needs and disabilities or support needed and to make early contact with student support services. This will not hinder their chances of getting a place but will provide time to make reasonable adjustments before term starts. Social care needs remain the responsibility of the local authority where the young person's permanent address is registered. Students applying to university may be able to apply for Disabled Students Allowance to cover study-related costs.

Futures (ages 16 to 18, or up to 24 with an EHCP):

The local authority contracts Futures to work with young people who are coming towards the end of their education and who are at risk of not entering further education, employment or training (NEET).

➤ Careers advice

There are lots of services offering education and employment advice such as the National Careers Service, King's Trust, The Inspire and Achieve Foundation, JobHelp. UCAS has information about higher education and higher apprenticeship opportunities and Jobcentre work coaches can support with skill-building and finding employers.



➤ Routes to work

Work can support young people to develop financial independence, friendships and improve physical and mental health.

There are different options for routes into work:

- Volunteering
- Study programmes
- Supported internships
- Traineeships
- Apprenticeships



➤ i-Work (age 18+)

The i-work team supports young people aged 18+ with a learning disability or autistic spectrum disorder to find work, including:

- Looking at skills, interests, qualifications and experience.
- Helping to write a CV and job search specifically for the young person.
- Helping find and apply for jobs.
- Referring for benefits advice.
- Supporting start work
- Giving ongoing support when finding a job to help stay there.

➤ Brooke Farm employment and skills training hub (age 18+)

Brooke Farm offers employment and training opportunities for people with learning disabilities and autism. Depending on what's right for the person they will join the Hub for a person-centred training programme based around their individual needs from twelve weeks to up to three years. Individuals are helped to gain the skills and confidence that can lead into sustainable paid employment and a brighter, more independent future.

There are a range of practical opportunities in different working environments, including horticulture in the greenhouses and outdoor areas and retail and customer service in the café, farm shop, and garden centre. As well as the opportunity to learn skills through the employability programme, which includes all aspects of the job application process such as writing a CV, job readiness, and preparing for interviews.

➤ Supported internships

Supported internships are a type of study programme helping young people to get a job. What makes them different is that young people do most of their learning at work, 'on the job'.



Case study: Callum's story

Callum had done some initial work with the i-work team around searching for compatible jobs or considering suitability for employment but still felt that he wanted to seek some experience in a supportive environment like the one provided at Brooke Farm.

Callum also states that along with experience he felt he needed some level of self-confidence which was another driving force in pursuing the opportunity Brooke Farm provided.

During Callum's induction onto the hub, he spent a few weeks sampling the different areas of work training offered. He initially decided to train in the greenhouse before deciding that working in a food environment was more suited to what he would like to do long-term. So, he then began practicing his skills in the café and farm shop.

With support and encouragement from the Brooke Farm team Callum immediately began to flourish – developing skills and confidence in the real-life practical work environment and soon became recognised for his excellent customer service. Callum embraced the Employability skills opportunities at Brooke Farm and completed the onsite English course run by INSPIRE, a maths course on financial literacy also by INSPIRE, and an in-house accredited food hygiene course.

Earlier this year, Callum felt his confidence and skills had improved enough to apply for a job with Nottinghamshire County Council at Ashfield Day Service working as a Kitchen Assistant, the i-work team then worked with Callum again to support and prepare him for his interview for which he was successful.

Before he finished Callum said:

"I came to Brooke Farm for more experience and what I found was much more than that. The staff have been very supportive in helping me achieve many targets, like getting my Level 1 Food Hygiene Certificate. I am very grateful for the role Brooke Farm has played in my development and I look forward to my new job."

Luke Bragg, Brooke Farm Employment Development Worker, said:

"Callum came to us with all the drive and determination to accomplish his goals – he simply needed the backing and belief of the staff to help him find the confidence to excel. Whilst with us he has not shied away from any challenges or training opportunities, and he has approached everything head-on with a can-do attitude. He has truly been a pleasure to work with and the entire team wish him nothing but success in his new role."

Settling into his new job as a Kitchen Assistant Callum reflects ***"Since starting my job at Ashfield Day Service I have been supported by the i-work team. She is supporting me to complete my training and getting me used to my new job role. I am really enjoying it and it is really satisfying that I am being paid for doing something that I enjoy. I have enjoyed meeting new people in work and am getting used to my work routine. I am building my confidence, feeling more independent and learning new skills"***.





Case study: Emily's story

Emily had a placement at Nottingham City Hospital for one year as part of DFN Project Search with Nottingham College. Before that, she studied work skills at Derby College for one year and Catering at Nottingham College for two years.

As a result of her continuous hard work and support from her colleagues, Emily gained permanent paid employment as a Food Service Assistant. She has now been working in this job for just over a year.

Emily's parents say they are both pleased for her. They feel happy that she is working in a safe and secure environment.

"Although I was fairly outgoing, I have always lacked confidence in myself, but the supported internship has enabled me to build my confidence by meeting and working with lots of different people."

The internship allowed me to get to see what the hospital was all about and I got a hands-on training which was not just classroom based. I was allowed to shadow other staff members and I really enjoyed my year at the hospital, everyone was so helpful. I have a mentor which is great so I can ask her about things if I need to.

Whilst working within the hospital I have been able to use the skills I learnt at college, gain new skills and have now been offered a permanent job with the NHS.

