

PREPARING FOR ADULTHOOD



Transition from childhood to adulthood

Preparing for Adulthood (PfA) Transition of Young People with SEND aged 14-18 years

Information Booklet for Parents/Carers

2023/2024

www.enfield.gov.uk

North Central London
Integrated Care System 

ENFIELD
Council 

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Accessibility

If you need help to access the information in this booklet we suggest that you look at the document on-line on [Enfield's Local Offer for SEND](#).

You will be able click on the "accessibility tools" menu on the top right-hand corner. This will bring up the "ReachDeck" toolbar at the top of the page.

It looks like this.



This will give you a number of options including:

- have the content read to you
- have the content translated into a number of different languages
- have the text enlarged.



Preparing for Adulthood

We want our young people to be aspirational from the early years, we want to work with them to help them achieve their hopes and dreams for the future. However, as a minimum young people and their families should start to think about what they would like to do when they become an adult from the age of 14 (Year 9).

There are 4 preparing for adulthood outcomes to consider and aspire to:

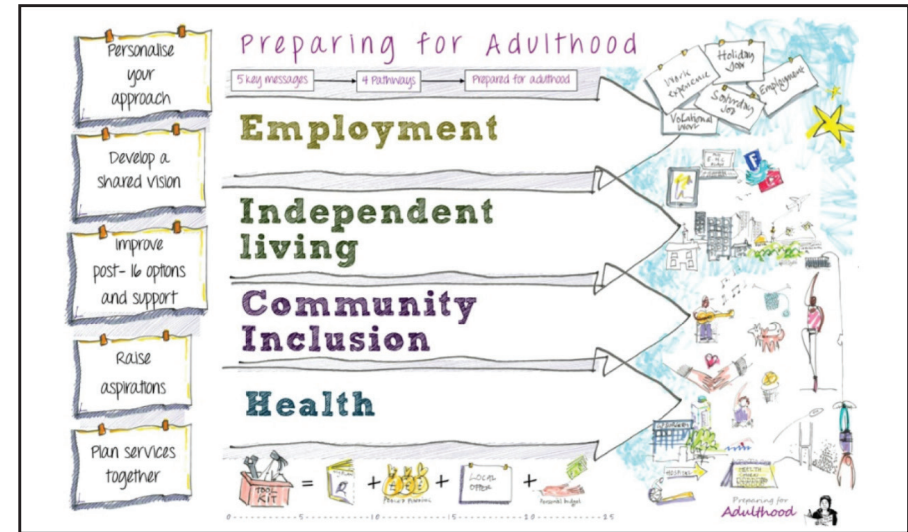
Welcome to Preparing for Adulthood

We recognise that it can be a worrying time when young people with SEND who have an Education, Care and Health Plan move from childhood to adulthood. The way they access support and services will change and it is important to be prepared for the change. They will be responsible for making their own decisions and may be thinking about getting a job, moving into their own place and enjoying activities as a young adult in their local community. This is known as Preparing for Adulthood (PFA).

In Enfield we have worked with parents to develop this booklet and our Preparing for Adulthood events to make sure that you have all the information you need, and plenty of opportunity to ask questions. Our aim is to ensure that you are well informed and can help your young person make the right choices about their future. We want to support young adults to achieve their hopes and aspirations and to enjoy a fulfilling life.

The programme of Preparing for Adulthood Events are all aimed at helping you to support your young person to be more independent and details of the events are set out in this booklet or can be found on [Enfield's Local Offer](#) Enfield [My Life](#).

We hope you find the information in this booklet and the events helpful.



Here are some things you can do to start planning for when your young person becomes 18.

EHCP Annual Review

- We recommend that you and your young person attend the Year 9 EHCP Annual Review at school, and subsequent reviews, to ensure that the outcomes they want for adult life are considered and recorded in their EHCP.
- These discussions should include whether they want to attend college or move towards employment or independence. All schools, FE colleges and sixth form colleges have the responsibility through their funding agreement to secure access to independent careers guidance for all learners in possession of EHCP. The review will also discuss whether the young person will need support from Adult Social Care once they become 18.



Mirjan Dhama
Head of Service
Joint Service for
Disabled Children (JSDC)



Vicky Main
Service Director
Integrated Learning
Disability Service (ILDS)
and Adult Mental Health
Services



Sarah McLean
SEND Transition Manager
JSDC/ILDS

- The school will be able to advise and signpost you to information, advice and guidance or you can look at the [Local Offer](#).
- Think about if they will want to go to college with a view to getting a job. You will need to look at what colleges are available and the different types of courses that they do. You apply directly to the college. You can find links to colleges on the Local Offer.
- Once your young person knows where they would like to go to college and the course they want to do SEN Services will consult with the education setting, and amend the EHCP.

Adult Social Care

Once 18, if your young person is going to need additional support from Adult Social Care the school will seek your consent to refer the young person at age of 16. An Early Notification Form will be completed by the SENCo with input from you and your young person. Once the referral is received, professionals will decide the most appropriate Adult Service to support them and carry out the Preparing for Adulthood assessment. It will be one of the following services:

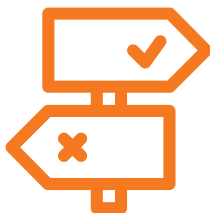
- the Integrated Learning Disability Team
- the East or West Locality Team for those with physical or sensory needs
- NHS Mental Health Services
- NHS Continuing Health Care

Making Decisions and the Mental Capacity Act

The law says that young people (including those with SEND) can make decisions about their lives from the age of 16 as long as they have the capacity to do so. Obviously they will want to include their parents and teachers in helping them to make the right decisions.

