

Preparing for adulthood



Preparing for adulthood in Hackney

The word 'transition' describes the process disabled young people go through when they move into adulthood. This is a time when most young people develop their independence, leave school, move into further education, employment or training or even leave home.

For some disabled young people, access to timely and comprehensive information may be enough to help them reach their goals. Other young people may need more support from a range of services to help them reach their potential.

Adult social care worked closely with children's and health services to develop a process for agreeing joint plans that are beneficial to the young person moving into adulthood.

The plan will provide useful information about the young person as an individual; what people like about them; what matters to them and how they like to be supported.

Transition team

The transition team at Hackney Ark works with education, health and adult social care services to co-ordinate support for disabled young people as they prepare for adulthood.

During 2013-14, the transition team at Hackney Ark supported 55 young people with disabilities. Most of these young people are unlikely to be eligible for adult services. The support offered is wide-ranging and includes:

- Developing their skills
- Making their own choices about their future
- Improving health, wellbeing and confidence
- Becoming more independent

We know it is important to make sure that the young person and their family are able to make plans for their future and that the transition runs smoothly.

People involved in transition need to be clear about their roles and responsibilities and work together.

Putting the young person at the centre of this process is crucial. Young people and parents are recognised as partners in the process and are involved in all decisions.

A total of 22 young people went through transition to receive adult social care services in 2013-14. These young people with eligible needs received advice on available support options including:

- Direct payments
- Short breaks
- Family support services
- Aids and adaptations
- Other services provided by the social care teams

The Transition Outreach team offered young people a range of activities to prepare them for adulthood including summer fun and fitness and The Young Ones evening youth club.

Plans

Below we have summarised what we did for disabled young people preparing for adulthood in 2013-14 and what we plan to do in 2014-15

What we said we would do	What we did in 2013-14 and what we plan to do in 2014-15 and beyond
<p>Help disabled young people achieve a fulfilling adult life</p>	<p>During 2013-14, we:</p> <ul style="list-style-type: none"> • Developed and tested a new Education Health and Care (EHC) plan for people with disabilities aged 0 to 25, part of new national arrangements. EHC plans set out support the support young people will receive to achieve agreed outcomes as they progress towards adulthood and greater independence <p>In 2014-15:</p> <ul style="list-style-type: none"> • EHC plans will be implemented from 1 September 2014 • Hackney’s education, health and adult social care services will work closely to develop local opportunities to support disabled young people
<p>Help disabled young people to become more confident and independent</p>	<p>In 2013-14, we:</p> <ul style="list-style-type: none"> • Helped and supported young people to develop their skills and social opportunities through individualised travel training <p>In 2014-15, we will:</p> <ul style="list-style-type: none"> • Set up training flats, safe supportive spaces, where young adults can learn the skills they need to live independently before taking up longer term tenancies

What we said we would do	What we did in 2013-14 and what we plan to do in 2014-15 and beyond
<p>Help disabled young people to fulfil their potential, attend college and find work</p>	<p>In 2013-14, Hackney One Team:</p> <ul style="list-style-type: none"> • Provided support to school leavers and young people aged 16 to 25, introducing them to the world of work including work experience, training and support into paid employment • Provided individual support to people with learning difficulties aged over 18 to access further education and training to improve their chances of employment • Worked with community groups, young people and their families to commission a college service for students from Hackney's Orthodox Jewish community <p>In 2014-15, we will:</p> <ul style="list-style-type: none"> • Review how well this initiative works
<p>Help disabled young people find opportunities to socialise, make friends and stay healthy</p>	<p>In 2013-14, we:</p> <ul style="list-style-type: none"> • Set up an internet drop-in session in Dalston where young people can meet, surf the net and develop IT skills • Helped disabled young people develop and maintain healthy lifestyles through the 'Pedal Power' cycling club and the Reach weight management group • Supported people in their college placements through a 'Making Friends' class at Hackney College <p>In 2014-15, we will:</p> <ul style="list-style-type: none"> • Ensure the new Local Offer website has lots of useful information on social activities for young people

New local offer

We are working with colleagues in health and children's services as well as with parent carers and young people to develop a 'local offer' for transition. This will help parents and young people understand what is available, what the choices are and what to expect. This will be available as part of the Local Offer website in the autumn 2014.

Useful links and contacts



Hackney Learning Trust

www.learningtrust.co.uk/special_needs

Transition Services at Hackney Ark

www.hackney.gov.uk/disabled-childrens-service

Hackney Learning Disabilities Service

www.hackney.gov.uk/learning-disabilities-service

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