

Moving On

A guide to becoming an adult
for young people with disabilities

Westminster City Council

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020 7641 6000
westminster.gov.uk



City of Westminster

What is in this booklet ?



What is transition or preparing for adulthood ?



Who are involved?



What happens ?

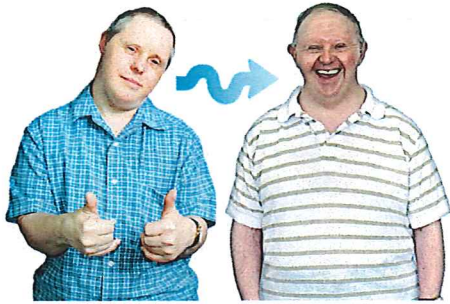


Important things to remember



Leaving school

Preparing for adulthood



Transition means change.

This 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 ?



Someone who helps you to look after your health



Your parents, family or carers who looks after you



The most important person, you



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



Your social worker, SEND 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.

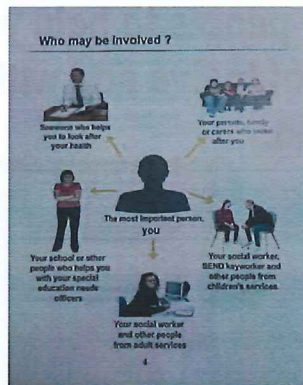


What happens ?



When you are 14, your school will arrange preparing for adulthood review meeting.

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



We will talk about things that are important to you. Look again at page 4 for the people who might be at these meetings.

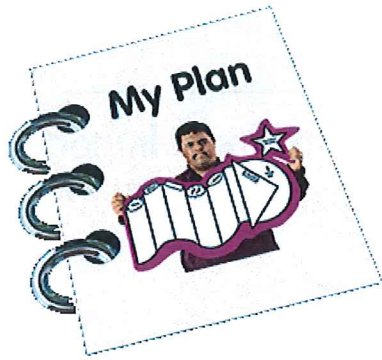


Your school will send put letters to all the people who need to come.

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

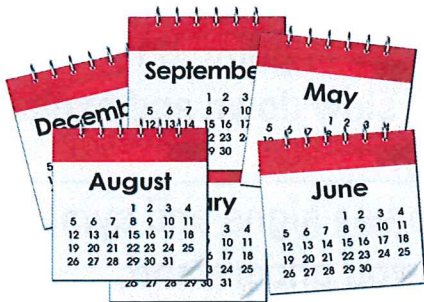


We will talk about this in every review, for preparing for adulthood over the coming years.



Care and support plan you may need

Your plans and hopes for the future.



Every year you will have a review of your preparing for adulthood. 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.

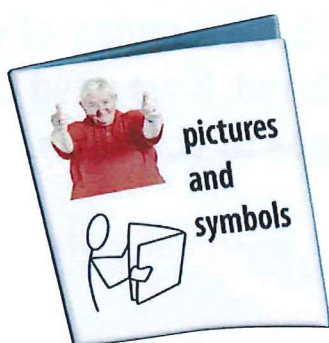


You, your family or carers and children's social worker can continue to have regular contact with adults' services.

Important things to remember



Remember, you are the most important person in your preparing for adulthood plans.



- When planning, make sure you understand what is going on.
- Ask people to slow down and explain things to you.
- Ask people to use signs and symbols that can help you understand.



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

- useful telephone numbers
- websites
- leaflets of local services



You can ask people who work with you any questions or about problems to do with your preparing for adulthood planning.

It is your meeting.

Leaving school



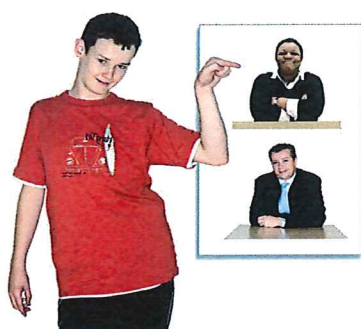
You will leave school sometime between the ages for 16 and 19.



There will be another review for your preparing for adulthood meeting 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.

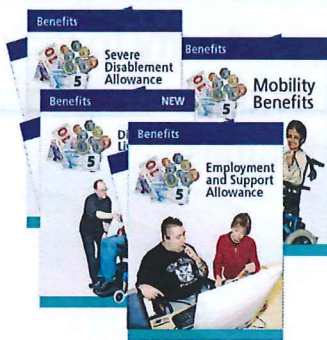


Once you are settled in adult life, some of the people who helped you through your preparing for adulthood will change.

Leaving school



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 others benefits when you turn 16.



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



You may start using your adult health care services.

18 years - becoming an adult



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

Your health needs will be transferred from children's to adult services.

 HM Government
Health Action Planning and
Health Facilitation for people
with learning disabilities:
Good Practice Guide



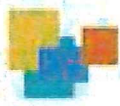
You should be offered an annual health check from your GP.

You may start to receive support from adult social care.



If not, there may be other services that will support you as an adult.