I have thoroughly loved every minute working at the hospital and always feel safe and supported."



Emily

Project Search (age 18+):

Offers one-year internship programmes based at Queen's Medical Centre, City Hospital and Sherwood Forest Hospitals. Young people can apply through Nottingham College or West Notts College.

For information on how working may affect benefits, call the Benefits Team on 0300 500 80 80



For a range of resources and links to detailed information about the information in this section, visit our online preparing for adulthood guide at www.nottinghamshire.gov.uk/preparingforadulthood



Independent living

As young people get older, they may want to become more independent and may start to think about where they would like to live once they become an adult.

Schools and colleges will often support young people to develop independent living skills and it is always useful to see what support is available there in the first instance.

If you think you may need more support than is available in school, The Early Help Unit provides a central contact point for information and advice and can connect you to services both in the council and outside of the council.

► Occupational therapy (any age)

Occupational therapists can work with people with a permanent and substantial disability to provide equipment or make adaptations to the home to help make it easier for them to do things by themselves, or for their carer to care for them.

Ages 0-18

More information:

Tel: **0115 804 1273**

Email: childrenot.duty@nottsccl.gov.uk

18+

More information:

Tel: **0300 500 80 80**



➤ **Specialist support (ages 0 to 18)**

This team provides a range of support for young people, typically with more complex needs, and their families at home and in the community. This includes:

- Support with personal care at home
- Support with sleep/establishing routines at home
- Building independence and self-care skills
- Individual tailored support to young people/families
- Individual or group short-break sessions on weekends or school holidays. This can include group visits into the community/off-site to extend young peoples' skills and experiences
- Youth groups (aiming to support people towards accessing non-specialist youth groups)

Tel: 0115 804 1262

The connect service (age 18+ or 17+ with social care referral) can offer short term support such as help filling out forms, accessing benefits, or housing issues as well as advising on local services and activities.

Technology enabled care (TEC) is a variety of technological solutions provided by NCC to support adults to maintain their independence at home, in the safest and least restrictive way possible.

➤ **Maximising independence service (age 17.5+)**

This team can work with young people on a short-term basis towards independent living skill goals such as:

- Improving home skills e.g. maintaining the home environment and household routines such as cooking or shopping.
- Independent travel e.g. road safety and public transport.
- Finding social opportunities e.g. local groups/activities, building healthy relationships, managing interactions safely in the community.
- Finding work e.g. looking for courses or voluntary work.
- Budgeting e.g. learning about money, organising and paying bills, making money last and managing debts.
- Keeping well e.g. support with personal care routines/self-care and improving confidence.
- Support with hoarding.

➤ Care and support at home (age 18+)

Some young people may need longer term care and support with day-to-day activities at home.

If you need help with everyday tasks such as getting washed and dressed, going out of the home, a personal assistant maybe be able to help you.



➤ Housing, care and support options

Some people may want to stay in their own home, some may go on to rent a property owned by a private landlord, and others may look to buy their own home.

For a range of resources and links to detailed information about the information in this section, visit our online preparing for adulthood guide at www.nottscc.gov.uk/preparingforadulthood

➤ Council housing or association housing

This involves renting a property from the council or a housing association. A young person would need to have a link to the local area to be able to register for this. The different districts and boroughs in Nottinghamshire are responsible for this information.

Supported accommodation provision (SAP) is accommodation for young people aged between 16 and 21 who have become homeless or are leaving care (moving on from being looked after in a residential setting or in foster care). Young people will typically have a level of independent living skills, such as the ability to self-manage medication, as staff are unable to support with this. This accommodation is not specific to young people with disabilities, who may be eligible for services/provision under adult social care.

The housing options set out below are for young people aged 18+ and usually require a young person to have had an assessment that has determined that they are eligible for adult social care support - contact **0300 500 80 80** to make a referral.

Shared Lives scheme:

This would involve getting to know another family and attending their home for a few hours at a time, for a few nights or even living with them as a short or long-term arrangement.



Supported living:

This involves moving into a property such as a flat or shared house and having care, support and enablement services to help the young person to live as independently as possible. Support may be shared, one-to-one and/or overnight.

Residential care homes:

A young person moving into a care home would have their own bedroom, usually with an ensuite. There would usually be a maximum of eight (but often less) people living there and there would always be staff on-site. There would be a period of introduction to check that the care home is right for the person before they move in. There are a number of care home providers in Nottinghamshire.

**Outreach:**

These services may be delivered in a range of environments such as libraries, cafés, community centres and in a range of other ways. Options include face-to-face support, in reach/hub service (community and social activities), technology solutions or other forms of innovative solutions which meets the individual's needs. Outreach is defined as people needing under 40 hours of service provision which does not include waking or sleeping-in at night.

Nursing care homes:

These are usually for young people who require an additional physical nursing element to their support. Nursing homes are usually larger than residential care homes. Anyone moving into a nursing home can expect that they will have their own bedroom, usually with ensuite.

Care Quality Commission (CQC):

Adult social care services in England are regulated by the CQC which can provide information about what to expect from providers and information about performance.

For a range of resources and links to detailed information about the information in this section, visit our online preparing for adulthood guide at

www.nottinghamshire.gov.uk/preparingforadulthood





Communities, friendships and relationships

Schools and education settings offer opportunities for young people to build friendships and feel part of a community. Outside of education, young people should continue to have these opportunities.

