



Steps to adulthood

A guide for parents and carers of children and young people with SEND



Easy
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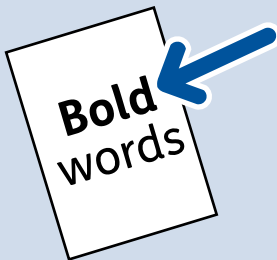
Easy Read



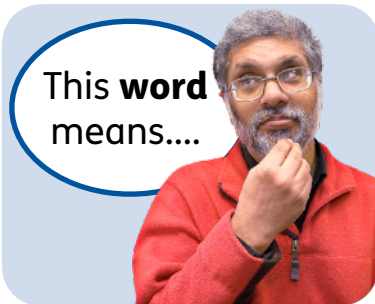
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

What is in this booklet

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About this booklet



This information is from the City of London. It explains how to support children with **SEND** to get ready to be adults.



SEND stands for **S**pecial **E**ducational **N**eeds and **D**isabilities. Children and young people with SEND are those aged 0 to 25 who need extra support to learn and grow.

Becoming an adult



Becoming an adult is a big change in everyone's lives.



For families who have a young person with SEND, it can be a worrying time.



There are a lot of important things that young people and their families need to think about.

Review meetings



Each year, your child's school will invite you to come to a meeting, called a **review meeting**.



When your child is in Year 9, these meetings will tell you how they can get help to get ready to become an adult.



It is important to hear what your child wants for their future. This can include their dreams or the jobs they might want to do.



Children with SEND can find it hard to take part in review meetings.



It is important to make it as easy as possible for them to speak up about what they think and how they feel.



An organisation called Inclusive Solutions can help you with this. You can look at their website here: <https://inclusive-solutions.com/person-centred-planning/>

Questions to ask your child

Here are some questions to help you and your child think about what they would like their adult life to be like:



- What do they enjoy? This could be at home or at school.



- Do they have any hobbies or interests?



- Does your child like being with other people?



- Do they like working with animals?

You could also ask questions like:



- Do they like working indoors, or do they like it better outdoors?



- Do they like to work in a busy place, or a quiet place?



- Do they like to learn in a classroom, or do they prefer hands-on learning?



- Do they want to stay near home, or be more independent?

One page profile



A **one page profile** is a piece of paper that explains some important information about what your child wants.

This is what a one page profile looks like:

SECTION A: XXX's VIEWS, INTERESTS AND ASPIRATIONS

What's Important to Me:	I communicate by:	
What People Like and Admire About Me:	INSERT PICTURE HERE	Likes and Dislikes I like: I don't like:
How Best to Support Me	My interests, favourite activities and hobbies	
	My aspirations	

The most important things to young people

Young people with SEND told us that the most important things to talk about in the review meeting were:



- Jobs, learning and training.



- Independent living.



- Being involved in their local community.



- Health.



The next 4 parts of this booklet explain how to support young people with SEND with each of these things.

Jobs, learning and training



There are a lot of different things that a young person with SEND can do after they finish school.

College



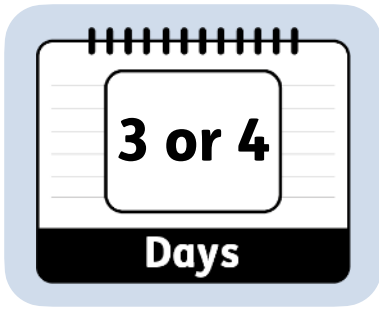
Many young people with SEND will be able to go to a local college after school.



They can go to a specialist SEND college that is right for their needs.



Or they can get support to go to a **mainstream college**. This is a type of college that most young people go to.



For many colleges, the young person will only need to go in 3 or 4 days a week.



On their days off, they could take part in activities in their local area.



To find a college that is right for your child, you might need to go to a borough outside of the City of London, like Islington or Southwark.

Apprenticeships



Apprenticeships are where a young person works at a job to learn how to do it.



They get paid to do this.

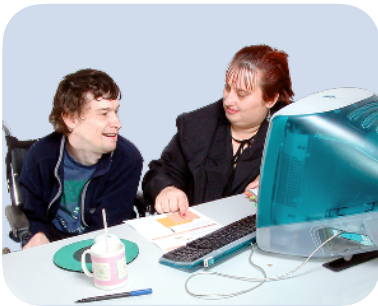


Usually, they also go to college 1 day a week, to learn more about their job.



Young people can do a lot of different kinds of apprenticeships, like working with computers, on building sites or in shops.

Supported internships



Supported internships are where young people can get support to work for an organisation and learn what the job is like.

Universities



Some young people with SEND want to go to university.



Their schools and colleges will support them to think about whether university would be right for them.



They might be able to get money from the Government to help them to take part in university.

This money is called **Disabled Students Allowance**.

