



Growing up and moving on A guide for young people

Introduction

Growing up and becoming an adult is a big change in your life, as you prepare for increased independence and start making plans for the future. It is important that you are supported to make decisions about what you are hoping to do with your life once you are an adult. For example, what you would like to do after you leave school or college, who you would like to live with, what kind of job or volunteering you would like to do.

Having your family's support as well as that of those around you (such as your teacher, SEND worker or social worker) to make the most of the opportunities is really important and that's why we've put together this guide to help you.

This guide is designed to provide you and your family with information that will help you while you are growing up and will focus on four key areas:

- Education, employment, and training
- Independent living
- Being part of your community
- Your health

It will also give you information on the steps to becoming an adult and what support or services you could be eligible for and who to contact for help and advice.

You may come across some words that you don't know. There is a list on page 17 you can look at to help you understand.

This guide will apply to you if:

- You have special educational needs and disabilities (SEND), including Children in Care (CIC) and care leavers aged 13-25 who have a My Support Plan or an Education, Health and Care Plan (known as an EHCP)
- If you have complex needs or disabilities or are considered vulnerable. You will have a social worker who provides you and your family with support

Education, employment, and training

If you have an Education, Health and Care Plan (known as an EHCP) this will be reviewed annually. The plan may stop if your outcomes have been met, you no longer require support or you decide to move onto higher education.

From your year nine review, you will be supported to think about options for after age 16 and after age 18 education. This will be discussed with you at your annual review, and you will be supported to think about what, if any, education you may like to do.

Choices for education could include:

1. A local mainstream college

Such as Wiltshire College, New College Swindon, Bath College, Totton College or Cirencester College.

2. Sixth form

This could be at your local mainstream school, or at Wiltshire special schools which include, Exeter House and Silverwood (Chippenham and Trowbridge)

3. Special Colleges

Such as Fairfield Farm College

4. Higher education

This would be a university



If you don't want to stay in education, you will be supported to consider other options such as:



Volunteering

This would be in your local area. In Wiltshire we provide an in-house support service called Community Connecting. This service supports young people to go out and about in their local area, finding clubs or activities that you would like to join, they will also help you find a volunteering job if you want to do that. They will support you with travel training (learning how to use public transport such as buses or trains).

You might prefer to try some training after you finish school or college, this is available through:



Supported internships

This is a study programme designed for you delivered by colleges with support from Wiltshire Council job coaches. This will be something that you are interested in and enjoy.



Traineeships

This is a type of course that includes work experience that will support you to get ready for work or an apprenticeship. This can last up to six months.



Apprenticeships

This is a chance to experience working, alongside further learning.



Day services

These are provided through social care and will depend on an assessment to find out if you are eligible for support in order to attend a day service of your choice. It is likely that other opportunities would be considered before looking at day services.

If you wanted to get a job once you finish school or college, you could be supported by one of the teams below who will support you with finding/steps to employment:

Wiltshire Employment Support Team (WEST)

This team (includes Community Connecting) and supports young people with finding and keeping paid employment with local companies/shops. This can be different types of jobs and can be full time (every day) or part time (a few days a week). You can find information about this team at

www.facebook.com/WiltshireEST
or visit www.wiltshire.gov.uk/local-offer

Or you can contact them on **01225 718004**
or west.cc@wiltshire.gov.uk



Community Connecting can also help you with travel training

This team will help you gain the confidence and skills to travel independently on buses, trains, and walking routes. Being able to travel on public transport is a key life skill and will let you make choices about how you live and go about your daily life. The training will cover confidence in using buses or trains, personal safety, how to use timetables and buy tickets, road safety and what to do when things go wrong. You can see more about travel training by accessing YouTube videos (details are in the useful websites section of this guide) or at www.wiltshire.gov.uk/local-offer