Nottinghamshire County Council offers a range of services that can be accessed without an assessment, such as family hubs, youth centres, libraries, parks, leisure centres and social activities. Nottinghamshire's SEND Local Offer has a range of information on activities, clubs and support groups.

Early help (ages pre-birth to 18) provides a central contact point for information and advice and can connect you to other services, as well as accepting referrals on behalf of the council's early help services.

Youth services (ages 10 to 19, looked after young people up to age 21 and young people with disabilities up to age 25).

Nottinghamshire County Council's youth services operate countywide. Link groups are specifically for young people with disabilities, providing opportunities to build friendships and take part in a variety of activities in your local area, from social and leisure to skill-enhancing like cooking. Sexual health advice is also available and there is provision for limited one-to-one sessions where that is beneficial.



The Nottinghamshire Pioneers Youth Forum is a group of young people aged 11 to 25 who represent the voice of young people on disability issues.

Support may be available in your local area to help you start attending local activities and groups. A local area coordinator may be able to come with you for the first few times. Some young people may need more support to access social or community activities due to their disability.

Children with SEND face unique challenges and risks when using online platforms. They may have difficulties in understanding online content, communicating with others, or protecting their personal information. This can result in them being more vulnerable to cyberbullying, grooming, or exploitation. Therefore, it is important to support them in staying safe online and developing digital skills.

MindJam offers emotional and SEN support and guidance for young people through gaming website, game design and digital skills, meeting additional emotional needs that are not always met by traditional means.

➤ Relationships

There are many different types of relationship and each is unique. When deciding whether to be in a relationship, it's important to think about what makes you happy as being in a relationship is always your choice. It can be useful to learn about healthy and unhealthy relationships and if you have any concerns, Childline is a useful support.

Good sexual health is important for us all throughout our lifetime. Taking care of our sexual health can include understanding changes to our body, planning for and using contraception, learning how to avoid sexual transmitted infections and unintended pregnancy and knowing where to go if you want help and advice about sexual health. The council offers open access, free and confidential sexual health services to everyone across the county to ensure people can have their sexual health and contraceptive needs met.

The family service (5 to 18) can provide help with avoiding sexual or criminal exploitation and staying safe online.



➤ Short breaks

A short break intends to give a young person the opportunity to experience new or different opportunities whilst also giving their carer a break from caring. This can range from payments for activities, to having a personal assistant who can help with care at home or getting out and about, to attending group activity sessions or having overnight stays somewhere.

Young people aged from 5 to 18 may need an assessment to determine what level of support is available, if they are eligible for a service.

From 18 years old, a young person would need to have an assessment to see if they are eligible for adult social care support you can make a referral by phoning **0300 500 80 80**.

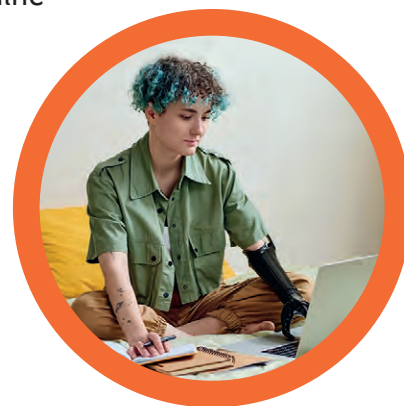
Ages 5 to 18: Contact: sbassessment.review@nottscs.gov.uk

- **Age 18+**

Examples can include Shared Lives: This would involve getting to know another family and attending their home.

- **Overnight short break units**

Local authority units in Worksop, Rainworth and Bingham.



➤ Day opportunities

Based in different local communities across Nottinghamshire, they provide a range of opportunities for people to achieve their personalised goals for maintaining and improving independence whilst doing the things they enjoy.



➤ Direct payments

If social care professionals assess a young person as needing support (e.g. short breaks or support with daily living tasks), the council will often source this support. However, the young person may be able to use the money to pay for a service or type of support of their choice, as long as it achieves the same outcomes. This is called a Direct Payment.

“When we started in adult social care, I used the money allocated for overnight short breaks to pay for a personal assistant through direct payments. This worked perfectly and essentially doubled the allocated nights that we were able to have support than if I had just used a Nottinghamshire County Council residential centre.”

Joanne – Parent

For a range of resources and links to detailed information about the information in this section, visit our online preparing for adulthood guide at www.nottinghamshire.gov.uk/preparingforadulthood



Travel and explore

The Duke of Edinburgh's Award Scheme (ages 14 to 25) is a programme for young people that includes sections on volunteering, activities, skills development, and expeditions. The programme is divided into three levels: Bronze, Silver, and Gold, starting at ages 14, 15, and 16, respectively.

The King's Trust (ages 16 to 30) offers support for young people to get into jobs, education, and training. It highlights opportunities to work with employers while also improving CV and interview skills. Participants may be able to go on trial shifts with potential job offers afterwards and in addition receive mentor support for up to six months after the programme to help plan their future.

The Scout Association aims to improve young people's lives, helping them reach their full potential and integrate into society by engaging in a variety of activities, from hiking and building robots to coding and community service. You will learn skills that boost confidence and happiness, often trying new things you wouldn't experience at home or school.

Nottingham Mencap Gener8 (ages 14 to 24) help people develop independent travel skills, personal hygiene awareness, money and cooking skills. They also focus on developing self-confidence and self-esteem. Activities include arts and crafts, music, sports, and community outings. Sessions are held every Sunday and can be funded through personal budgets, local authority funding, or private funds.