Under the Mental Capacity Act a person is presumed capable to make their own decisions, unless all practical steps to help them have been made without success. Find out more by visiting [My Life](#) and/or attending our event below. The Mental Capacity Act protects people over 16, who are unable to make certain decisions for themselves. This could be due to a learning disability, mental health problems or illness. The purpose of the Mental Capacity Act is to:

- allow adults to appoint people to manage their finances and make health and



welfare decisions for them, in advance of losing mental capacity

- allow all adults to participate in decisions about them
- enable adults to make advance decisions about refusing future medical treatment, if they feel strongly about it
- ensure a local authority or NHS body will appoint an independent mental capacity advocate to support someone who cannot make a decision about serious medical treatment, or about hospital, care home or residential accommodation, when there are no family or friends to be consulted
- ensure all people's rights are respected and where they lack mental capacity, to guide their carers and professionals to making best interest decisions on their behalf
- provide protection against legal liability for carers who have honestly and reasonably sought to act in the person's best interests
- provide clarity and safeguards around research in relation to those who lack capacity

There is an event that looks at this area in more detail and gives you the opportunity to ask questions. See page 39.

Preparing for Adulthood Events

Every year, Enfield Council hold a series of events to support each of the Preparing for Adulthood outcomes and different aspects of transition. Details of these events can be found in this booklet. Some are held on-line and some are held in person in venues across the borough.

We recommend that you start to attend Preparing for Adulthood Events when your young person reaches Year 9 (age 14 years). Although certain information is only relevant at points in their transition it is good to have an overall understanding of what will happen and when. There is a lot to take in and it can be helpful to attend more than once.

Importantly, these events provide an opportunity to meet and talk to other parents and professionals who can give you advice and information to help you and your young person to make the right decision about their future and to have a smooth transition into adulthood.



School Coffee Mornings

Your young person's school may hold a transition coffee morning at the start of the academic year, and it's a good way to find out more information.

The coffee mornings give you an opportunity to meet some of the professionals that will be involved in the transition. They will explain what happens and when, where to find out information and get support if you need it.

You will also get the opportunity to meet Jane Richards who is a parent/carer who has been through transition and ask questions "parent to parent". You can find out more about Jane and how to contact her on page 40.

Speak to your school to find out when they will be holding their coffee morning.



Preparing for Adulthood

Pathways for young people with SEND to transition from Childhood to Adulthood

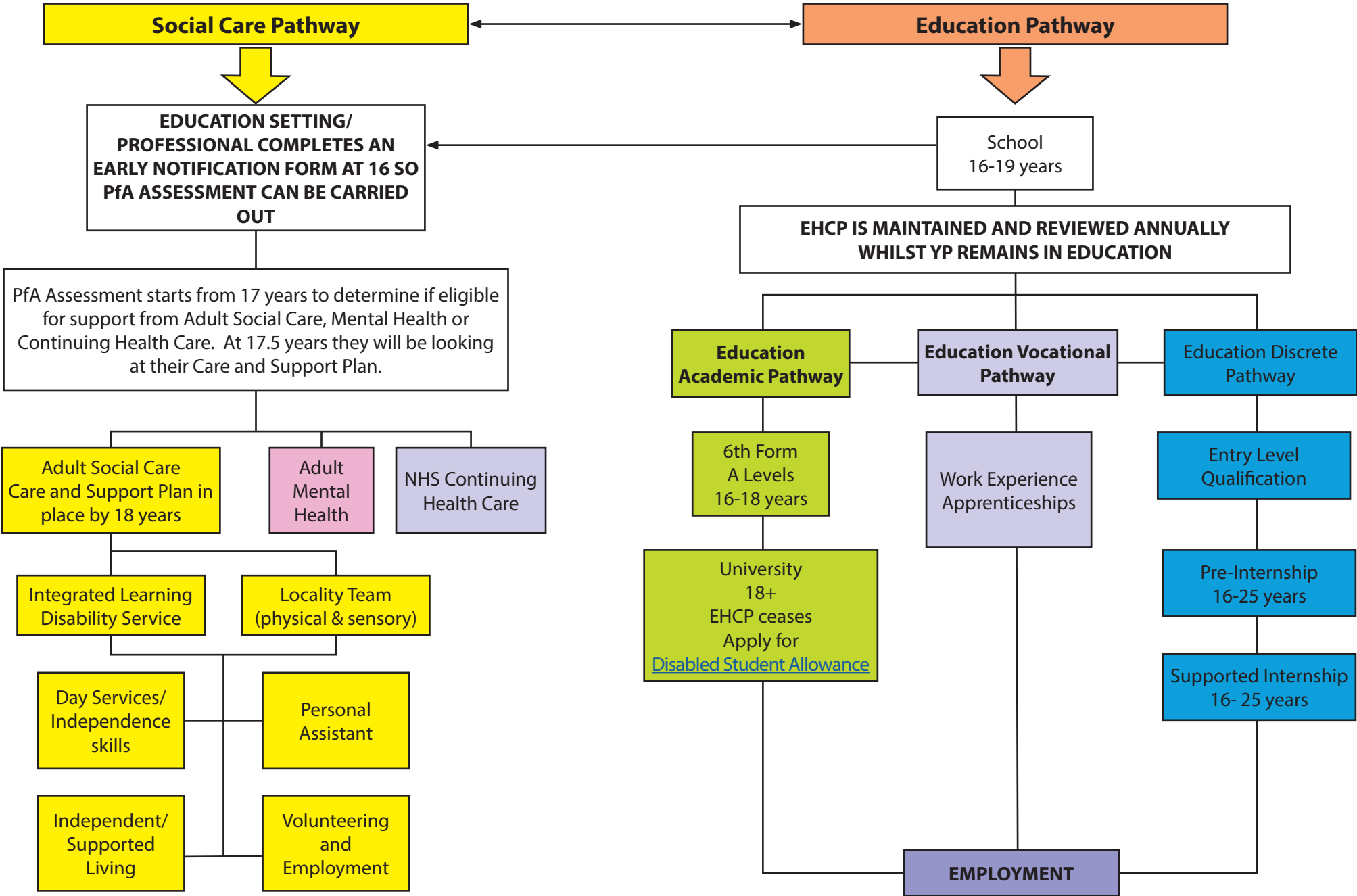
It is important to remember that Transition from Childhood to Adulthood is different for every young person. Pathways are personalised to meet the outcomes that young people want, as well as to meet their needs.