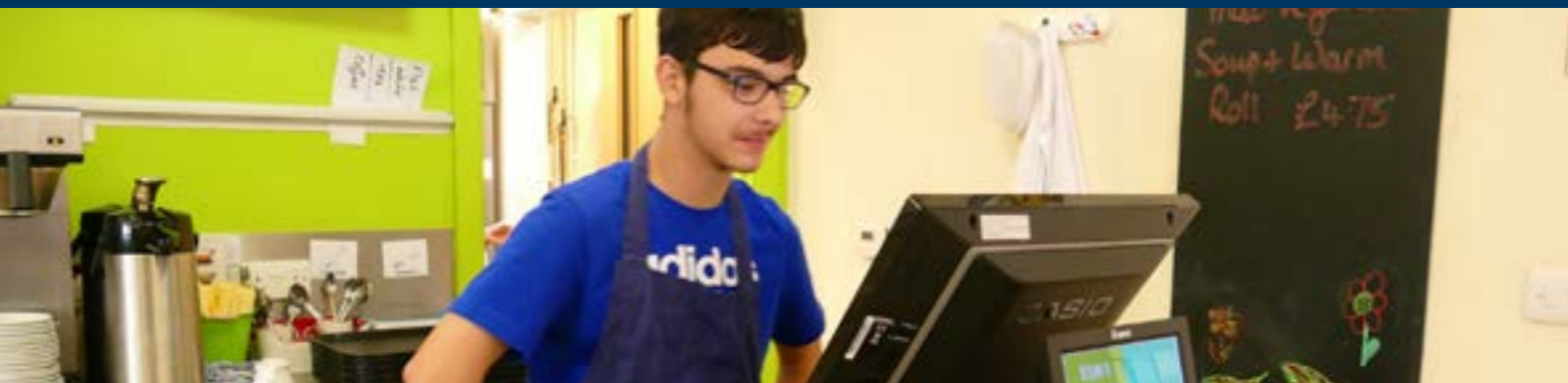
Building Bridges

This team will support you if you are having difficulty in developing your skills, accessing education, or moving towards work. You can contact them on **01380 732821** or at hello@buildingbridgessw.org.uk. You can find information about them at www.buildingbridgessw.org.uk

Careers Advice

You will have access to your school's career advisory service who will be able to tell you about your choices, and they will have information on a wide range of job opportunities so that you have the details you need to make decisions about what you want to do when you grow up.

Your SEND lead worker and your school will be able to support you by having conversations with you from year nine onwards about your realistic goals and outcomes for the future.



Independent living

At your year nine annual review, you will be supported to think about where you might like to live in the future. It is important that you and your family have good information from the start so that your support needs are assessed, and possible options are explored and understood.

Advice about housing options should be discussed with you as you grow up and should include information on:

Support at home

This would mean staying with your family and having support to increase your independence skills. You can find more information about this at www.wiltshire.gov.uk/adult-care under **help at home**.

Wiltshire's Shared Lives Scheme

Which would help you live as part of a family, within their home and you would receive the support and care that you need. You can contact them on **01380 826451** or at sharedlives@wiltshire.gov.uk You can also find them at www.facebook.com/sharedliveswilts

Private rent

This means renting and paying for your own home and being responsible for your bills (such as electric, gas and water) You can find information about private renting at www.wiltshire.gov.uk/housing-find-a-property

You can use the internet to find a room to rent in a house or a flat. Websites include Spareroom.com and Rightmove. You can also contact private landlords through estate agents in the high street of each town.

Social housing

Social landlords include Wiltshire Council and housing associations. In Wiltshire we have a long waiting list for this type of housing. This list is called the Housing Register.

If you want to discuss joining the Housing Register, you can talk to a housing officer on **0300 456 0106** between 9am and 5pm weekdays.

Residential or nursing care services

This would be considered if you are a young person with very complex needs that require a lot of support.

Supported living

This means you will live in your own home, either by yourself or with others. If you need it, you can get support to help you with things such as cooking, cleaning, shopping. This support is not guaranteed and may be provided only once an assessment has been completed to see how much/and what support you need. You can find information about supported living at www.wiltshire.gov.uk/adult-care under **Your Care Your Support**

You will also be given information and advice about benefits, grants and funding options that are available to support you to live independently. This will include information on the Client Contribution (how much you need to pay towards your care and support)

You can find information and advice about money at www.wiltshire.gov.uk/adult-care under advice, advocacy, and money.



Being part of your community

Friendships, relationships and being part of your community are important in helping you have a good life and for you to be happy and can also help you to become more independent. It is important that you are supported to take part in activities in your local area (outside of your school or college environment), this could include volunteering opportunities or going to social activities within your community, such as sports clubs. You will be supported to find and join the activities that you enjoy.