L8s social youth club (ages 12 to 25) is for young people in Nottingham (or Nottinghamshire?) with learning disabilities. Every Friday it offers activities such as pool, table tennis, music, and more.

Adventures (ages 3+) Experience the thrill of a lifetime at an adventure destination with high-flying High Treks, exhilarating zip lines, and a unique Net Park, all set above the stunning King's Mill Reservoir. Unleash your inner adventurer and make unforgettable memories with friends and family.

Southwell Scout Group (ages 6 to 20) The Southwell Scout Group offers a variety of adventurous activities for young people including hiking, astronomy, treasure hunts, geocaching, and camping.

Back2Basics Camping (ages 6-15) Back2Basics Camping offers a unique outdoor experience where you can learn survival skills like starting a fire from scratch, building shelters, and navigating with a map and compass. With activities like campfire games and themed overnight camps, it's a fun-packed adventure that lets you take a break from technology and connect with nature.

➤ Travel assistance for children and young people with special transport needs

Children and young people with special educational needs or disabilities in Nottinghamshire may be eligible for travel assistance based on medical advice and other evidence.

Applications for travel assistance can be made online or by calling customer service on **0300 500 80 80**, where an assistant will complete an application with you over the phone.

The county council offers an independent travel training programme to help people travel independently. Special transport is not provided for those who complete the programme unless their circumstances change.

Travel assistance arrangements are regularly reviewed to adapt to any changes in the child's needs.

➤ Independent travel training (any age)

This service supports schools to offer travel training - check with the school / college to see if they offer this first.



For a range of resources and links to detailed information about the information in this section, visit our online preparing for adulthood guide at www.nottinghamshire.gov.uk/preparingforadulthood



Health

Every transition across health services will be different depending on the young person's needs and the services they receive.

Young people, parents and carers may find that there are less scheduled check-ups and some services that they have seen regularly may discharge them without transition to an equivalent adult service, with the expectation that support will be sought through a GP as needed.

► Children Act

This Act means that a young person may legally be able to make their own decisions about their health care and treatment from the age of 16. Parents and carers may find that arranging prescriptions automatically transfers to the young person. The young person may need to give permission for appointments to be made on their behalf or for parents to receive copies of letters from health or social care professionals.



Where possible, the young person should be supported to prepare for this in advance; learning about their treatment, who to contact (including in an emergency) and being encouraged to ask questions and be involved in decisions about their care.

If the young person is unlikely to be able to manage decisions about their care, parents and carers should discuss this with the relevant professionals involved.

➤ Annual health checks

Anyone aged 14+ who is on their GP's learning disability register is entitled to an annual health check. Some young people may have been used to seeing a paediatrician; this will cease at 18 (or when the young person finishes special school where relevant) and care co-ordination will move to the GP (with specialist team/consultant involvement where relevant). Attending annual health checks from the age of 14 can help families to build a relationship with the GP and enable a good handover. A Primary Care Liaison Nurse may be able to support GP practices to make reasonable adjustments that help make it easier to attend annual health checks.

If a young person has received services from optometry, it may also be beneficial to start building a relationship with a high street optician in preparation for discharge. Opticians may be able to make reasonable adjustments to support appointments such as home visits.

The Neurodevelopmental Specialist Service (NeSS) (age 18+) offers Autism and ADHD diagnosis, treatment and signposting for young people without an intellectual (or 'learning') disability. Those with an intellectual disability would access support via the from the intellectual disabilities service.

Social prescribing (any age): Every Nottinghamshire GP can refer to a social prescribing link worker. Link workers can offer support around a range of issues such as loneliness or social isolation, family situations, finance/debt, education and employment and housing. They can also support people to attend new groups/activities in the community.

➤ Healthcare costs

When a young person reaches 19 and is no longer in full time education, they may need to pay for some NHS costs, for example, prescriptions, dental care, vision and hearing testing. They may be able to apply for financial assistance.



➤ Hospital

Young people, parents and carers may find hospital wards different when a young person reaches 18. For example, parents and carers may not be expected to stay overnight with the young person. Parents and carers should take any relevant documentation for decision-making and speak to ward staff to discuss any reasonable adjustments required to meet the young person's needs. For example, having a parent or carer stay overnight. Young people aged 18+ with a learning disability can ask the ward for support from an acute liaison nurse or specialist learning disability nurse who can help with reasonable adjustments for both inpatient and outpatient appointments.

➤ Community health services

The services a young person is under will each have different transition processes. If many professionals are involved with a young person, this has the potential to be overwhelming; it may be useful to start making a record early on of what will happen and when as the young person has appointments with professionals. This can also be raised and documented at school review or education, health and care plan (EHCP) meetings where relevant.

The community children and young people's service

If a young person has received specialist community health services such as nursing, occupational therapy, physiotherapy or speech and language therapy there is information to support transition.

Wheelchair services

These services support across all ages.

Continence

From 18, support would transfer from the children and young people's continence service to the local District Nurse team.

Tissue viability

This service supports across all ages.

Home enteral feeding service

For young people with nasogastric/gastrostomy feeds, transition will take place at age 18 but contact details and the process to order feeds will remain the same (**0115 969 1169 x74008**). Further contact can be made from the community children's nurses (**0300 123 3387**) to the Nutricia Nursing Team (**0345 7623 617**).