Some will want to go college and move towards employment, some may just want to leave school and engage with life skills and activities which will help them to live independently and be part of their community. Some will want to do a mix of the two.

If a young person is going to need more support in adult life, an Early Notification referral is made at 16, usually by the School, to Adult Social Care. A Preparing for Adulthood (PFA) assessment is completed to determine if the young person is eligible for support from Adult Social Care according to the [Care Act 2014](#). They will then be supported by the relevant Team to access the support they need to meet the outcomes in their Adult Care and Support Plan. You can find out more about the detailed process and what happens when on pages 22-26. There is also an event that takes you through the process step-by-step – see page 38 for more details. If the young person is not eligible under the Care Act for support they will be signposted to support. See page 32.

If the young person wishes to continue in education, once the new education setting has been consulted and agreed they can meet the needs of the young person, the EHCP will be amended. More information can be found on pages 12-15.

Preparing for Adulthood Pathway





Preparing for Adulthood

Post 14 Education and Employment

There are different routes for education and employment. Less formal education routes are through day opportunities where you can learn and engage in life skills that will lead the young person to independence and being part of their local community.

The table below highlights the different options to consider.

Going to College

If young people decide to go to college, there are opportunities to gain formal qualifications or apply for an apprenticeship or an internship.

Each college has their own entry criteria so families and young people will need to check their websites to see what courses are available, and the entry requirements. Most colleges have open days so that young people can get a feel of the college and discuss the courses that they are interested in. Young people will need to check start dates for courses as some colleges enrol for courses in September and in January.

College timetables vary, this means that any course over 16 hours would be considered a full-time course, as this would include independent learning.

Academic	Vocational/Life Skills	Social Care	Employment (Can be at college or with a training provider or delivered through a school)
School Sixth Form – mainstream or special school	General Further Education College	Informal Learning	General Further Education College
Sixth Form college		Equals Employment Service	Supported Internship
General Further Education College			Apprenticeship
University (Higher Education)			

Some young people with an EHCP will be able to apply directly to the college without the SEN service being involved know. It is a young person’s choice if they want to declare that they have an EHCP. At that stage, if the young person is declaring that they have an EHCP, then they will need to let the SEN Service know. It is a young person’s choice if they want to declare that they have an EHCP.

When a young person needs support to apply for college, they should discuss this support at the Annual Review or if they decide to visit a college, they should let the SEN Team know that they would like to go to that college. The SEN team will then consult with the college. This process takes 15 days.

Young people can apply to any college in London, you do not have to apply to colleges in Enfield. Most of the colleges are now “super colleges” this means that they have branches across sub-regions, that means, for example, CONEL college is part of City and Islington College, (CANDI) Westminster Kingsway College (WESTKING) and Capital City College Training (CCCT). This means that there are lots of choices available to young people on the different campuses.

These are the local colleges that young people in Enfield apply to.

[Barnet and Southgate College](#)

[Capel Manor](#)

[College of Haringey, Enfield and North East London](#)

[Hertford Regional College](#)

[Oaklands College](#)

[Waltham Forest College](#)

[Epping Forest College](#)

You could also consider an independent training provider such as [First Rung](#) who support young people to progress to further education, apprenticeship or employment.

Young people who attend college are expected to travel there and back independently, unless this is not possible for some reason. If required you can get training and advice to [travel independently](#).

On average, college courses are three days a week so the other two days could be spent doing:

- work experience
- volunteering
- training for life skills such as travelling or living independently.
- accessing community activities
- participating in health activities such as physiotherapy

When making the application it is advised to declare you have an EHCP and inform Enfield SEN Services so they can consult with the college.

If you are not offered a place on your chosen course, the college may offer you another option. For more information and advice, contact the [SEN Team](#).

The SEND Careers Advisers can provide support to schools and young people with an Education, Health and Care Plan.

Supported Employment

Supported internships are a one-year study programme for young people aged 16 to 25 years who can work but need extra support to do so.

You will need to have an Education, Health and Care Plan and be committed to getting a job. You will be assigned a job coach who will help you find the right job and support you during your internship.

Some Internships provide independent travel training. For others you will need to be independently travel trained. You will spend the majority of your week in your job, and approximately one day with a tutor learning workplace skills. Internships last from six months to one year. You won't be paid but could be offered a paid job at the end. If you are successful at gaining employment your EHCP will cease.

To find out more about where you can do a supported internship:

- [CONEL College](#)
- [MENCAP](#) employment programme
- [West Lea School](#)

Equals Employment Service

Young people who would like to get a job, but don't want to go to college can be supported by the Equals Employment Service if they are eligible.

Equals can help with finding vocational training, looking, and applying for jobs, interviews, and supporting you and employers once you have a job. To find out more, email learning.disabilities@enfield.gov.uk or contact them on 020 8379 5039 (textphone: 020 8379 3100).

Please see page 43 for details of the event where you can find out more about going to college and getting a job.



Preparing for Adulthood Independent Living

Young people grow up and want to leave home.

There are a range of independent living options available where young people can be supported in their own accommodation so they can live an ordinary life. The amount of support may vary depending on the young person's level of need. This could range from a few hours a week to full time personal care and support.

If you're eligible for adult social care, and want to live independently, we will work with you to make sure you have suitable accommodation and a package of care that meets your needs. Where possible, this will be in your local community, giving you access to your family and friends. For example, you could live in a flat on your own or share with others and have 24-hour care, or you could live in a flat and just get help and support with things like paying your bills and cooking a meal.

All accommodation is coordinated through the Integrated Learning Disability Service Accommodation Board which is held monthly. The purpose of the board is to develop a picture of the overall housing needs.

We run an event called "Getting a Home" where you can find out more. See page 42.



Preparing for Adulthood Keeping Healthy

When a young person becomes 18, the first port of call for any non-emergency medical issues should be via their GP. They will be able to diagnose and treat any immediate health issues or refer to the relevant specialist or service.

If your young person has been under the care of a paediatric specialist, such as Great Ormond Street Hospital, they will support you and your young person to transition to the relevant adult health service.