PeopleFirst



For more information about service for “the Local Offer” on www.peoplefirstinfo.org.uk

Useful contacts



My named worker is children's services



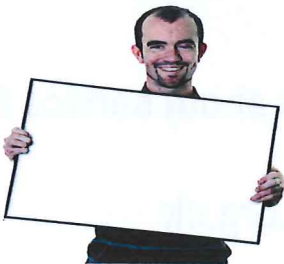
My school / college



My GP



My named worker in adult services



My named worker in special educational needs



Other contacts

Useful Contacts

Education Psychology

Provides educational support and assessments

Special Education Needs (SEN) Services

Coordinates Statements of SEN and Education Health and Care Plans (EHCP).

**Kensington Town Hall
London
W8 7NX**

Tel: 020 7361 3311

@ : SEN@rbkc.gov.uk

Westminster Disabled Children's Team (DCT)

Multi-disciplinary team working with disabled children up to 18.

**4 Frampton Street
London
NW8 8LF**

Tel: 020 7641 5100

@ : DCT@westminster.gov.uk

CNWL Westminster CAMHS

Children and young people up to 18.

Psychology and psychiatry support and assessments.

**7A Woodfield Road
London
W9 2NW**

Tel: 020 3317 5999

@ :

westminstercamhs.cnwl@nhs.net

www.cnwl.org

Children's Community Nursing Team

Works with children with continuing health care (CHC) needs and life limiting conditions up until 18.

Tel: 020 7266 8840

Westminster Access to Children's Service Team

Front door for all queries relating to children and families social services

**4 Frampton Street
London
NW8 8LF**

Tel: 020 7641 4000

Adult Social Care Team

Supports adults aged from 18 upwards with physical disabilities, older people with physical disabilities or mental health problems and their carers

**Tel: 020 7641 1444 or
020 7641 1175 or
020 7641 2500**

@ : adultsocialcare@westminster.gov.uk

Westminster Learning Disability Team

*Mezzanine Floor
215 Lisson Grove
London
NW8 8LW*

Tel: 020 7641 7411 (9 am - 5 pm)

**Out of hours: 020 7641 6000
(5 pm - 9 am)**

Mental Health Service

Single point of access - North West London Adult Community Mental Health Service for children, young people and adults. For routine, urgent and emergency referrals. People living in Westminster can refer themselves or make enquires on behalf of a family member or friend.

Tel: 0800 0234 650

@ : cnw-tr.spa@nhs.net

Westminster Family information Service Hub (FIS)

A free impartial information service for parents and carers of children and young people up to 19 or up to 25 for those with additional needs.

Tel: 07971 625 922

@ : FIS@westminster.gov.uk

@: SEN@rbkc.gov.uk

**www.westminster.gov.uk/
family-information-service**

People First information website

Offers information about rights, choices and services for adults with disabilities and carers across the Westminster and Royal Borough of Kensington and Chelsea.
@ www.peoplefirstinfo.org.uk

Westminster Employment (WE*)

Specialises in supporting adults with learning and physical disabilities in finding paid or voluntary employment or work experience placements in a person-centred way.

**www.westminsterEmployment@
westminster.gov.uk**

Westminster Access to Children's Service Team

**4 Frampton Street
London NW8 8LF**

Tel: 020 7641 4000

**@: www.accesstochidrensservices
@westminster.gov.uk.**

Contacts in Westminster

Here is a list of some contacts in Westminster. You can include some of your own contacts too.

Non-Statutory Voluntary Services Caxton Youth Club

The Advocacy Project - Westminster

Provides advocacy support to adult with learning disabilities over 18.

Tel: 020 8969 3000

@: info@advocacyproject.org.uk

www.advocacyproject.org.uk

Youth Service for young people with disabilities 11 up to 25 .

**Tintern House
Abbots Manor Estate
London
SW1 4JF**

Tel: 020 7834 1883

@ caxtonyouth.org

Carers Network

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

No one should care alone.

Tel: 020 8960 3033

@ : info@carers-network.org.uk

www.carers-network.org.uk

Citizen Advice Services

Provides advice on debt, relief, money and welfare benefits

Tel: 0808 278 7834

www.westminstercab.org.uk

Making it Happen

Westminster Parents Participation (WPPG) - Carers Network.

This group is for carers of disabled children and adults in Westminster. Also works with service providers in Westminster.

Tel: 020 7641 2314

IASS (Independent Advice Support Service) - Westminster

Provides access to impartial guidance and support on matters relating to the law, local policy and practice, the Local Offer and Education, Health and Care (EHC) assessments.

Tel: 020 7641 5355

@: iass@westminster.gov.uk

www.westminsteriass.co.uk

**Unfold
(formerly Westminster Befriend a Family)**

Befriending services, sports activities and support to families with children and young people 0 -18.

Tel: 07591 405514

@: hello@unfold.org.uk

www.unfold.org.uk

KIDS London

Working with disabled children, young people, their families and carers.

Tel 020 7359 3635

www.kids.org.uk

**One Westminster -
Volunteering Opportunities**

Volunteering opportunities for learning disabled adults in Westminster

**37 Chapel Street
London NW1 5DP**

@: info@onewestminster.org.uk

www.onewestminster.org.uk

**Learning Disability Network London
(LDN)**

(formerly the Westminster Society)
Provides a range of services and support to children, young people and adults with learning disabilities and their carers living in Westminster.

**Young people and adults
16a Croxley Road
London W9 3HL**

Tel: 020 8968 7376

**LDN Hub
389a Harrow Road
London W9 3NA**

Tel : 020 8968 2696

www.ldnlondon.org