Substance support services

The county council offers a free holistic and confidential service called Change Grow Live for anyone in Nottinghamshire experiencing problems with drugs and/or alcohol. If you are concerned about a loved one's alcohol or drug use, Hetty's offers services including interventions, focus groups and one-to-one support.



➤ Communicating needs

It is likely that transition will involve the young person moving into new environments and meeting lots of new people. If a young person is unsure of their medical history or has difficulty communicating this, it may be useful to put together documents that detail this and any support/communication needs, including hospital passports, communication passports, personal health records.



➤ Mental health

Many schools, colleges and universities have mental health support or counselling services. Young people can speak to the pastoral team or student support services to find out more. GPs can also offer advice and signposting and refer to more specialist teams.

Other services include:

Text Notts: Text the word 'Notts' to **85258** to text with a trained volunteer at any time of the day.

Nottalone (age 0-25) is a website created to help people in Nottinghamshire to access mental health information, advice and support. It contains a range of information on services available.

The Wolfpack Project (age 16-35) a youth organisation dedicated to reducing loneliness and promoting positive mental health.

Nottinghamshire County Council's Family Service (age 5-18) provides early help for families at home or in the community which can include support with managing feelings/emotional health.

NHS Nottingham and Nottinghamshire Talking Therapies (age 18+) offers short term psychological services for young people experiencing common mental health difficulties, such as low mood, depression, anxiety or stress.

Mental Health Crisis Sanctuaries (age 18+) offers support/guidance and drop-in safe spaces around Nottinghamshire for people experiencing mental health difficulties or in crisis.

Harmless Suicide Crisis and Self-Harm Service (any age) offers support with self-harm or suicidal crisis or to anyone supporting a loved one with self-harm or in suicidal crisis.

Suicide Crisis service: Call: **0115 880 0282** / Email: crisis@tomorrowproject.org.uk

Self-Harm service: Call: **0115 880 0280** / Email: info@harmless.org.uk

➤ Nottinghamshire Healthcare Trust services

Community child and adolescent mental health service (CAMHS) (age 0–18)

– support for young people presenting with severe and complex mental health needs.

There are a range of different services under CAMHS, including a service for young people with a moderate or severe learning disability.

Local mental health teams (LMHT) (age 18+) – young people who have been accessing CAMHS and continue to require support with severe and complex mental health needs will be referred on to their local mental health team. This process will begin from 17 years 3 months and may include some joint work between CAMHS and the LMHT to handover care.

Intensive community assessment and treatment team (ICATT) (18+) offers short-term mental health and challenging behaviour services for adults with a learning disability who are living in the community.

If a young person needs support in a crisis, call 0808 196 3779

➤ Children's continuing care and adults NHS continuing healthcare

Children's continuing care

Some children and young people under 18 may have very complex health needs that cannot be met by routinely available services and an additional package of health support may be needed. This package is known as continuing care.

The eligibility criteria for health funding changes at 18 and therefore if someone has had children's continuing care funding under 18, they will need a new assessment.

NHS continuing healthcare (CHC)

Continuing healthcare (CHC) is the name given to a package of ongoing care that is arranged and funded **solely** by the National Health Service (NHS) for people aged 18+. It is sometimes referred to as 'full' or '100%' health funding. To be eligible for this, a young person would need to have been assessed to have a 'primary health need', as described in the national framework for CHC.



Where a young person is assessed to be eligible for NHS continuing healthcare, social care funding would cease from 18 and a health case manager would take the lead in organising their support and services.

The Children and Young People's Continuing Care Policy describes the process of transition. The service will:

- Identify the need for transition at the young person's 14th birthday and notify the adult continuing healthcare service.
- Refer the young person for formal screening by adult continuing healthcare services at their 16th birthday.
- Arrange a meeting with the teams involved in caring for the young person within one month of the child's 17th birthday. A transition action plan will be commenced.
- A decision about eligibility for adult continuing healthcare should have been made in principle at least six months before a young person's 18th birthday. Alterations to packages of care must be ready for their 18th birthday.

This Nottingham and Nottinghamshire Integrated Care Board (NNICB) is responsible for children's continuing care and CHC, though different age groups and areas have different contact points:

	Under 18	Over 18
Notts	As per 'South' below	01623 785 450 - nnicb-nn.chcteam@nhs.net
South	0115 883 4720 - ncp.childrenscontinuingcareservice@nhs.net	
North	01777 200 050 - BassetlawContinuingHealthCare@nottshc.nhs.uk	

Personal Health Budgets are an amount of money to support a person's health and wellbeing needs which is planned and agreed between the person (or their representative) and the NHS. It allows those receiving children's continuing care/adult's CHC to have more choice over how their healthcare and support is managed, such as treatments, equipment and personal care.

For a range of resources and links to detailed information about the information in this section, visit our online preparing for adulthood guide at www.nottinghamshire.gov.uk/preparingforadulthood





Financial support

► Benefits

Whilst most means-tested benefits can be claimed once a young person leaves relevant education, if a young person is receiving Disability Living Allowance (DLA) they will be sent an invitation to claim Personal Independence Payment (PIP) instead from age 16. The transfer to PIP is not automatic - a claim must be made by calling the new claims number once the invitation is received.