Jobs



Many young people with SEND will want to get a job.



They will get help at school to think about the jobs they might want to do when they are adults.



Jobs are a good way to help people feel happy and healthy.



Some young people might prefer to work part-time.



For a very small number of children, they might never be able to work.



It is very important that these children get help with planning their lives as soon as possible.

Shaw Trust



shaw trust

Shaw Trust is a service that will help young people with SEND think about learning, training or jobs.

To find out more, you can:

- Look at their website:

<https://shawtrust.org.uk/what-we-do/we-support-young-people-to-realise-their-potential/>

- Contact Matilda Newman-Smart by:

- Email: matilda.newman-smart@shaw-trust.org.uk

- Phone: 07585 401 280



Disability Confident Organisations

Please apply



Disability Confident Organisations are organisations that want disabled people to apply to work for them.

These organisations will:

- Meet with every disabled person who applies and shows they can do the job.
- Say that they are 'Disability Confident' on job adverts.

We are disability confident

I am disabled



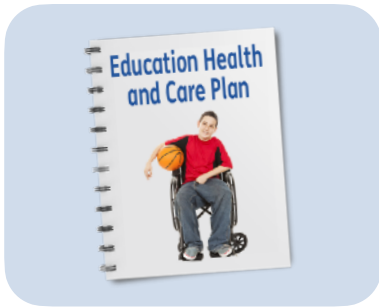
You will need to say that you are disabled when you apply.



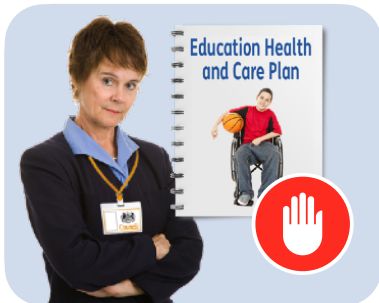
You can find out more about disability confident organisations here:

www.gov.uk/government/publications/disability-confident-employers-that-have-signed-up

Ending an Education, Health and Care Plan (EHCP)



An **Education, Health and Care Plan (EHCP)** explains what your child needs, the support they should get and what they would like to achieve.



If your child has an EHCP, the Council might decide to end it, if they think your child does not need it any more.



This might be because they have a job, or have gone to university.



They will write to you to tell you they are doing this, and why.



You can ask them to change their mind, if you think your child still needs an EHCP.

Being involved in the local community



It is important that people feel safe and welcome in their local area.



So children and young people should get support to think about being involved in their local community as they become adults.

Short breaks



Short breaks are chances for children and young people to take part in fun activities and spend time with friends.



They also give parents the chance to have a break from caring for their child.

If you would like to talk to someone about having a short break, you can contact us by:



- Phone: 020 7332 3621



- Email: short.breaks@cityoflondon.gov.uk



You can find out more about short breaks at:
<https://www.fis.cityoflondon.gov.uk/send-local-offer/short-breaks>

Moving to Adult's Social Care Services



As children become adults, they get support from the Adult's Social Care Service, instead of the Children's Social Care Service.



This service will help them with the extra care and support they need.



If your child is likely to need support from Adult's Social Care Services, then the 2 services may start working together when they are 14.



Once your child is 18, they will only get support from the Adult's Social Care Service.

If a young person has not been getting support from the Children's Social Care Service, but needs support when they become an adult, they can tell us by:



- Email:
adultsduty@cityoflondon.gov.uk



- Phone: 020 7332 1224



Assessment

We will meet with the young person to decide what care and support they need. This is called an **assessment**.



If we think the young person needs care and support, we will work with you to write a plan for this.

Mental capacity



Mental capacity is whether people can make choices about their own lives for themselves.



The law says that health and care services must try to help people make as many choices for themselves as possible.

Sex and relationships



All children and young people should know about being in safe and healthy relationships.



Some disabled children and young people are more likely to be treated badly than others.



So it is important that they know how to stay safe.



Children should understand changes to their bodies as they grow up.



Younger children should learn about what is private and which adults they can trust.

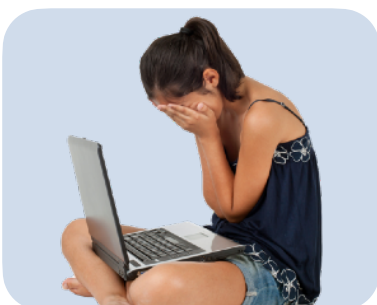


Sometimes, young people might act in an unusual way. This might be because of the changes to their bodies.

Staying safe online



Many young people use the internet a lot.



But they can be treated badly online.



Young people should learn about:

- Staying safe online.



- What to do if someone treats them badly.

City Youth Forum

The **City Youth Forum** is a chance for young people in the City of London to:



- Speak up about the changes they think we should make to their local area.



- Get involved in their local community.



- Make friends with other local young people.



