

Preparing for adulthood

M's story

M is a young woman with **Asperger syndrome**. In 2010, when she was 17, she was referred to the [Transition team](#) for help moving from school to college. She was helped to **learn the route** to her new college, **attend college interviews** and take part in a week long summer scheme to **build her confidence**, make friends and prepare for becoming an adult.

At 19, M was **referred back** to the team after she was permanently excluded from college. Her family felt M needed to improve her confidence by getting involved in social activities. The team suggested **drama therapy** sessions at Hackney's Offcentre youth service and she **joined the cinema club** for young people on the autistic spectrum. M now visits the cinema and **travels** around East London **independently** using her Freedom Pass.

M became a **transition mentor**, supporting other young people to travel on their own more confidently and joined the new transition **self defence group**.



M was supported to **apply for benefits** and undertook further **work experience**. She helped to set up **Hackney Ark's Youth Squad** participation group for young disabled people and launch **The Young Ones**, a new weekly **social club** for young disabled people aged 17-25. She is now planning to expand her circle of friends through various social networking schemes.

Transition team

Leaving school and moving to college, training or work can be a challenge if you are disabled, on the autistic spectrum or have other specific needs. Schools and colleges can support young disabled people to move on but often they need a bit more help.

The [Transition team](#) at [Hackney Ark](#) works closely with education, health and social care services to coordinate support for young disabled people to:

- Develop their skills
- Become more independent
- Make their own choices
- Boost their health, confidence and wellbeing

Last year we helped 15 young people with substantial needs transfer to adult social care services and provided advice and guidance to a further 15 young people with significant needs likely to need future support. We also provided personalised support to 76 young disabled people who did not meet the eligibility criteria for adult social services. 26 of these young people received one to one support to access new opportunities and develop personal plans.

[Young Hackney](#) offers education, employment and leisure services that include young disabled people.



Plans

Below we have summarised what we did in 2012-13 and what we plan to do in 2013-14.

What you wanted...	Examples of what we did and what we plan to do
Services that help young disabled people achieve a fulfilling adult life	<ul style="list-style-type: none"> • Provided 1:1 support to 26 young people to pursue new opportunities and develop personal plans • During 2013-14 we will create and publish a single offer of support services across education, health and social care for young disabled people up to the age of 25 • Trained eight young disabled people to mentor and support other young people
Services that help young disabled people to become more confident and independent	<ul style="list-style-type: none"> • Enabled 11 young people to attend a self defence group that dramatically boosted their confidence for travelling independently • In 2013-14 we will develop a more personalised approach for young people moving into adult social care
Services that help young disabled people to participate and have more say over their future	<ul style="list-style-type: none"> • Set up Hackney Ark Youth Squad with a group of young people to help them have a bigger say in services for young disabled people • In 2013-14 we will enable Hackney Ark Youth Squad to help young disabled people participate, design and promote new opportunities
Services that help young disabled people to fulfil their potential, attend college and find work	<ul style="list-style-type: none"> • Organised two popular week-long summer schemes at Hackney Community College for 18 young people making the transition from school to college
Services that give young disabled people opportunities to socialise, make friends and stay healthy	<ul style="list-style-type: none"> • Ran health and relationship groups, travel training, Fit for Life club and a film club for up to 15 young people on the autistic spectrum. We also linked young people to art, drama and film making projects • We will continue to offer services popular with young people including Film Club, Fit for Life, Summer Fun/ Fitness and one to one support • We will also develop The Young Ones, a new weekly friendship club for young people aged 17-24 ineligible for adult social care services

Young disabled people design their own club

In February 2013, Hackney's Forest Road Youth Hub came alive with 62 young people with a range of impairments enjoying music, food, 'mocktails' and a sensory room.

For many The Club Night, designed and driven by young disabled adults in Hackney, was highlight of the year. The event was organised after young people from Hackney Ark's Youth Squad raised concerns that transition support ended when they turned 20. Youth Squad members were encouraged to work with Young Hackney to set up The Young Ones, a new weekly social club for young people aged 17-24 and design plans for a club event.

The Club Night grew from excellent partnership working between The Key at Hackney Ark, Young Hackney and Mencap's Changemaker programme. Mencap recently feature Hackney's Club Night in their good practice guide.

I haven't been to a night club before. I helped to plan with it with Hackney Ark and it's really wicked. I would love to do this again



Contact details and how to get a printed copy

 If you would like to receive a printed copy of a fact sheet or one in another language or alternative format, call **020 8356 3980**.

If you want to contact Adult Social Care to get help or find out more about the services available, call **020 8356 6262** or visit www.hackneyicare.org.uk