It is important to consider the impact of the Mental Capacity Act from 16 and where possible, work towards preparing the young person for being able to manage their own finances, including setting up a bank account.

If a young person would like their parent or carer to assist in managing their benefits, they can request an appointee.

Similarly, if they want assistance to operate their bank account for a period of time, they can speak to their bank; many have a third-party mandate form which the young person would need to complete to enable this. For longer term support with managing finances, the young person could consider a Power of Attorney for finances. If a young person does not have capacity to make decisions around finances, it is possible for a parent/carers to apply for a Deputyship.



Motability car lease

Those with a qualifying mobility allowance (e.g. high-rate mobility component of DLA) may have a vehicle through Motability. If the young person goes on to receive the enhanced rate mobility component of PIP at 16, they can continue to access this scheme without significant change. If the person's allowance alters, Motability will contact the family to support return of the vehicle. Usually a parent/carer is the main contact for young people under 16. If the young person does not have an appointee for their benefits from 16, they will become the main contact for Motability at the point that a new lease starts (unless the family notifies Motability sooner).



➤ Family Fund

Age 0-18: Families can apply for a grant towards a range of things including clothing, furniture, kitchen appliances, sensory toys, games or consoles, outdoor play, days out/breaks away.

Ages 18-24: 'Your Opportunity' is a grant programme which aims to enhance the life of young adults aged 18-24 with disabilities who are living at home.

➤ Parent carer support

Carer support: The Nottinghamshire's Carer's Strategy details the support available.

The Carers Federation provides support for carers on behalf of Nottinghamshire County Council.

Young carer support: is provided by Tu Vida in Nottinghamshire. A young carer is someone aged 25 and under who cares for a friend or family member.

If you require a carer's assessment or young carer's assessment, contact 0300 500 80 80.

Parenting support: with parenting strategies (including parenting young people with ASD/ADHD), improving family dynamics/reducing conflict and implementing routines and boundaries at home is available from the council's family service.



➤ Advocacy, advice and support to navigate services

Advocacy services can help families to make sure their views are heard. An advocate can speak on your behalf if you are unable to speak for yourself or feel you are not being listened to.

Your Voice, Your Choice provides advocacy on Nottinghamshire County Council's behalf.

Ask Us provides impartial information, advice and support for children and young people with SEND as well as their families or carers.

Independent Provider of Special Education Advice (IPSEA) provides free and independent legal advice and support to families of children and young people with SEND, with a particular focus on education.

Nottinghamshire Parent Carer Forum (NPCF) is an independent organisation run by volunteer parent carers. It helps to shape services by representing the views of families with children or young people with SEND in talks with the providers of education, health and social care. Any parent of a young person with SEND aged 0-25 can join.

Keyworking service – for children and young people aged 0-25 with a diagnosis of autism or a learning disability. Keyworkers can act as a family's main contact point, supporting them to find the right services, speaking to professionals and helping them to understand their options. To access this service, families would join a list of people who would be at risk of going into hospital if they do not get the right support at home, this list is known as a Dynamic Support Register (DSR).

There are many other services external to the council, such as Parentline and Contact which may be able to offer impartial advice and support.



For a range of resources and links to detailed information about the information in this section, visit our online preparing for adulthood guide at www.nottinghamshire.gov.uk/preparingforadulthood





Planning for transition

The SEND code of practice describes that where a pupil is receiving SEN support, schools should meet with parents at least three times a year to set clear outcomes and review progress towards these. For those with education, health and care plans, the local authority has a duty to ensure that all annual reviews from Year 9 (age 13-14) onwards include a focus on preparing for adulthood. The National Development Team for inclusion (NDTi) provides lots of tools to support EHC planning.

Whilst transition planning will be specific to the individual, some of the below may be useful to think about/prepare for, both generally as the young person moves towards adulthood and in preparation for attending school review/annual EHCP meetings.



► Transition planning: community, friendships and relationships

- From 14, where relevant, start conversations with the young person about their hopes and what support they need to develop and sustain friendships and participate in social and leisure activities both now and in the future. Goals should be documented in school review and annual EHCP meetings, with a clear plan in place.
- Does the young person have friendships in school? If not, can school offer support to help the young person to build relationships?
- Does the young person have opportunities to see school friends outside of school? If school friends do not live nearby, would activities/groups more locally help to build friendships outside of school that may continue after leaving school?
- What groups or activities are available in the local community? The SEND Local Offer may be useful to look into these.
- Does the young person know what to do to keep themselves safe in the community or indifferent social situations? What opportunities might be available that could help them to experience and practice this safely? e.g. link youth groups. The Family Service (ages 0-18) or Maximising Independence Service (age 17.5+) may be able to support if needed.
- What skills does the young person need to develop to become more independent in travelling? Do school offer travel training? If so, can school offer any advice to continue to practice this at home? If not, the Independent Travel Training (ITT) team may be able to offer support.
- Does the young person need support to think about their sexual identity, relationships or sexual health? What work do the school do on these areas?
- Ages 14-17½: If the young person needs support or services from the local authority from age 18, such as a personal assistant, care at home, day services or overnight short breaks, see if the Preparing for Adulthood team (or the Adult Community Living Well teams from age 17½) can help. Remember that, to access these, the young person will need to be eligible for services under the Care Act and some services may require a financial assessment to see if they would need to contribute towards the cost of their care.
- If the young person is receiving a service through the local authority, direct payments may be an option to personalise the support the young person receives.