The Preparing for Adulthood assessment identifies if you're eligible for support and services under the Care Act 2014.

If the assessment also identifies the young person needs specialist health input, a Community Resource Team (CRT) referral is made to the suitable health team. The health team are part of the Enfield Integrated Learning Disabilities Service (ILDS) and is made up of the following specialist health professionals:

- Community Nurses
- Occupational Therapist
- Speech and Language Therapist
- Physio
- Clinical Psychiatrist
- Psychologist

The ILDS Community Nursing Team works with young people who need support to access health services and maintain a healthier lifestyle.

We hold an event on health services and keeping healthy. You can find details on page 43, but the following information may be useful to you to ensure that your young person remains as healthy as possible.

- [Annual Health Check](#)

If your child has not been invited to have their annual health check and they are 14 or over, contact your GP to discuss this further.

The annual health check was introduced to address the health inequalities faced by people with a learning disability and autism. People with learning disabilities and autism can be more vulnerable to long term conditions. An annual health check with the GP would spot the signs in good time so such conditions could be prevented or managed early so as to prevent further complications.

An annual health check is important because it gives young people time to talk about anything that is worrying them and means they can get used to going to visit the doctor. This is particularly important when they reach 18 years, as they will no longer be under a Paediatrician and GPs will be the referral route to more specialist services if required. It will also give you time to discuss any concerns you have about your child or young person's health or wellbeing and how your GP can support you to spot the early signs of your young person being unwell.

People with a learning disability and/or autism should be on their GP's LD/autism register so that they are invited yearly from the age of 14+ to have a health check.

- Acute Liaison Nurses

Most hospitals have an Acute Liaison Nurse, who can work with staff to help them understand the needs of your child. They can also advise what [reasonable adjustments \(PDF\)](#) are needed to make your child's hospital stay/appointment as comfortable as possible.

View details of [Local Acute Liaison Nurses \(PDF\)](#) and [Acute Liaison Nurses across other London hospitals \(PDF\)](#).

- Hospital Passports

Health Passports can be useful to complete and take with you to any hospital appointments or inpatient stays. They provide information about your young person so that the doctors and nurses can understand the needs of the young person, any medications they take and how to ensure that the treatment/stay is successful.

Download and complete a [Hospital Passport](#).

This is my Hospital Passport

For people with learning disabilities coming into hospital

My name is:

If I have to go to hospital this book needs to go with me, it gives hospital staff important information about me.

It needs to hang on the end of my bed and a copy should be put in my notes.

This passport belongs to me. Please return it when I am discharged.

Nursing and medical staff please look at my passport before you do any interventions with me.

- Things you must know about me
- Things that are important to me
- My likes and dislikes

Mental Capacity Act 2005

If I am assessed as lacking the capacity to consent to my treatment the following people must be involved in best interest's decision making

Name	Relationship	Contact Details
Name	Relationship	Contact Details
Name	Relationship	Contact Details
Name	Relationship	Contact Details

Preparing for Adulthood

Transition to Adult Social Care

The eligibility criteria are set out the in The Care Act 2014

When a young person reaches 18, if [eligible under the Care Act \(PDF\)](#), the responsibility for providing health and social care support transfers from children's services to adult health and social care. To make this a smooth transition, we start thinking about adulthood from age 14, but the process starts at age 16. This is so that the care and support will be in place by the age of 18.

On the following pages you will find a flow chart outlining the process and a detailed description of what happens and when.

If at any point you are unsure about the process, have questions or you think something that should have happened hasn't, please get in touch. The sooner we know about any issues, the sooner we can resolve them.

Team	Tel	Email
Integrated Learning Disability Service	020 8379 5039	learning.disabilities@enfield.gov.uk
Integrated Locality Teams (for physical and sensory impairment)	020 8379 1000	adultsocialcare@enfield.gov.uk
Joint Service for Disabled Children	020 8343 4047	cheviots@enfield.gov.uk

You can also attend one of our Transition Drop-in Sessions to discuss any particular concerns you might have about your young person's transition to adulthood.



Preparing for Adulthood - Transition Drop ins

Enfield Integrated Learning Disability Service are committed to helping all parents and carers of young people with Learning Disabilities to have a smooth 'Transition' to adulthood



Our [Preparing for Adulthood website](#) has lots of information, and details of face to face and on online sessions throughout the year.

We are also offering a monthly 'Drop in' where carers of young people 16 and over can come and ask about transition.

You will be able to talk to -



Jane Richards from Families in Transition to Adulthood (FTA)

Charlene Thomas – Head of Service and Transition Lead, Assessment and Care Management, Integrated Learning Disabilities Service or a member of the ILDS management team.



Sessions will be on the 1st Friday of the month from 10am – 12pm at
The Enfield Integrated Learning Disability Service,
Enfield Highway Carnegie Building,
258A Hertford Road, Enfield, EN3 5BN

If you would like to book a place, please call Jane Richards, Families in Transition to Adulthood (FTA) on 07816070098

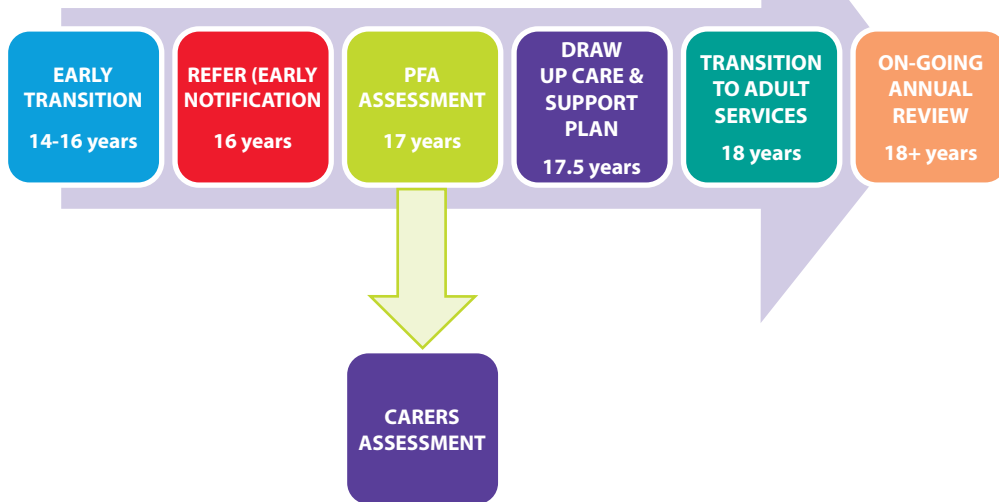
www.enfield.gov.uk



Preparing for Adulthood

Transition to Adult Social Care

Duty of Care remains with Children's Services until young person is transferred to Adult Social Care if they meet eligible needs under the Care Act 2014