Taking part in clubs and groups will also help you develop friendships and relationships with other people, which could include romantic relationships such as having a boyfriend or girlfriend. You will be supported to understand relationships and social situations.

Having strong ties to your local community and having the opportunity to join in a wide range of different opportunities and activities can give you ideas about what is possible for your future and help you make decisions about what you want to do.

There are various opportunities that will provide you with the chance to join in with social and community-based activities and the people that support you will help you understand what services and support you can be included in and will discuss options for the future with you.

You can find information about what activities and opportunities are available at the following websites:

www.wiltshire.gov.uk/children-young-people-shortbreaks

www.wiltshire.gov.uk/local-offer

www.wiltshire.gov.uk/adult-care under **Your Care Your support**

www.wiltshireparentcarercouncil.co.uk

www.princes-trust.org.uk

www.wiltshire.gov.uk/leisure-activities-for-young-people

www.wsun.co.uk/wiltshire-autism-hub/how-we-can-help/#peer-support-group

How can we help? - Wiltshire Autism Hub (wsun.co.uk)



Your health

As you grow up you will be encouraged to look after your own health needs. The people supporting you can help you make decisions about how you want to stay healthy and what keeps you happy and safe when you think about how you feel physically and emotionally.

Annual health check

If you have a learning disability and are aged 14 or over, then you can have an annual health check. This is a chance for you to meet with a doctor or nurse and talk about your health and any worries you may have. They can also do a physical health check while you are there to make sure everything is ok, and they will also talk to you about any medication you may be taking. For more information visit www.nhs.uk/conditions/learning-disabilities/annual-health-checks

When you turn 18

Up until you are 18 you will generally see the same health care professionals but when you turn 18 your health care may look and feel a bit different, and you will start seeing different health care professionals. These people will make sure that you continue to be cared for in the right way.

Health support after 18

Your GP will usually be the first person that you will speak to for all your health care needs, however, if you have been seeing a specialist nurse or doctor, that person will change when you are 18 as you will now see the same type of specialist but one who works with adults.

CTPLD Health

If you have a learning disability and health needs, your health needs will now be supported by the Community Team for People with a Learning Disability (known as CTPLD Health). They will support you and your family with your health needs.

If you have very complex health needs, CTPLD health may start to get to know you by attending meetings with you, your family and other professionals before you turn 18, usually from when you are 16.

If you would like support with your health needs but are not sure if you have moved over to CTPLD health, then you can call them on [0300 456 0111](tel:03004560111) and have a chat with them.

Mental health

There are specialist Adult Mental Health services (AMH) in Wiltshire for people aged 18 and above. Referrals can be made through your GP. For more information visit www.bsw.icb.nhs.uk/your-health/hospital-care/mental-health-services or www.awp.nhs.uk

If you are already known to the Child and Adolescent Mental Health Services (CAMHS) then discussions between them and AMH services should start when you are around 17 and a half so that if a change between child mental health services and adult mental health services are required, they are in place in a timely manner. Adult Mental Health services should also be invited to your annual EHCP reviews.



Steps to growing up and moving on

Growing up and moving on can be an exciting time of new opportunities, choices and increasing independence. It can also be a time of great anxiety, confusion, and uncertainty as you move from familiar arrangements, services, and people into the 'unknown'. It has been described as feeling like 'stepping off a cliff' so it is important that you are able to prepare and plan for your future.

Year 9 (13-14 years)

The aim is to start your preparation for adult life work when you are 13-14 years of age during your year nine school review. This review is a chance for you to tell the people supporting you what your hopes and wishes are for your future and to help develop the outcomes and goals that will be included in your Education, Health and Care Plan (EHCP) or your My Support Plan.

The adult life work will include discussions around the following:

Higher or further education, training, or employment - This means exploring education choices once you are over the age of 16 and again when you are over the age of 18. It will also look at different options for training, employment, and volunteering.

Independent living - This means that you will be supported to develop the necessary independence skills to help you live a more independent life as you grow up and you will be given information on the various options for living independently.

Being part of your community - You will be supported to think about friendships, relationships and joining in activities and opportunities in your local area.

Being healthy - This will include talking about your feelings, knowing where to get support if you are feeling sad or angry as well as your physical health, including eating well and staying fit and active.

