

A Parents and carers Guide to Transition Planning



Section 1: What is Transition?

Between the ages of 14 and 25 young people usually have to make important decisions about their education, leave home, get a job and start having relationships. These decisions and changes can be both exciting and challenging.

For young people it can be confusing and complicated as they often receive support from a number of different agencies, including Health, Social Care Services and Education. Planning should start well before leaving school, so that the young person's needs and choices are fully explored.

This guide assists parents and carers of young people who are moving through special education towards adulthood. This can be an anxious time. You may well be concerned about the opportunities and services your son or daughter can expect as an adult and whether these will meet his or her needs. You as a parent and carer have a vital role to play in helping to plan for these changes, alongside all the agencies and professionals who can contribute to meeting your child's needs. During these years, we aim to share information with you and develop a plan to address all your child's needs. This process is called transition planning.

There is a statutory requirement for schools to organise transition planning for pupils with special educational needs. The transition process starts when your child is in year 9, the academic year when your child is 14. The plan is reviewed every year until your child leaves school.

The year 9 annual review, organised by the school, follows the same procedure as previous annual reviews but with an added focus on transition. Full details of this process are in the transition pack on page 4.

Section 2: Children's Services

The Child Health & Disability Team is a specialist service based within Children's Services. The team provides the following to children with disabilities and their parents and / or carers:

- Information
- Advice
- Support
- Liaison with health, education and voluntary organisations
- Services

The child Health & Disability Team works with families with a child with a severe and permanent disability, or a

combination of less severe disabilities or conditions, that, taken together, make life very difficult. The team is made up of social workers, social work assistants and support workers, together with other professionals such as psychologists and occupational therapists. The team works closely with a team of special needs health visitors.

Contact us on Tel No 029 2053 6194

Section 3: Making the move to Adult Health and Social Care Services

Health and Social Care Services provide or arrange a range of support services. Case Managers can help the young person to access the following:

- Social work support, advice and information
- Support in the home with personal care
- Community leisure activities and daytime opportunities
- Short-term respite or short breaks
- Equipment and adaptations to their home
- Liaison with health services
- Direct Payments
- Independent Living Fund (ILF) closing 2015

Adults have to meet an eligibility criteria before they can get services. You can find out more in the leaflet 'Am I Entitled to Community Care'

There maybe a charge towards the cost

of care services subject to an assessment of the young persons financial circumstances. You can find out more about this in the leaflet 'Charging for Non-Residential Social Care Services'. Go to www.cardiff.gov.uk to access our leaflets under Health and Social Care

Social Work Support

Social workers and case managers work in the community or in hospitals. They will assess the young person's needs, carrying out a unified assessment, and they will arrange services to meet eligible needs. The unified assessment may include assessments by other professionals so that it covers the young person's needs comprehensively.

Support in the Home with Personal Care

A variety of care agencies can help with personal care in the home. This may include help with washing, dressing, food preparation, shopping or budgeting. For some young people support could include helping develop independent living skills. The case manager arranges this type of service.

Direct Payments

Direct payments enable the young person to organise and purchase his or her own care directly. He or she must have been assessed as eligible for services. You can find out more information in the leaflet 'Organising Your Own Care Arrangements by Direct Payments'

Direct Payments may also be chosen by parents and carers for children with disabilities and by carers for adults.

Community Leisure Activities and Daytime Opportunities

Opportunities to develop independence in the community, to practice work skills, access social networks or take part in leisure or therapeutic activities maybe offered by a wide range of different sources. The social worker or case manager from Health and Social Care Services will help find the most appropriate ones for the young person.

Short-term Respite or Short Breaks

Social Services can arrange this service is appropriate. This may be to provide a break for cares or for other reasons. If the young person has specific health needs a community nurse maybe involved in assessing the need and finding an appropriate placement. Sometimes short-term care can be with another family (adult placement) or in a group setting such as a residential home.

Equipment and Adaptations

For young people with a disability, having the right equipment and adaptations in their home can make them more independent and help carers. Community Occupational Therapists carry out assessments. They work closely with social workers or case managers to find out what the young person needs to assist with daily living. You can find out more in our leaflets 'Cardiff Community Occupational Therapy Services' and

'Adapting your home to cope with your disability'

Liaison with Health, Education and Voluntary Organisations

There are many professionals who can make an important contribution to the quality of life, health and well being of the young person. The social worker will liaise with them, if needed, to help access the support and treatment the young person needs. Services could include; speech and language therapy, physiotherapy, psychology, occupational therapy, orthotics (footwear), community dentistry, chiropody, continence service, optician (specialist eye clinic) hearing clinic and dietician.

The Independent living Funds

From 30 June 2015, the Independent Living Fund (ILF) will close and funding will be transferred to local authorities and the devolved administrations.

Current users of the fund – which was first set up as a transitional arrangement more than 20 years ago – will then receive support through the mainstream adult social care system.

Carers Assessment

As carers of a young person with a disability or complex health needs, you are entitled to an assessment of your own needs. You have a right to this even if the person you care for refuses help or refuses to have an assessment. Please refer to www.cardiff.gov.uk for more information.

Transition Pack

The council and other partner agencies have worked together to produce a transition pack to help young people, their parents and / or carers find out about the people and organisations who can help them through the transition. It contains information that a young person may need to make choices about their future.

Partner agencies involved in producing this pack include:

- Cardiff and Vale NHS Trust
- Abertawe Bro Morgannwg University MHS Trust
- Cardiff Local Health Board
- Welsh Assembly Government
- Careers Wales

Section 4: Useful Contacts

City of Cardiff Council
Contact & assessment team
Social Care & Health
PO Box 97
Cardiff
CF11 1BP
029 2037 5520
Textphone 07971 709883
Minicom 029 2053 6438
ascontactteam@cardiff.gov.uk

City of Cardiff Council
Child Health & Disability
Social Care & Health
PO Box 97
Cardiff
CF11 1BP
029 2053 6194

Cardiff & Vale Parents Federation

Canton House
435 Cowbridge Road East
Cardiff
CF5 1JH
029 2022 7800
admin@parentsfed.org
www.parentsfed.org

Useful Websites

www.cardiff.gov.uk information on health and social care and leaflets

www.parentsfed.org contains a link to 'Where you Stand' the local directory of services

www.after16.org.uk a national website for young children with disabilities

www.cerebra.org.uk a step by step guide to completing DLA claim forms

www.cafamily.org.uk for information on specific conditions and support groups, plus newsletters, reports and fact sheets including one on transition

www.asbah.com support for people with spina bifida and hydrocephalus

www.nas.org.uk provides individuals with autism and their families with help

www.autism.org.uk for autism support

www.epilepsy.or.uk a range of leaflets and a Freephone helpline

www.muscular-dystrophy.org support for muscular dystrophy

www.scope.org.uk support for cerebral palsy

www.multikulti.org.uk range of information
in community languages

ascontactteam@cardiff.gov.uk Health and
Social care Contact and Assessment Team
provides help and advice on community
care services for Adults

Leaflet published by City of Cardiff
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www.cardiff.gov.uk