

## Preparing for Adulthood (Year 9+)



- Is your child approaching Year 9 at school?
- Do you want to know what choices are available for your child?
- Are you looking for support to help your child transition in to adulthood?

## Preparing for Adulthood

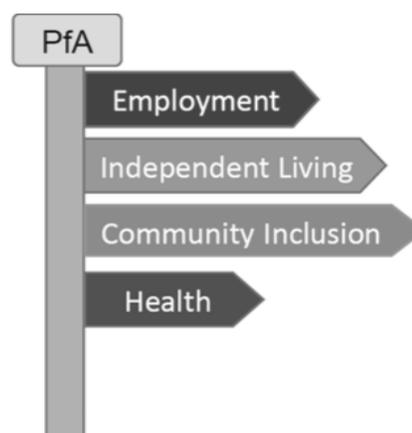
All schools and settings providing education for young people with EHC Plans will hold annual reviews of EHC Plans in accordance with the SEND code of practice (2015). Preparing for adulthood should start as early as possible, but all annual reviews of EHC Plans from Year 9 onwards must include a focus on preparing for adulthood.



The SEND code of practice (2015) describes preparing for adulthood as having four pathways:

- **Education and Employment** - this pathway explores different education, training and employment options
- **Independent Living** - this pathway looks at accommodation and living arrangements along with available support
- **Friends, Relationships and Community Involvement** - this pathway identifies opportunities for participating in and contributing to the local community as well as how to stay safe
- **Good Health** - this pathway supports being as healthy as possible in adult life.

The Special Educational Needs and Disability (SEND) code of practice (2015) explains that preparing children and young people for adulthood should start as early as possible and not after school Year 9 (aged 13 - 14 years)



**These discussions should take place during an Annual Review if your child has an EHCP.**

EHC Plans can stay with young people up to the age of 25 years if they're accessing education or training, unless the local authority becomes no longer responsible for the young person, or it is no longer necessary for the EHC Plan to be maintained.

## Education, Employment and Training

All young people must continue in some form of education or training until their 18th birthday. Young people, parent/carers and practitioners should start thinking of all Preparing for Adulthood (PfA) outcomes no later than when a young person is in Year 9. All young people are entitled to careers information, advice and guidance from the age of 12 years, this is something which should be available from their school. For example, if a young person would like to do a certain type of job, they can ask for support in choosing the courses pre and post 16 that could help them get a job in that area.

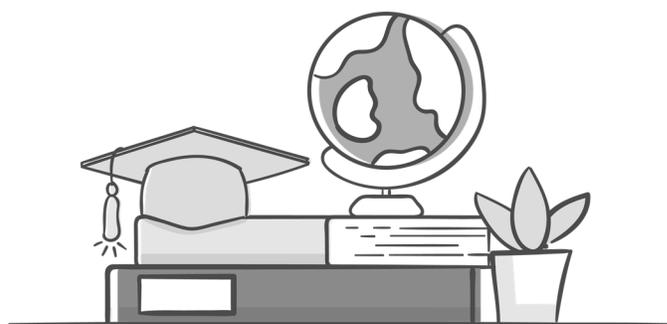


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Careers Guidance Officers in school can explore options and advise young people on areas like:

- Education and training providers (mainstream and specialist)
- Post 16 and 18 course options
- Finishing college and employment applications
- Financial support and transport
- Apprenticeships
- Traineeships
- Supported Internships
- University
- Work experience
- Volunteering
- Signposting to agencies to access additional support



## Independent Living

Young people should have choice, control and freedom over their lives and the support they have. In accordance with the Mental Capacity Act (2005), from 16 years young people who have a learning disability or autism should be assumed to have capacity to make decisions regarding their care and wellbeing unless there are concerns raised around the young person's ability to make decisions.

Prior to young people turning 16 years of age, parent/carers will have made decisions on behalf of /with their young person. However once a young person becomes 16, providing they have mental capacity, they are able to make their own choices and decisions. The Mental Capacity Act (2005) specifies the following rights of individuals:

- Individuals will be assumed to have capacity, unless they have had an assessment identifying that they don't.
- Capacity is time and decision specific which means that just because an individual lacks capacity to make one decision it does not automatically mean that they lack capacity in relation to making other decisions.
- If an individual is considered not to have capacity, any decisions made for them should be made in their best interests.
- An individual's liberty (freedom) can only be taken away from them in very specific situations - this is called a 'deprivation of liberty' and it should only be used if it is the least restrictive way of keeping the individual safe or making sure that they receive the right medical treatment.

## Mental Capacity, best interest and decisions

Mental capacity is the ability to make a decision. Someone lacks mental capacity when they're unable to make a particular decision at the time it needs to be made due to an inability to:

- \* Understand information about the decision
- \* Remember that information long enough to make a decision
- \* Use or consider that information when they make a decision
- \* Communicate their decision



When considering independent living it is important to ensure the housing option(s) being considered meet the needs of the person, therefore an adult care and support assessment may be required. This will determine what support is required to ensure an individual can live independently and the housing option(s) being considered is suitable.



## Friends, Relationships and Community Involvement

Family, friends and community networks can improve health and well-being. A sense of belonging within the community helps to promote inclusion, acceptance and can enable people to develop and maintain their independence. The ability to make friends, and stay in touch is an important part of life, and to be included within the wider community as a valued member is important.