➤ Transition planning: health

- From age 14, anyone who is on their doctor's learning disability register can have a free annual health check. This may help to build a relationship with the GP in preparation for discharge from a paediatrician.
- From age 14-16 consider the impact of the Mental Capacity Act from 16. How can the young person be supported to ask questions about their care? Would they know who to contact in an emergency? Could the young person manage their own condition, appointments, and prescriptions if they started to learn and practice this? The NHS app and Ready Steady Go transition programme may be useful tools to help practice and work towards this.



If it is unlikely that the young person will be able to learn and manage their conditions for themselves, or may need longer term support with this, consider querying next steps with each service (e.g. speak to the GP about prescription arrangements) and think about longer term arrangements such as Power of Attorney and Deputies.

- From age 16 - As you have meetings with professionals, begin asking what will happen and when and consider making a record of key details:

At what age will the service discharge?	Will there be a referral to an adult's service?	Contact details

If the young person is receiving continuing care funding, start to ask about transition arrangements. You may want to learn more about Personal Health Budgets.

Alongside the above, it may be beneficial to discuss and record any changes that will affect medical or therapy equipment provision (such as how to order and/or who will maintain equipment).

- Consider whether making a hospital or communication passport may be useful as the young person moves into new environments and meets new people.
- Check that health is accurately recorded in annual plan documentation; making a more detailed Personal Health Record may be useful for new environments. The GP or NHS app may be able to help with details.
- From age 18 – If a young person has a learning disability, their paediatrician/GPs can be asked to inform Acute Liaison Nurses/Specialist Learning Disability Nurses who will be able to add a flag on their system so that if the young person is admitted to hospital they will be automatically alerted and able to offer support with reasonable adjustments on the ward.

➤ Transition planning: independent living

- From 14, where relevant, start conversations with the young person about their hopes and the skills they need for their independence in the future. These should be documented in school review/annual EHCP meetings, with a clear plan to support towards them.
- From age 14-16 consider the impact of the Mental Capacity Act - the young person will legally be able to make decisions for themselves from 16 (unless otherwise established) – what do they need to learn/know/practice to help prepare for this?
- What support does the young person need to be able to communicate their choices? Consider communication passports and decision-making agreements. Consider whether the young person would benefit from having an advocate to help them to get their views across.
- Is it possible for the young person to have time by themselves at home? What would need to be considered to enable this?
- Is it possible for the young person to have time away from home to build their confidence in different experiences and environments? Might this need to be built up over time – e.g. an evening or weekend group activity to longer periods with their wider family/friends.
- What day-to-day skills does the young person need to practice, to increase their independent living skills e.g. cooking or personal care? Speak to school to see what skill building activities and opportunities are available. If the young person is accessing support or services outside of school, can they help work towards the same goals?
- From 16, the young person may need to apply for PIP in place of DLA – consider whether they will need to open a bank account in preparation for this. Are they able to learn to understand and practice managing their money? If not, consider whether to apply to be an appointee. Consider longer term arrangements such as managing affairs for someone else.
- From age 17½, the Maximising Independence Service (MIS) may be able to work with the young person on their independent living skill goals.
- Where does the young person want to live longer term and with whom? What would they need to work towards to achieve this? What housing and support options are available to them?
- Ages 14-17½ - If the young person may need accommodation through the local authority from age 18, you can refer to the Preparing for Adulthood team (or the Adult Community Living Well teams from age 17½). Remember that, to access these, the young person will need to be eligible for services under the Care Act and that some services may require a financial assessment to see if they would need to contribute towards the cost of their care.



➤ Transition planning: education and employment

- Where relevant, does the young person's school review/EHC plan document their hopes and views about education and employment? Is there a clear plan to support them towards this?
- From age 14, look into and speak to school about what will change in the subjects studied as the young person moves into the next key stage, will there be potential to work towards qualifications? What type/level?
- Who is the lead person for careers advice in school? Will the young person have a careers interview with an internal/external adviser?
- What support is there in school or college to develop work-related independence skills? Is further support needed from adult social care? E.g. Maximising Independence Service (17.5+) or i-works (18+).
- Will school/ or college work with the young person to make a vocational profile or CV and help them to keep this up to date?
- Will there be opportunities for work experience?
- Does the school/college hold careers fairs or transition events that provide information about next steps?
- Are there any opportunities to meet with students/parents of students who have left school who could share their experience of transition and opportunities after school?
- From age 16, does the school have links to local colleges and a transition programme for learners to move into further education? Ask about/look into college open days. Consider that college typically offers studies over 3 days rather than 5; consideration may be needed around what the young person will do during the other two weekdays.
- How will the young person travel to their post-16 education placement? Will they need to reapply for education transport or Independent Travel Training support? How would they travel to a workplace?
- Would the young person be suited to a supported internship, traineeship or apprenticeship as a route into paid work? Does the local college offer these routes?
- Does the young person need benefits advice to understand how any benefits/supported housing may be affected by receiving a salary? Do they know how to access Better Off In Work Calculations?