Your views, wishes and hopes for the future can change as you grow up and those changes will be discussed with you during your annual reviews so that the people supporting you will be able to give you the information you require.

Years 10 and 11 (14-16 years)

You will be supported to continue to work towards your goals. We will talk to you about what you want to do in the future, this will include talking about education, employment, volunteering, training and where and who you want to live with.

Year 12 (16-17 years)

We will talk to you about your wishes and goals and at this point your EHCP will be updated. The aim of the EHCP is to support you to develop your independent living skills and to start to look at what you would like to do in the future. If you want to carry on with further education, you can talk to your SEND lead worker about the options for this. If you decide that you want to leave education at the age of 18, then options for employment, voluntary work or other meaningful activities will be discussed with you and your family. If you think that you would like to move out of your family home then information about how to achieve this will be shared with you.

Year 13 (17-18 years)

We will talk to you about your wishes and choices for the future including where you would like to live and further education and employment options and you will be supported to make decisions about this.

When you turn 18 years of age, you will be able to request a Care Act Assessment from Wiltshire Council which will identify what (if any) support you can receive from adult social care.

If you decide that you would like to continue with education, an internship, or an apprenticeship, or are considering higher education, then you can talk to your SEND lead worker about this.

You will also be supported to consider other options such as WEST, Community Connecting, Building Bridges, Citizens Advice, Job Centre Plus and housing. Information about these options will be given to you by the people who support you.

Adult (after age 18)

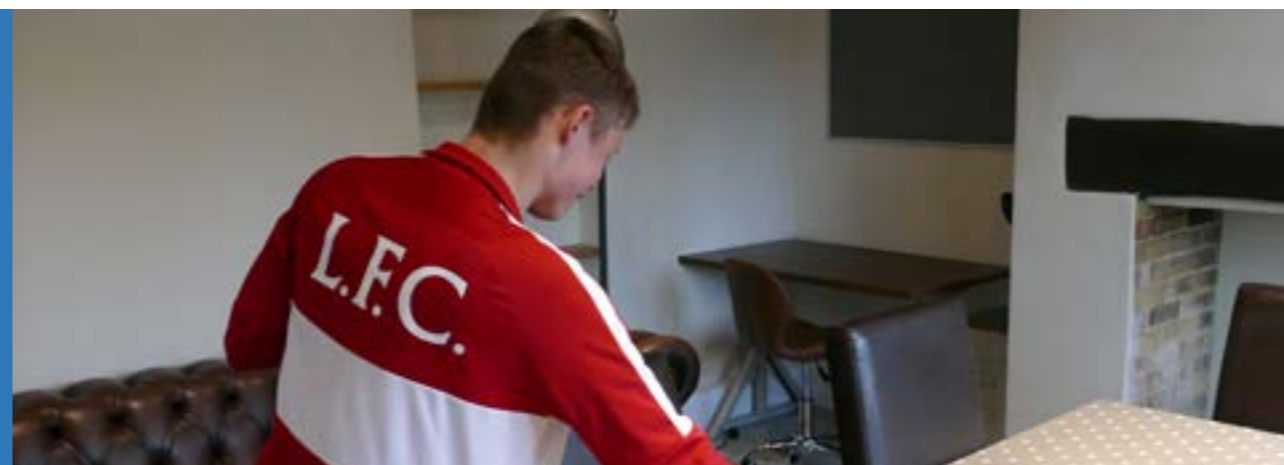
If you have an EHCP or a My Support Plan you will be able to request a Care Act Assessment. Your allocated worker will be able to make a referral to request this. Alternatively, you can phone Advice and Contact on **0300 4560111** and make the request yourself.

If you have received support from Wiltshire Council via the Children and Young People's Disability Team (known as CYPDT) this may continue until you are 25 years old or until you are ready to transfer to adult social care.

Between the ages of 18 and 25, your social worker will continue to help support you to prepare for adult life and when you are ready, and if your support is going to move from children's services to adult services you will be transferred by going through the transitions meeting. Your social worker will make this referral for you.

At age 18, if you are not eligible for support from adult social care, you will be supported to find alternative services. You will then close to children's social care without a transfer to adult social care.

In the future, if you feel that you do need support from adult social care, you can make a referral through the Advice and Contact service on **0300 4560111** and request a Care Act Assessment.