The Transition Process – Step by Step

STAGE	AGE	PROCESS/TOP TIPS
EARLY TRANSITION	14 – 16 years	<p>Parents and young person should attend the EHCP annual reviews and consider if the young person wishes to continue their education.</p> <p>Preparing for Adulthood outcomes should be included in the EHCP.</p> <p>This process is led by SEN Services and schools to agree outcomes and to provide signposting to information about preparing for adulthood.</p> <p>Parents may want to start attending Preparing for Adulthood events for more information.</p>
REFER (EARLY NOTIFICATION)	16 years	<p>If the young person is going to require on-going support from Adult Social Care (ASC) when they reach 18 years of age, parental consent is sought by a professional, usually the SENCo at your child's school, to complete an Early Notification Form and make a referral to ASC.</p> <p>ASC agree which is the best team to support and meet the needs of the young person in adulthood. You will be referred to one of the following Teams:</p> <ul style="list-style-type: none"> Integrated Learning Disability Team Integrated Locality Team (physical and sensory needs) Adult Mental Health Services Adult Continuing Health Care <p>Parents may want to attend Preparing for Adulthood events for more information.</p>

The Transition Process – Step by Step

STAGE	AGE	PROCESS/TOP TIPS
PREPARING FOR ADULTHOOD ASSESSMENT	From 17 years	<p>A professional from your allocated ASC team will make contact with the family to start the Preparing for Adulthood Assessment</p> <p>The assessment can take 3 – 6 months and will include completing some forms and a number of meetings with you and your young person.</p> <p>Parents may want to attend Preparing for Adulthood events for more information.</p>
HEALTH NEEDS	17 – 18 years	<p>If your young person requires health services, therapies etc these will be identified during the assessment and recommendations will be made regarding how to access the required services.</p>
DRAW UP CARE AND SUPPORT PLAN	17.5 years	<p>Following the Preparing for Adulthood assessment a Social Worker will be allocated to the young person to draw up their Care and Support Plan for when they reach adulthood.</p> <p>If this includes a personal budget the Social Worker will advise the LD Brokerage Team who will contact you to set up your account and E-Card.</p> <p>Parents may want to attend Preparing for Adulthood events for more information.</p>
TRANSITION TO ADULT SOCIAL CARE	18 years	<p>Adult Care and Support Plan and funding in place from 18 years.</p>

The Transition Process – Step by Step

STAGE	AGE	PROCESS/TOP TIPS
ON-GOING ANNUAL REVIEW OF ADULT SOCIAL CARE – CARE AND SUPPORT PLAN	18+	<p>On-going annual review to ensure that the Care and Support Plan continues to meet the needs of the young person.</p> <p>Where possible, we will co-ordinate this meeting with the EHCP annual review.</p>
CARERS ASSESSMENT - COMBINED		<p>The carers needs will be assessed as part of the Preparing for Adulthood assessment. This is known as a combined assessment.</p> <p>This combined assessment looks at the impact of the carer's role, considers what support might be needed to meet both the individual service user and the carers needs.</p> <p>These combined needs are identified in the Service User's assessment and support plan.</p> <p>This can include for example respite, equipment and additional support.</p> <p>The assessment will be carried out by the professional who is working with you to complete the Preparing for Adulthood assessment. This could be an occupational therapist, community nurse, social worker or other health and social care professional.</p> <p>More information can be found on MyLife.</p>

The Transition Process – Step by Step

STAGE	AGE	PROCESS/TOP TIPS
CARERS ASSESSMENT - INDEPENDENT		<p>A Carers Assessment is independent of the Service User’s assessment.</p> <p>This assessment is about you as a carer.</p> <p>The carer would have their own carer’s assessment and their own support plan.</p> <p>If carers would like to have their own assessment this will be carried out by Enfield Carers Centre</p> <p>More information can be found on MyLife.</p>

Care and Support Plan

It is important to ensure that the Care and Support Plan has the right outcomes and meets the needs of the young person. Your Social Worker will work with you to agree the outcomes and the right provision to meet the needs of your young person. You will receive a personal budget to enable you to personalise the provision you would like for your young person.

For this reason, we have developed two events to support this part of the transition process. The events are:

- Support Planning – see page 41.
- Personal Budgets – see page 42.

You can attend these events at any point during transition, however, it will be particularly helpful if you attend as you approach this part of the process, around the time your young person is 17.5 years old.

Welfare Benefits

Another area that is often worrying for parents/carers as young people approach adulthood is how this could affect any welfare benefits are being received. Most families will be receiving Disability Living Allowance, and this will change to Personal Independence Payment when the young person reaches 16 years.

There are often questions about banks accounts and savings, and what is the best option for parents/carers to ensure that they are receiving what they are entitled to.

We also cover Council Tax discounts and the eligibility for these.

Details of the event can be found on page 41.



Preparing for Adulthood Support for Parents in Transition

We understand that Preparing for Adulthood and transition is equally as challenging for parents and carers as it can be for young people.

We aim to provide support at every stage, from just having someone talk to about a worry or concern to accessing more formal therapies where this is necessary.

Families in Transition to Adulthood (FITTA) was set up by a parent, Jane Richards, who has experienced transition first-hand with her son Marc. Jane is passionate about getting transition right and helping other parents.