For a range of resources and links to detailed information about the information in this section, visit our online preparing for adulthood guide at www.nottinghamshire.gov.uk/preparingforadulthood



The role of education, care and health services

Activities that will be ongoing or reviewed at least annually from ages 13 to 25:

► Education and employment

The education setting is to:

- Identify young people who may need additional support to prepare for adulthood.
- Talk to the young person/parent/carers to explain the transition process and ensure any questions are answered.
- Identify what support the young person needs to communicate and participate.
- Ensure careers advice and guidance is provided from years 7 to 13.
- Confirm consent for sharing of information between agencies where relevant.



- Undertake regular review/annual EHCP meetings (as relevant) in line with the SEND code of practice. Where a young person has multiple meetings (and appropriate), meetings should be merged.
 - Parents and carers should be clear on the purpose and process of meetings.
 - Relevant professionals to contribute reports and attend.
 - Goals and progress from previous plans to be reviewed.
 - Plan updated accordingly.

If unmet needs are identified, education, health and social care professionals working with the young person should consider whether further support is needed and complete relevant referrals.

For those with EHCPs, the education setting and the EHC assessment team to provide information about personal budgets.

➤ Independent living

- Education, health and social care professionals working with the young person should consider with the young person their hopes for the future, any skills/opportunities they need to develop to support their independence and arrange additional support as needed.
- Information should be provided about the Mental Capacity Act and consideration given to how to prepare/support the young person to be able to make informed decisions where possible.
- Where the young person receives services through social care, the services should provide information about direct payments.
- Referrals can be made for assessment for adult social care services from age 14 on 0300 500 8080. As needs can change over time, assessment is more likely to take place between the ages of 16 to 18.

➤ Communities, friendships and relationships

- Education to support the young person to build and maintain friendships.
- Education to assist if parents and carers require support to explore opportunities for activities in the community linked to interests or hobbies. The SEND local offer may help with this.



➤ Health

Health and social care professionals to:

- Identify young people who will need additional support to prepare for adulthood.
- Consider and support the young person's understanding of their health conditions and how to manage these where appropriate. The young person should be encouraged to be involved in appointments and to ask questions about their healthcare, support and treatment.
- Contribute to school review/annual EHCP meetings.
- Refer to continuing care/continuing healthcare as required and provide information about Personal Health Budgets to those receiving continuing care/continuing healthcare funding.



Additional activities specific to year groups/age:

Year 9 – age 13 to 14

From age 14, the GP will offer annual health checks for those on their learning disability register.

Year 10 – age 14 to 15

Education

Education setting to identify work experience opportunities.

Education setting to discuss and support exploration of post-16 options where relevant.

Health

If a young person is receiving children's continuing care, the children's team will notify the adult continuing healthcare service.

Year 11 – age 15 to 16

Education

Education setting to ensure there are opportunities for the young person to visit potential future educational provisions to support informed decision-making. Education setting to support the application process where required.

Where a young person is moving settings and requires a bespoke transition plan, this would include transition and orientation visits and familiarisation with key staff. These activities would be organised either by the setting the young person is moving from or to. Where the young person moving settings has an EHC plan, the review should be completed with a destination named by 31 March of that year.

Education setting/EHC team to access support as required from Futures for You for those at risk of not entering further education, training or employment.

Year 12/13 – Age 16 to 18

Health

If a young person is receiving children's continuing care, the team will refer the young person for formal screening by adult continuing healthcare services at their 16th birthday.

'New' adult referrals can be made to adult continuing healthcare where relevant.

Social care and health professionals to make transition arrangements to adult services as required – the young person and parent/carer should be informed of transition arrangements and the contact details, and these should be clear in the school review/EHC plans.

Education

As above where a young person is moving settings.

Year 13/14 – Age 17 to 19

Independent living / communities, friendships and relationships

If support or accommodation from adult social care is required to start from 18, young people/ their financial appointee should receive information about paying for care and support at least three months prior to their 18th birthday.

Health

If a young person is receiving children's continuing care, the team will arrange a meeting with those involved in the young person's care within one month of the child's 17th birthday and a transition plan will be commenced. A decision about eligibility for adult continuing healthcare should have been made in principle at least six months before a young person's 18th birthday. Alterations to packages of care must be ready for their 18th birthday. If a young person receives continuing healthcare funding, social care funding will cease from 18 and a health case manager would take the lead in organising their support/services.

Where a young person is identified as requiring ongoing support for complex or severe mental health, CAMHS will refer to a local mental health team when the young person becomes 17 years and six months, with joint-working/handover of care taking place from 17 years and nine months.

Where relevant, the paediatrician will discharge to GP/adult specialist teams (unless the person is continuing in special school).

This guide aims to provide an overview of the services and support available for young people with additional needs who will transition from children's to adults' services when they become adults.

For a range of resources and links to detailed information about the information in this section, visit our online preparing for adulthood guide at
www.nottinghamshire.gov.uk/preparingforadulthood





SCAN

for your guide to preparing for adulthood
www.nottinghamshire.gov.uk/preparingforadulthood

Useful resources:

Nottinghamshire SEND local offer:
[www.nottshelpyourself.org.uk/local offer](http://www.nottshelpyourself.org.uk/local%20offer)

Child and adolescent mental health services (CAMHS)
www.nottinghamshirehealthcare.nhs.uk/camhs/

Benefits calculators
www.gov.uk/benefits-calculators

National Development Team for Inclusion:
www.ndti.org.uk

The information in this booklet is correct at the time of printing. For the most up to date information, please visit the preparing for adulthood online guide at
www.nottinghamshire.gov.uk/preparingforadulthood