Where to get local independent help and support

There are several organisations in Wiltshire who can support you and your family on a wide range of issues.

Wiltshire SEND information, advice, and support service (SENDIASS) provides confidential and impartial advice about education, health, and social care for families of children and young people with SEND up to the age of 25. Further information can be found at www.kids.org.uk Alternatively you can contact them on **01225 255266** or email at wiltshiresendiass@kids.org.uk

Wiltshire Parent Carer Council has information on a wide range of services and activities for children and young people aged 0-25 years with special educational needs and/or disabilities including social care services, schools and learning, benefits, and money and what's available in the Wiltshire area. For more information visit www.wiltshireparentcarercouncil.co.uk You can contact them on **01225 764647** or email at admin@wiltspcc.co.uk

Wiltshire Centre for Independent Living (WCIL) provides a range of services to support disabled people including general information on independent living, community connecting and direct payments/personal budgets. For more information visit www.wiltshirecil.org.uk or contact them on **0300 1233442** or info@wiltshirecil.org.uk

Wiltshire local offer has information about health, education and social care services for children and young people with SEND aged 0-25 years. It will help you find out about what services are available and how to access them. Visit www.wiltshire.gov.uk/local-offer

Useful websites/links

Being part of your community/getting out and about/travel

www.seeds4success.org.uk

wiltshire.mybuspass.co.uk

www.disabledpersons-railcard.co.uk

www.wsun.co.uk/wiltshire-autism-hub

www.communityfirst.org.uk

www.wiltshire.gov.uk/children-young-people-get-connected

Green Cross Code Film Get Connected - YouTube

Safe Crossings Film from Get Connected (Wiltshire Council) - YouTube

Community Connecting - YouTube

Travel Training - YouTube

Independent living

www.wiltshire.gov.uk/adult-care (help at home and/or your care your support)

www.homes4wiltshire.co.uk

www.facebook.com/sharedliveswilts

www.rightmove.co.uk

www.learningdisabilityengland.org.uk

Health

www.awp.nhs.uk

www.bswtogether.org.uk

www.oxfordhealth.nhs.uk/camhs/wilts

www.wiltshire.gov.uk/public-health

www.nhs.uk/conditions/learning-disabilities/annual-health-checks

iapt.awp.nhs.uk

www.wiltshire.gov.uk/public-health-improvement-coaches

Top Tips



Benefits - Check you are receiving all the benefits you should be getting. Consider getting a benefits check through Wiltshire Council or Citizens Advice



Communication - Tell the people supporting you how you prefer to communicate - text, email, face to face



Get involved - Attend your review meetings, information evenings and other events around growing up



Information and advice - Visit websites like Wiltshire Local Offer and Wiltshire SENDIASS



Life skills and independence - Get involved with cooking, shopping, washing and other household chores to develop your skills



Money management - Start learning the skills needed to pay for things when out and about and increase your understanding of how money works



Plan for change - Would you know who to contact in an emergency? Make sure you have numbers and addresses of people you can call if you need help



In year 10 or 11 - Visit possible local provision such as sixth form centres and college open days to get an idea of what you'd like to do and where you'd like to go



Socialising - Look at making friends, boyfriends, girlfriends, relationships. Get out and about and meet new people



Talk - Talk about leaving school and what you want to do next, what you are interested in and what your options are



Travel - Would you like to catch a train or bus by yourself, plan, and practice routes. Look into travel training



18 - 25 options - Explore choices such as employment, supported internships or apprenticeships.

Education, employment, and training

www.gov.uk/looking-for-work-if-disabled

www.buildingbridgessw.org.uk

www.l4lswindon.co.uk

www.workwiltshire.co.uk

www.wiltshire.gov.uk/adult-care (work, learning and volunteering)

www.wiseability.co.uk

www.innerflame.org.uk

Other useful websites

www.wiltshirepeoplefirst.org

www.carechoices.co.uk

www.scope.org.uk

www.citizensadvice.org.uk

www.jacobsladderwiltshire.co.uk

www.autismlinks.co.uk

rightchoice.wiltshire.gov.uk

www.specialneedsjungle.com

www.southwiltsmencap.org.uk

www.wiltssport.org.uk

www.autism.org.uk

Who are...?