You can make plans to stay in touch to maintain existing friendships. This can be done before transitioning into adulthood. You can make new friends through social groups, community activities or social gatherings and by understanding social boundaries. There are many activities that take place within community centres, local churches or other religious establishments across the city. Think about the support you will have to travel to and from activities and what support you will need when there. A friend or family member who has an interest in the activity, or a personal assistant could support you.

## Health Check



### Good Health

Good health impacts on all aspects of life and the ability to maintain good health increases opportunities for independence. Young people are supported to manage their own health as they move into adulthood. Individuals with long term health conditions may require additional support to manage and to promote access to mainstream health services to prevent deterioration.

GP practices are the first point of contact with the NHS for most patients. A GP practice is a team of health professionals led by doctors called GPs, who look after the physical, mental and social aspects of your health. Registering with a GP practice will allow you to access a wide range of services, including: consultations and advice about your health, prescriptions for medicines, tests to diagnose what is wrong with you, a referral to a specialist service, monitoring and care for any long-term health problems, screening, vaccinations and advice to help prevent health problems or diagnosing them as early as possible. If you have a learning disability, you can ask to be put on your GP's learning disability register. From age 14, you can have an annual health check with your GP.

## Direct Payments – What happens when the young person reaches 18?

If the young person has an EHCP, you can request certain things through the Personal Budget section in the plan. Simply, a cash personal budget, paid to the young person through a direct payment, is a cash alternative to the local authority arranging their care - it is paid to the young person so they can organise their care themselves. It is not a benefit so it won't interfere with any other benefits they might get, and it is not income so it is not taxable.

The council has an in-house Direct Payment Support Service to support individuals who are in receipt of a direct payment. Young people can be allocated a direct payments worker and will be supported throughout the process. If the young person receiving the budget lacks capacity, a family member or friend can receive it on their behalf.



## Ceasing an Education Health & Care Plan (EHCP)

The local authority may decide to cease to maintain an EHC Plan at any time, but they can only do so: If the Local Authority (LA) is no longer responsible for the young person; or If it is no longer necessary to maintain it. These are the only reasons for ceasing to maintain an EHC Plan (they are set out in section 45 of the Children and Families Act 2014).

The LA would no longer be responsible if:

- The young person has taken up paid employment (excluding apprenticeships);
- The young person has started higher education (university);
- A young person aged 18 or over has left education and no longer wishes to engage in further learning;
- The young person has turned 25; or
- The young person has moved to a different LA



## SENDIASS– How can we help?

We are a free, confidential and impartial advice and support service for anything related to children and young people with special educational needs.

We can support you with things like Annual Reviews, EHCP processes and can support you to get your views across to the right people. SENDIASS can support you with complicated documents and advise you what your options may be.



**SENDIASS can offer Support and Advice**



[info@sendiassrutland.org.uk](mailto:info@sendiassrutland.org.uk)



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SENDIASS Rutland



@sendiassr



Impartial service that support children & young people or their parents/ carers with Special Needs or disabilities (SEND)



Age 0-25



Free, impartial, confidential advice & support



Help to understand/ complete complicated documents and reports



Possibly attend meetings to ensure the child's voice and parents/ carers views are heard

## Useful Contacts



Find information and resources about a range of topics relating to SEND.  
Please visit: [www.councilfordisabledchildren.org.uk](http://www.councilfordisabledchildren.org.uk)



Independent Provider of Special Education Advice (known as IPSEA).  
IPSEA offer free and independent legally based information, advice and support to help get the right education for children and young people with all kinds of special educational needs and disabilities (SEND).

Please visit: [www.ipsea.org.uk](http://www.ipsea.org.uk)



Contact are a national charity for families with disabled children and young people. Contact support families with guidance and information.

Please visit: [www.contact.org.uk](http://www.contact.org.uk)



The Local Offer is a one stop shop for information and advice which covers Education, Health, Care and Support, Leisure, Money Matters and Moving to Adulthood. It also holds a list of services for children and young people with special education needs and/ or disabilities.

Please visit: <https://ris.rutland.gov.uk/rutlandlocaloffer>



Prince's Trust

The Princes Trust is a youth charity that helps young people aged 11 to 30 get into jobs, education and training.

Please visit: <https://www.princes-trust.org.uk/>

## Key Words and Jargon

<b>SEND</b>	Special Educational Needs & Disabilities	A child/ young person that has a Special Educational Need and/ or Disability
<b>EHCP</b>	Education Health & Care Plan	Legal document highlighting a child/ young person's needs and provisions
<b>SEN</b>	Special Educational Need	A child/ young person that needs support in education
<b>SEP</b>	Special Educational Provision	Support that is put in place for a child/ young person
<b>SES</b>	Special Education Service	The Local Authority service that write and maintain EHCP's
<b>CAMHS</b>	Child & Adolescent Mental Health Service	A service to support parents/ carers or young people themselves to give information, advice and support in a confidential and impartial way
<b>SENDIASS</b>	Special Educational Needs & Disability Information, Advice & Support Service	A service to support parents/ carers or young people themselves to give information, advice and support in a confidential and impartial way
<b>LA</b>	Local Authority	Authority responsible for all children/ young people in their area
<b>LO</b>	Local Offer (Local Authority website)	The Local Authority Website that supports parents/ carers and young people with SEND including information about schools/ colleges & accessing groups/ support