You can find out more about the City Youth Forum here:

<https://www.cityoflondon.gov.uk/services/children-and-families/city-youth-forum>

Staying healthy



Different children and young people need different support to stay healthy.



It might be worrying to move away from doctors that children have had all their lives.



But health services will involve young people and their families as they move to adult health services.

Mental health needs



Children and young people with **mental health needs** need support to cope with how they feel.



As children, they might have got support from **Child and Adolescent Mental Health Services (CAMHS)**.



If they have a learning disability, they will get support from the **Integrated Learning Disability** service after they turn 18.



Both services will work together to make it as easy as possible for the young person.

Nursing



Young people might get care from nursing teams.



When they are 16 or 17, the NHS will check if they can get care for adults, called **NHS Continuing Healthcare**.

Speech and Language Therapy



Speech and Language Therapy helps young people with their communication.



They will work with the young person to help them say what they want as they become an adult.

Targeted Health Outreach Service (THOT)



THOT is a service that helps young people who have SEND, but do not get support from social services.



They help young people to get ready for work or college.



You can find out more about the THOT service here:

<https://www.homerton.nhs.uk/targeted-health-outreach-team/>

Your local doctor (GP)



It is important that young people have their own local doctor.

I have a learning disability



Young people with a learning disability should make sure that their local doctor knows that they have a learning disability.

Health check



They will invite the young person for a health check each year, to make sure that they are healthy.

Independent living



Young people should get help to think about where they might live in the future.



Staff from different services will think about what your child might be able to manage as they get older.



You can help to think about whether they would like to move out of your family home.



Your child will get information and advice from their Social Care teams.



These teams will also give your child information about money. You can find out more about this here: <https://www.fis.cityoflondon.gov.uk/send-local-offer/preparing-for-adulthood/independence-and-living-independently>



Benefits

Benefits are money from the Government to help pay for the things you need to live.



There are benefits for carers of disabled children, and also for disabled young people.

There are different types of benefits, including:



- **Universal Credit (UC)**

Universal Credit (UC) is a type of benefit for people who do not have a job, or do not have enough money for the things they need to live.



- **New Style Employment and Support Allowance (ESA)**

ESA is a type of benefit, for people who are not able to work because they are unwell.



- **Disability Living Allowance (DLA)**

DLA is a benefit for people who have health problems and need help getting around or care and support.



- **Personal Independence Payment (PIP)**

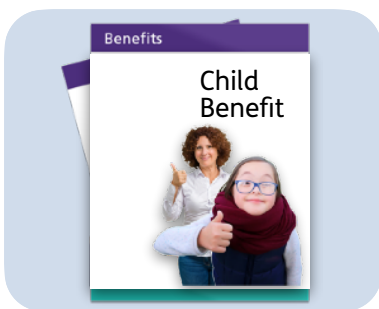
PIP is for people who need help getting around or daily activities.

You might also be able to get benefits like:



- **Carer's Allowance (CA)**

Carer's Allowance is a benefit for people who care for a disabled person.



- **Child Benefit**

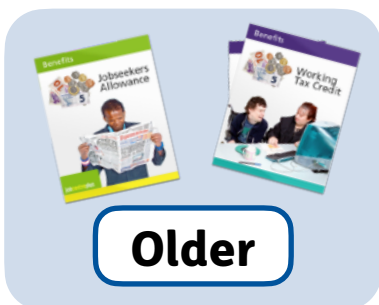
Child Benefit is for people who look after a child aged under 16.



- **Council Tax Reduction**

Council Tax is money paid to the council to pay for local services.

Some people do not need to pay as much council tax as others. This is called **Council Tax Reduction**.



- **Older benefits**

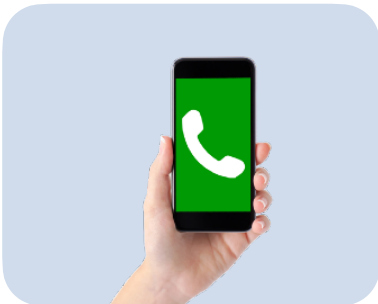
Some people still get old benefits, like Child Tax Credit, Working Tax Credit or Job Seekers Allowance.

Other help with money

Contact us if you have any questions about help with money for families with disabled children:



- By email:
city.advice@toynbeehall.org.uk



- By phone: 020 7392 2919



Or you can check our website:
<https://www.toynbeehall.org.uk/cityadvice/>

Planning early



It is good to start planning for becoming an adult when your child is still young.

In the next parts of this booklet, we will give you some things that staff and parents can do, when your child is aged:



- 0 to 4 years old.
- 5 to 7 years old.
- 6 to 11 years old.
- 13 to 14 years old.
- 14 to 15 years old.
- 16 to 17 years old.
- 17 to 19 years old.
- 19 to 25 years old.