There are many people who will be talking to you about your choices as you grow up and move on. These people have a wide range of knowledge, skills and experience and will listen to you, your hopes, wishes and fears, making sure that you have the support you need to have a happy and healthy life.

Below are a few of those people and some information about what they do.

Teachers

Your teachers have a good understanding of you and how best to support you. They will be able to help you make decisions about what you want to do in the future. They will be able to give you information on the various options that you need to think about

SEND lead worker

Your SEND lead worker will support and help you prepare for adult life. They have a key role in developing the Education, Health and Care Plan (EHCP) and will work with you and those supporting you to enable you to meet the outcomes in your EHCP. They will support schools and colleges to update your outcomes following your annual review and will help you prepare for growing up and moving on.

Social worker

If you are being supported by a Wiltshire Council's social care team such as the Children and Young People's Disability team (known as CYPDT) you will have an allocated social worker. The social worker will support you if you require a social care package (this is a package of support such as care support or day services) and will talk to you about your future and what you want to do. If you continue to require support they will also request a transfer to adult social care when you are between 18 and 25 years old.

Health professionals

You may have support from health professionals such as nurses, speech and language therapists, occupational therapists or specialist nurses or doctors depending on your health needs. These people will also provide you with information and support while you are growing up and preparing to move into adult life.

The most important person to be involved in discussions and decisions about your future is **you**.

It is vital that your thoughts and wishes about what you want to do when you turn 18 are heard. You are the person making the decisions, the people around you will support you to make those decisions by giving you the information you need and answering any questions you may have.

While the decisions about what you want to do with your life are yours, your family will still have a key role in supporting you. Your family should be consulted and involved in the support you will need in order to grow up and move on.

Some words explained

Allocated worker	The person who supports you. Usually, your SEND lead worker or social worker	Client Contribution	The amount you pay for your care and support once you turn 18. This is assessed by the FAB team
AMH	Adult Mental Health	CYPDT	Children and Young People's Disability Team. A social care team within Wiltshire Council
AWP	Avon and Wiltshire Partnership	CTPLD Health	Community team for people with learning disabilities -health. This team will look after your health needs
BSWICB	Bath, Swindon and Wiltshire Integrated Care Board	Direct payment (DP) or Personal budget (PB)	A way of paying for your care and support.
Care Act Assessment	Usually carried out when you are 18 years old or over to see if you could get any support from adult social care	EHCP	Your education, health and care plan supports you to access education, helping you progress and meet outcomes
CAMHS	Child and Adolescent Mental Health Services	Eligible	Means you can get support or services if you meet the requirements
Community	The people and places around where you go to college or where you live. Your local area	FAB	Financial And Benefits - this team will assess your client contribution
Care leaver	A young person who has been looked after by Wiltshire Council who has turned 18 and is no longer looked after	LDAS	Learning Disability and Autism Service. You may end up getting support from this team when you are over 18

Moving on checklist

Check list	Tick Box	Notes
Start thinking about the skills you need to be successful in adult life	<input type="checkbox"/>	
Visit Wiltshire's Local Offer website for information on preparing for adult life	<input type="checkbox"/>	
Visit Wiltshire Parent Carer Council for information and advice	<input type="checkbox"/>	
Look into what is available when you turn 18 years old	<input type="checkbox"/>	
Has an annual health check been completed by your GP?	<input type="checkbox"/>	
Attend any transitions/preparing for adult life events	<input type="checkbox"/>	
Ensure you know the names and contact details for professionals who will help you with growing up and moving on	<input type="checkbox"/>	
Gain careers advice about jobs/training/further education	<input type="checkbox"/>	
Visit college and providers that you may be interested in attending	<input type="checkbox"/>	
Check the EHCP is up-to-date and future plans are in place	<input type="checkbox"/>	
If eligible for adult social care, make a referral via your allocated worker or by calling Advice and Contact	<input type="checkbox"/>	
If you are not eligible for adult social care ensure other options are explained and explored	<input type="checkbox"/>	
Look into benefits entitlements	<input type="checkbox"/>	
Consider housing options including supported living	<input type="checkbox"/>	
Explore opportunities in the community	<input type="checkbox"/>	

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This document was published by Wiltshire Council
For further information please visit the following website:
www.wiltshire.gov.uk/adult-care