



# Moving on

A guide to becoming an adult  
for young people with disabilities





# What is in this booklet?

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**What is transition?**



**Who is involved?**



**What happens?**



**Important things to remember**



**Leaving school**

# Transition

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## Transition means change.

It starts around 14 and ends at 25.

As you change from being a teenager to an adult, many things in your life will change.



It is what happens when you start thinking about what you want to do when you leave school and what support you may need.

A good transition means that you will be as independent as possible when you are an adult



This guide tells you what should happen, when and who can support you.

# Who may be involved?

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Someone who helps you to look after your health



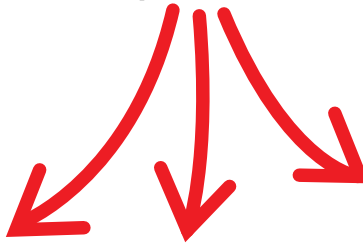
Your parents and family or carers who look after you



The most important person



Your school or other people who help you with your special education needs officers



Your social worker, SEN keyworker and other people from children's services



Your social worker and other people from adult services

# What happens?



Your views are really important when planning for your transition. Think about what is important to you.

Think of what you would like to do in the future.

You may meet new people to help you with where you want to live and with work you want to do.



**Staying healthy**



**Your family**



**Where you live**



**Work**



**School**



**Staying safe and travel**



**College**



**Having fun**



**Your friends**



# What happens?



When you are 14 your school will arrange a transition review meeting.

In this meeting we will talk about your education, health and care plan (EHCP) or your statement of special educational needs (SEN).



We will talk about things that are important to you. Look again at page 3 for people who might be at this meeting.



Your school will send out letters to all the people who need to come.



You will talk about what you want to do when you leave school, and what support you think you will need to make that happen.

# What happens?

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After this meeting you will be given a transition plan.

The transition plan is about you and:

- the care and support you may need
- your plans and hopes for the future.



Every year you will have a review of your transition plan. If we need to, we can make changes to your plan.



You may be introduced to a social worker from adult social care or disability services, who can complete an assessment to find out if they will be the right service to support you after you turn 18.



You, your family or carers and children's social worker can continue to have regular contact with adults' services.



# Important things to remember

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Remember, you are the most important person in your transition!



When planning for your transition, make sure you understand what is going on.

Ask people to slow down and explain things to you.

Ask people to use signs or symbols that can help you understand.



It is okay to ask questions at the meeting and to make sure that people know what you want. You can ask about ways to find out more information. For example:

- useful phone numbers
- websites
- leaflets of local services



You can ask the people who work with you any questions or about problems to do with your transition.

It's your meeting!

# Leaving school

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You will leave school sometime between the ages of 16 and 19.



There will be another review for your transition and you will have the opportunity to look into what you want to do, including work and learning opportunities.



Before you leave school, the people who work with you will talk to you about the support you need if you start another course or training.



Once you are settled into adult life, some of the people who helped you through your transition will change.

# Leaving school

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You may want to think about work and the help you need to find a job.



You must seek advice about any changes to the way you receive your benefits and find out if you are entitled to other benefits when you turn 16.



You and your family or your carers may choose to open a bank account for you at this time.



You may start using adult health care services.

# 18 years - becoming an adult

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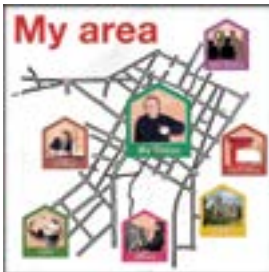


There will be changes to your health and social care once you turn 18.

Your health needs will be transferred from children's to adults' services. You should be offered an annual health check from your GP.



You may start to receive support from adult social care.



If not, there may be other services that will support you as an adult. For more information about services search for 'The Local Offer' on [www.peoplefirstinfo.org.uk](http://www.peoplefirstinfo.org.uk)

# Useful contacts

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My named worker in children's services:

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My school/college:

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My doctor (GP):

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My named worker in adults' services:

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My named worker in special educational needs:

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**Other contacts:**

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## Useful contacts

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### **Educational Psychology**

*Provides educational support and assessments.*

### **Special Education Needs (SEN) Services**

*Coordinates Statements of SEN and Education, Health and Care Plans.*

Kensington Town Hall,  
London W8 7NX  
020 7361 3311

### **Disabled Children's Team (DCT) - works with disabled children up to 18 years old.**

*020 8753 36091*

020 8753 36091

[www.lbhf.gov.uk/fisd](http://www.lbhf.gov.uk/fisd)