Jane works with the Local Authority giving us the benefit of her experience. She works with us in an advisory capacity to help us to put together the programme of events provide the right information for parents/carers.

If you would like to talk to Jane she can be contacted 07816 070098 between 10am and 3pm or you can email her on jane'fta@hotmail.com.

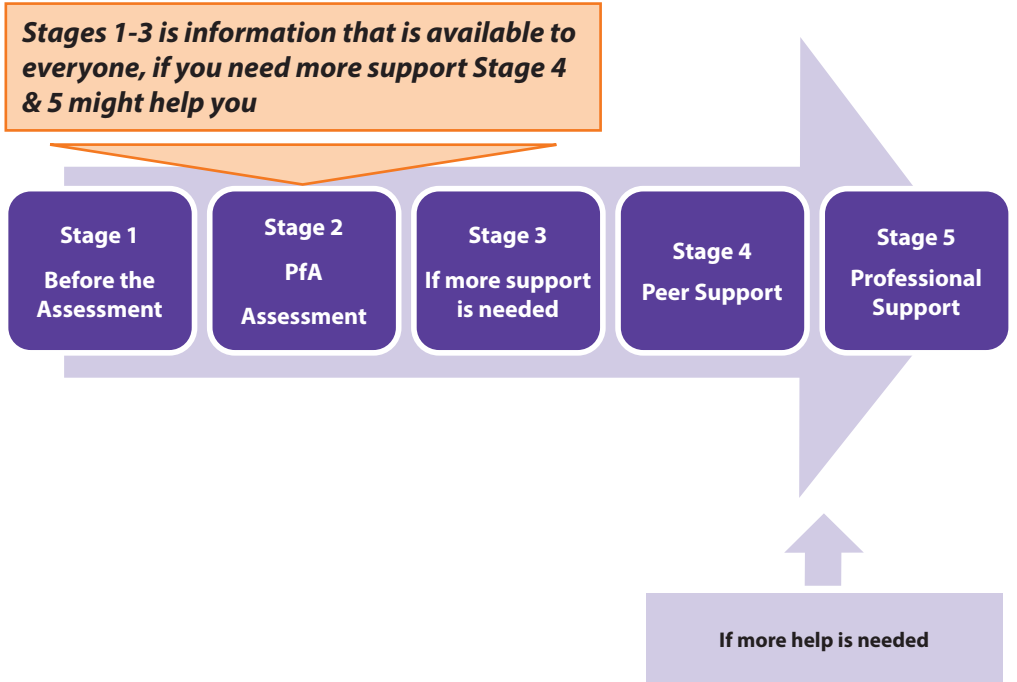
We also have an event which is run by a Clinical Psychologist to help you explore your feelings and provide you with practical tips and sources of support at this time of change in your life.

Details can be found page 40.



Support for parents whose young person is transitioning to adulthood

It can be a worrying time when your young person transitions from childhood to adulthood. You may have mixed emotions and be feeling anxious about the change. We aim to ensure that there is support for parents/carers to help them in their transition journey too and adapt to the changes. Our pathway sets out what support is available for you.



Support for parents in transition – the stages explained

Stage	Type of support you can access
STAGE 1 - BEFORE THE ASSESSMENT	This is the initial stage of transition, before the assessment, when professionals will be talking to you and your young person about what they would like to do in the future. It is a good idea to talk about any anxieties you may have with a professional so they know how you are feeling and to look at the Local Offer and MyLife to see what support there is.
STAGE 2 - THE MOVING ON ASSESSMENT	You might be starting to feel anxious about the future and the changes that are about to happen. Make sure you talk to the professional in Adult Social Care who is doing the Moving On Assessment. They can signpost you to: <ul style="list-style-type: none"> • Moving On booklet and events • Families in Transition to Adulthood • Drop-in sessions • Carers assessment • Our Voice • CAPE
STAGE 3 - IF MORE SUPPORT IS NEEDED	If you are feeling worried about the future and what this means for you, there is other support available: <ul style="list-style-type: none"> • The Carers Centre • Support to get back to employment • Support with behaviour that challenges • Accommodation support • Yvonne Newbold website and events

STAGE 4 - PEER SUPPORT	Sometimes it can be helpful to share your worries with others. If you are still feeling anxious despite accessing support available in stages 1 – 3 you can: <ul style="list-style-type: none"> • Families in Transition to Adulthood • Attend a parent group • Ask about other interventions such as positive behaviour support for challenging behaviour and non-violent resistance
STAGE 5 - PROFESSIONAL SUPPORT	A self-referral, referral from your GP or other professionals into the Integrated Learning Disability Service (learning.disabilities@enfield.gov.uk) <ul style="list-style-type: none"> • Arrange for you to meet one of our psychologists • Family Therapy or 1:1 discussions • Yvonne Newbold website and events • Support for behaviour that challenges • Access talking therapies through IAPT (self-referrals are accepted)

Preparing for Adulthood

Support for families who are not eligible for Adult Social Care

Not all young people with an Education, Health & Care Plan will be eligible for services and support from Adult Social Care. If this is the case for your young person you will be signposted to information, advice and guidance to help them achieve the Preparing for Adulthood outcomes. It is still a good idea to talk to your young person and agree how they are going to achieve these outcomes. You can find [information](#) about Preparing for Adulthood and sources of support on the [Local Offer](#) and the [Preparing for Adulthood website](#).

- [Getting a Job](#)

The pathway for young people with SEND for getting a job, is the same whether they are eligible for a service from Adult Social Care or not. They can volunteer, go to college, do a supported internship or seek the support of a Disability Employment Adviser at the local Job Centre.

- [Independent living](#)

Information about options for young people to leave home and live independently can be found on Enfield Council's [website](#).

- [Friends, relationships and community](#)

It is important that young people with SEND do not become isolated, and they are supported to have friends, relationships and be part of their local community. There are many ways to make friends, for example getting a job or volunteering, take up a sport or join a local club. More information can be found on the [Local Offer](#), [MyLife](#) or [Youth Enfield](#).