0 to 4 years old

Children aged 0 to 4 years old can get help with:



- Following instructions, getting used to changes and playing with other children.



- Feeding, drinking, getting dressed, making choices and saying what they think.



- Making friends and going on trips.



- Getting health checks and eating well.

5 to 7 years old

Children aged 5 to 7 years old can get help with:



- Visiting places, and thinking about what they want to be when they grow up.



- Washing, brushing their teeth, telling the time and paying in shops.



- Playing in teams, going to activities after school and spending time with groups of friends.



- Making choices about what they eat, learning about getting exercise.

6 to 11 years old

Children aged 6 to 11 years old can get help with:



- Talking about different jobs they could do and making a profile of their interests and dreams.



- Sleeping over on trips, cooking at home, understanding money and learning to travel on buses.



- Learning to be safe online and offline, getting to know the local area and understanding bullying.



- Looking after health issues like asthma, speaking up if they are in pain, learning about health in school.

13 to 14 years old

Children aged 13 to 14 years old can get help with:



- Planning with their school for when they become an adult.



- Checking if the support they get in school is right for them.



- Checking that their EHCP is right for them.



- Having a group of close friends who support them, and how to keep them close.

Children aged 13 to 14 years old can also get help with:



- Taking part in activities, eating well, getting exercise and having safe relationships.



- Starting to plan the services they will use when they are adults.



- Talking about the skills that they will need in the future, and working on those skills at home and at school.



- Talking about their favourite things to do at school, and looking for ways to try out work.

14 to 15 years old

Children aged 14 to 15 years old can get help with:



- Getting ready to move from school to another place of learning, like college.



- Trying out work, and talking to a professional about the jobs they could do in the future.

What is important to you?

- Talking about what is important to them, like their friends, dreams and hopes for the future.



- Taking part in local activities.

Young people aged 14 to 15 years old can also get help with:



- Getting their health checked each year, and buying and cooking healthy food for themselves.



- Travelling on their own if they can, and thinking about support they might need to go to work or college.



- Looking at what kind of places they could live in the future.



- Finding people who can help them to think about jobs they could do.



- Thinking about apprenticeships.

16 to 17 years old

Young people aged 16 to 17 years old can get help with:



- Assessments to see if they will need care and support when they are adults.



- Getting information about the care and support services they will use as adults.



- Staying in touch with their friends, using local services, visiting friends, using a phone and learning to drive.



- Making sure they have the money they need to buy the things they need to live well.

Young people aged 16 to 17 years old can also get help with:



- Making sure they have ways of getting around, like in taxis, if they need extra help.



- Spending more time learning about jobs and working.



- Looking at all of the ways they can start working, like apprenticeships and internships.

17 to 19 years old

Young people aged 17 to 19 years old can get help with:



- Planning how they are going to get care and support while they work and learn.



- Checking that they can get the care and support they need.



- Thinking about whether to stop their EHCP.



- Taking part in activities, with or without support.

Young people aged 17 to 19 years old can also get help with:



- Getting breaks from adult short breaks services.



- Checking if they can get the health care they need, with or without support.



- Making sure that they can buy food and cook for themselves.



- Making sure there is a plan for how they will look after benefits they get from the Government.



- Going with friends to local activities.

Young people aged 17 to 19 years old can also get help with:



- Working with other local families on ways to get care and support.



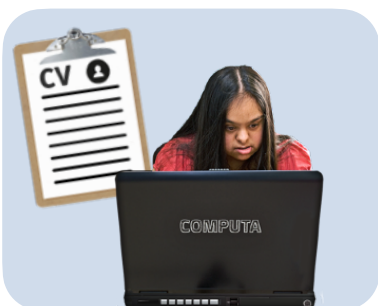
- Carry on looking for ways they can try out working.

19 to 25 years old

Young people aged 19 to 25 years old can get help with:



- Stopping their EHCP when it is time for it to stop.



- Applying for jobs, looking for schemes to help them get a job.

Young people aged 19 to 25 years old can also get help with:



- Making sure that they stay in touch with their friends, and finding groups of young people that they might want to be friends with.



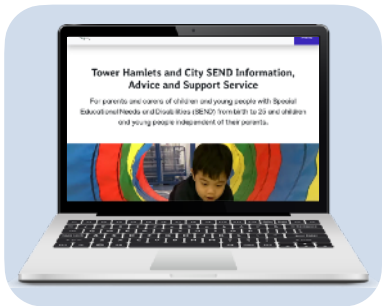
- Making sure that they know how to stay healthy and happy, and that they know how to get help if they are not well.



- Making sure that they are living in a place that is right for them.



If you would like private and fair advice, a service called the Tower Hamlets and City of London SEND Information, Advice and Support Service (SENDIASS) can help.



You can visit their website here:
www.towerhamletsandcitysendiass.com

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