### **Child and Adolescent Mental Health Services CAMHS**

*Psychology and psychiatry support and assessments.*

48 Glenthorne Road,  
Hammersmith, London W6 0LS

020 8483 1979

[www.youngminds.org.uk](http://www.youngminds.org.uk)

### **Children's Community Nurses - working with children to 18 years old.**

*020 7266 8840*

020 7266 8840

**H&F Advice** - Hammersmith & Fulham's first port of call for enquiries.

0845 313 3935

[h&fadvice.care@lbhf.gov.uk](mailto:h&fadvice.care@lbhf.gov.uk)

[www.lbhf.gov.uk](http://www.lbhf.gov.uk)

### **Learning Disability (LD) Service**

*health and social care services for adults aged 18 or over with a diagnosed global learning disability*

020 8383 6464

[ldteaminfo@lbhf.gov.uk](mailto:ldteaminfo@lbhf.gov.uk)

[www.lbhf.gov.uk](http://www.lbhf.gov.uk)

### **Community social work team - Adult social care**

*For adults aged over 18.*

Parkview Centre  
for Health & Wellbeing,  
56 Bloemfontein Road,  
White City, London W12 7FG  
020 8753 6023

### **West London Mental Health Service, NHS Trust**

*Health care services for adults with mental health issues*

020 8354 8354

[www.wlmht.nhs.uk](http://www.wlmht.nhs.uk)

# Contacts in Hammersmith & Fulham

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Here is a list of some contacts in Hammersmith & Fulham. You can include some of your own contacts too.

## Non-Statutory/ Voluntary Services

**Action on Disability** - an independent organisation promoting equality for disabled people.

020 7471 8510/8514  
[www.actionondisability.org.uk](http://www.actionondisability.org.uk)  
email: [advocacy@hafad.org.uk](mailto:advocacy@hafad.org.uk)

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### **Carers Network**

London based charity providing support, information, breaks and grants for unpaid carers

020 7386 9417  
[www.carers-network.co.uk](http://www.carers-network.co.uk)

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### **Hammersmith and Fulham**

**Mencap** - provides advocacy and support to people with learning disabilities of all ages and their carers living in H&F.

65 Aspenlea Road,  
Hammersmith, London W6 8LH  
020 8748 5168  
[www.mencaphf.org.uk](http://www.mencaphf.org.uk)

**Parentsactive** - aims to help parents/carers of disabled children living in H&F.

020 8748 5168  
[www.parentsactive.org.uk](http://www.parentsactive.org.uk)

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### **Bishop Creighton House**

- mentoring programmes, employment and learning for young people with LD. Also installation of safety equipment.

020 7385 9689  
[www.creightonhouse.org](http://www.creightonhouse.org)

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### **Hammersmith and Fulham Volunteering Centre**

020 8741 9876  
[www.hfvc.org.uk](http://www.hfvc.org.uk)

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**Citizen Advice** - services include debt relief, money advice and welfare benefits.

020 7385 1322  
[advice@hfcab.org.uk](mailto:advice@hfcab.org.uk)  
[www.citizenadvice.org.uk](http://www.citizenadvice.org.uk)

Tick below if you would like a copy of this leaflet in:

Large print

Braille

Name:

Address:

Postcode:

Telephone:

**Please return this section to:**

Sensory Impairment Team,  
145 King Street,  
Hammersmith,  
London W6 9XY

**Telephone:**

0845 313 3935  
9.00am - 5.00pm  
Monday to Friday

**Email:**

[h&fadvice.care@lbhf.gov.uk](mailto:h&fadvice.care@lbhf.gov.uk)

TRANSITIONS DECEMBER 2015

## How you can help us

We welcome feedback on how we might improve our service.

If you would like to make a comment, compliment or complaint, please contact:

### **Customer Feedback Team**

Adult Social Care,  
Floor 4,  
Hammersmith  
Town Hall Extension,  
King Street,  
Hammersmith, London W6 9JU  
Telephone: 0800 587 0072  
Email: [ascustomerfeedback@lbhf.gov.uk](mailto:ascustomerfeedback@lbhf.gov.uk)

For more information about our services and publications view them on:

[www.lbhf.gov.uk/localoffer](http://www.lbhf.gov.uk/localoffer) or  
[www.peoplefirstinfo.org.uk](http://www.peoplefirstinfo.org.uk)  
or contact:

### **H&F advice**

T 0845 313 3935  
E [h&fadvice.care@lbhf.gov.uk](mailto:h&fadvice.care@lbhf.gov.uk)



[www.peoplefirstinfo.org.uk](http://www.peoplefirstinfo.org.uk)  
for a wide range of information  
about local activities and services  
to help you stay independent.