- [Keeping Healthy](#)

It is important for everyone to have a healthy lifestyle so that they can reduce their risk of heart disease, type 2 diabetes and obesity. Keeping healthy also includes mental health, sexual health, pregnancy and drug and alcohol misuse. If young people have any concerns about their health they should visit their GP in the first instance. If your young person has a learning disability they should be invited for an [Annual Health Check](#) with your GP.

Check List



Ask your Young Person's School when the next Transition Coffee morning is happening and attend if you can

Look at the Preparing for Adulthood (PfA) information on the Local Offer so you understand the transition process, what happens and when. You can download the PfA Information Booklet

Make sure you and your Young Person attend the EHCP reviews from Year 9 onwards and include the Preparing for Adulthood outcomes

If your young person has a learning disability and/or autism make sure they are on your GP Learning Disability/Autism Register and they are invited for their annual health check

Attend as many Preparing for Adulthood events as you can, and as many times as you want.

If your young person wants to go to college look at the local colleges and find out about the courses they have for Young People with SEND

If your Young Person would like to get a job find out about a supported internship

Make sure your Young Person is travel trained, if appropriate, so they can travel independently

Find out about Day Services and how they can support your young person

Make sure you have completed a Hopstial Passport. You can find this on the Local Offer

If you need more support look at the Local Offer for a list of organisations that support with transition

All this information, and more, can be found on the [Local Offer](#).

Information and Support

For more information and support:

- Speak to your young person's school or education setting
- Look at the information on the [Local Offer](#)
- Look at the information on Adult Social Care "[My Life](#)"

Other sources of support are listed below:

SERVICE/ORGANISATION	TEL NO	EMAIL
SEN Services Post 16 Team	020 3821 1919	sen@enfield.gov.uk
Families in Transition to Adulthood (FITTA) Jane Richards, Parent/ Carer	07816 070098	Jane.fta@hotmail.com
Joint Service for Disabled Children	020 8363 4047	cheviots@enfield.gov.uk
Integrated Learning Disability Service	020 8379 5039	learning.disabilities@enfield.gov.uk
Integrated Locality Team for Physical Disability and Sensory Impairment	020 8379 1001	adultsocialcare@enfield.gov.uk
CAPE (Carers and Parents in Enfield)	0208 373 6238	cape@e-d-a.org.uk
Our Voice Parent Forum	07516 662315	info@ourvoiceenfield.org.uk
Enfield Carers Centre	020 8366 3677	info@enfieldcarers.org

Glossary

In this booklet, and during transition you may hear some words and terms that you are not familiar with. They are explained here.

Annual Health Check	It is important that you are on the learning disability register with your GP to be eligible for the annual health check. People with learning disabilities from the age of 14 upwards should have a health check once a year with their GP. Your GP should contact you to arrange this, or you can ask for one.
Appointee	An appointee is a person appointed to manage your benefits received from the Department of Work and Pensions (DWP). If the claimant lacks capacity the appointee can claim and phone up the DWP for the claimant and all correspond is sent to the appointee.
Best Interest Decision	Under the Mental Capacity Act, a best Interests decision is a decision made for and on behalf of a person who lacks capacity to make their own decision.
Care & Support Plan	If a person is eligible for Adult Health and Social Care we will work with the individual to draw up their plan, agree the outcomes, identify where needs can be met through family support or informal networks, and confirm the personal budget to enable people to purchase additional services to meet identified needs. We call this the Care & Support Plan.
Care Act 2014	The Care Act sets out the national eligibility criteria and provides a minimum threshold for adult care and support and carer support. All local authorities must at a minimum meet needs at this level. The threshold is based on identifying how an individual's needs affect their ability to achieve relevant and desired outcomes, and whether as a consequence this has a significant impact on their wellbeing.

Child Trust Fund	A Child Trust Fund is a long-term tax-free savings account for children born between 1 September 2002 and 2 January 2011 in the UK. More information can be found at www.gov.uk .
Care Co-ordinator	Adult Health & Social Care Services will allocate a worker from 16 plus to carry out the Preparing for Adulthood Assessment and devise the care and support plan. This may be a social worker, a community nurse, an Occupational Therapist or other health and social care professional. We call this person the Care Co-ordinator.
Deputyship	If you lack capacity and have no Power of Attorney a Deputyship can be applied for. The Court of Protection decides who has the Deputyship and for what areas eg, financial, health.
Direct Payments	Once we have agreed the personal budget, we will usually arrange for this money to be paid to the individual, or their agent. We call this a Direct Payment. This is paid to you on an Enfield Council payment card.
Disability Living Allowance	DLA for children may help with the extra costs of looking after a child who: is under 16 has difficulties walking or needs much more looking after than a child of the same age who does not have a disability They will need to meet all the eligibility requirements.
EHCP	Education, Health and Care Plan
Health Action Plan	This plan can be written by your GP, nurse or other person involved in your care. The Plan sets out health needs and how these will be met. A person can request a Health Action Plan from the GP after their Annual Health Check.
Hospital Passport	A helpful document should someone need to go into hospital providing basic information to help hospital staff assess and support appropriately.

Preparing for Adulthood Assessment	This assessment considers the needs of young people under the Care Act 2014, decides if they eligible for Adult Health and Social Care, and if so, agrees the outcomes in the Care and Support Plan.
Personal Budget in Adults	When the Moving On Assessment has been completed, we draw up a Care & Support Plan and agree a sum of money that we think is sufficient to meet the assessed needs and achieve the outcomes. We use a Resource Allocation System (RAS), to guide us in this process. We call this money the Personal Budget.
Personal Independence Payment (PIP)	PIP can help you with some of the extra costs if you have a long term physical or mental health condition or disability.
Power of Attorney	Power of Attorney is a legal document that allows someone of your choosing to act on your behalf if you become unable to do so through illness or an accident. There are two types, one for health and one for financial. You can have just one type or both. A Power of Attorney can be set up at any time and you to need to be "in sane mind" and be able to communicate your wishes.
SEND	Special Educational Needs and/or Disability

Preparing for Adulthood Transition events calendar

Date	Time	Event	LINK/VENUE
15 Sept 2023	10.30 – 12.30	<p>Preparing for Adulthood – The Transition Process</p> <p>This event provides an overview of the transition process and will help parents/carers to understand what happens and when.</p> <p>You will also find out about the information and events that are available to support you through the transition period.</p>	<p>Integrated Learning Disability Service</p> <p>Carnegie Building 258a Hertford Road Enfield EN3 5BN</p>

Date	Time	Event	LINK/VENUE
27 Sept 2023	10:30 – 12:30	<p>Decision Making and Me</p> <p>The Mental Capacity Act 2005 is for anyone 16 years old or over. It says that people can make decisions about things that affect their lives. This event will help you to understand how it applies to you and your young person, and how you will both be supported to make decisions. You will learn:</p> <ul style="list-style-type: none"> • How the Mental Capacity Act 2005 applies to young people aged 16 – 18 years and 18+ • Deputyships and Appointeeships • How, and who is able to make decisions for those young people lacking mental capacity. • The principles of mental capacity assessments • What is meant by the term “best interest” meeting/decision? • When are best interest decisions made? • Can parents still continue to make decisions? 	<p>Integrated Learning Disability Service</p> <p>Carnegie Building 258a Hertford Road Enfield EN3 5BN</p>

Date	Time	Event	LINK/VENUE
5 Oct 2023	10.30 – 12.30	<p>The Process of Applying for a Post-16 Education Setting</p> <p>During this session you will hear about:</p> <ul style="list-style-type: none"> the step-by-step breakdown of the Post 16 Phase Transfer process for Young People with an EHCP the consultation process with your preferred setting the process of naming a Post 16 Setting within an EHCP <p>There will be plenty of opportunity to ask questions.</p>	<p>Park Avenue Disability Centre 65c Park Avenue Bush Hill Park Enfield EN1 2HL</p>
19 Oct 2023	10:30 – 12:30	<p>Supporting parents and carers during transition</p> <p>This event will provide practical tips and sources of support to help parents through this time of change in your life:</p> <p>Understand the process of transition of young people from childhood to adulthood, and how it will impact on them.</p> <p>Take time out to think about and discuss the challenges you face as your young person makes the transition to adulthood.</p> <p>How will your life be different, will your role change, and how does this make you feel?</p>	<p>Integrated Learning Disability Service Carnegie Building 258a Hertford Road Enfield EN3 5BN</p>

Date	Time	Event	LINK/VENUE
3 Nov 2023	10:30 – 12:30	<p>Understanding Welfare Benefits</p> <p>This event will help you to understand the welfare benefit system and find out how your benefits might change when your young person becomes an adult including:</p> <ul style="list-style-type: none"> Find out how to be an appointee The change at 16 years from DLA to PIP and what's the difference Understanding Universal Credit Benefit changes for parents Tips about bank accounts and savings <p>It will also provide information about Council Tax discounts and exemptions.</p>	<p>Park Avenue Disability Centre 65c Park Avenue Bush Hill Park Enfield EN1 2HL</p>
30 Nov 2023	10:30 – 12:30	<p>Support Planning</p> <p>This event provides you with the opportunity to gain a good understanding of:</p> <ul style="list-style-type: none"> How co-production works in practice The importance of “whole life planning” How to develop meaningful outcomes Addressing areas of risk Making best use of contingency planning Personal budgets and how to use them. 	<p>Integrated Learning Disability Service Carnegie Building 258a Hertford Road Enfield EN3 5BN</p>

Date	Time	Event	LINK/VENUE
12 Jan 2024	10:30 – 12:30	<p>Personal Budgets</p> <p>At this event you will find out:</p> <ul style="list-style-type: none"> • What are personal budgets • How they are calculated • What they can and can't be spent on. • The Adult Social Care Charging Policy. • Assessed contributions and how they are calculated • Disability related expenditure 	<p>Integrated Learning Disability Service</p> <p>Carnegie Building 258a Hertford Road Enfield EN3 5BN</p>
7 Feb 2024	10:30 – 12:30	<p>Getting a Home</p> <p>Find out:</p> <ul style="list-style-type: none"> • What care and support is available to help a young person to live more independently? • What are the accommodation options for supported/ independent living? • How new technology can help people to live more independently in their own properties. • How Vincent House, our transition flats, give young people the opportunity to experience living independently and to learn new skills and grow in confidence. • How we make sure that young people's emotional well-being is considered and that they have social networks and friends. • How we support young people to stay safe. 	<p>Microsoft Teams meeting</p> <p>Join on your computer, mobile app or room device</p> <p>Click here to join the meeting</p> <p>Go to the Local Offer events page to access the link for this meeting</p>

Date	Time	Event	LINK/VENUE
8 Mar 2024	10:30 – 12:30	<p>Health Services and Keeping Healthy</p> <p>This event will help you to understand the different ways in which health services are delivered once your young person becomes 18. Find out about:</p> <ul style="list-style-type: none"> • the Community Nursing Team • the annual health check • how the Hospital Passport can help to make visits to the hospital run smoothly • vaccinations and decision making • what help there is in the community to help young people stay healthy. 	<p>Waverley School 105 The Ride Enfield EN3 7DL</p>
22 Mar 2024	10:30 – 12:30	<p>Day Services</p> <p>This event will help you to understand:</p> <p>What are Day Services?</p> <p>How you access and pay for them.</p> <p>Where do you find out about the different providers and their programme of activities?</p> <p>How will attending a Day Service benefit my young person?</p>	<p>Microsoft Teams meeting</p> <p>Join on your computer, mobile app or room device</p> <p>Click here to join the meeting</p> <p>Go to the Local Offer events page to access the link for this meeting</p>
3 May 2024	10:30 – 13:30	<p>Getting a Job</p> <p>Find out about:</p> <ul style="list-style-type: none"> • SEND Careers • Supported Internships • College courses • Equals Employment Service 	<p>Conference Room 1st Floor Civic Centre Silver Street Enfield EN1 3XA</p>

