

# TRANSITION

Moving from Childhood to Adulthood



**A Guide for Parents/Carers of Young People  
with Disabilities aged 14+**





## Introduction

When a child moves from one set of circumstances to another, various tensions exist. There are several periods of major change in a young person's life; for example moving house, starting school etc.

All young people in the UK legally become adults on their 18th birthday. But nobody learns how to be an adult overnight.

“Transition” is the term used for the period leading up to and during the time when young people with disabilities leave school and move into adulthood.

Growing up and becoming an adult can be an exciting and challenging time for young people and their parents, with lots of changes and choices to be made about the future. However, it can also be a frustrating and daunting process especially if you are a child with a disability or their parent/carer.

Following consultation with parents of children and young people on the Disability Index, it was highlighted that many parents feel anxious at this time, not knowing what services are available for their child or how to access them. The support they may have received from school, parents groups and local children's services are about to be withdrawn and replaced by another set of services.

To try and allay some of the fears and anxieties, this booklet brings together information on the measures in place and services available to ensure as smooth as possible a transition to adulthood.

## Transition Planning

The transition process starts with a first Transition Review meeting when your child is in Year 9. The meetings will be organised by the school, following notification from the Local Education Authority, to which you as a parent/carer will be invited on equal terms with professional staff to ensure that your views and wishes are recorded.

A range of individuals from within and beyond the school environment, come together to discuss information and assist you and your child in planning for your child's transition to adult life.

The information discussed is recorded in a Transition Plan. Transition Plans, when they are first drawn up, are not simply about what is available when leaving school but can include plans for on-going school provision. At the subsequent review meetings the plan will grow and the following areas could be addressed: education and training opportunities; health and social care services and all aspects of day to day living, e.g. housing, finance, transport etc.





## Transition Plan Review Meeting

### ● Who is invited?

People invited to the review meetings may include:

- The young person
  - You, the parent/carer
  - Representatives from the Vale of Glamorgan Children's and Adult Social Services
  - Health Professionals involved in the management and care of the young person
  - Local Education Authority (LEA) representatives that know and/or have been involved with your son/daughter's education
  - Careers Wales
  - Any other person(s) who has relevant information to share
- Everyone who is invited to the meeting will have the opportunity to provide a written report. The school will ensure you have a copy of all written reports before the meeting, together with a list of all the people attending.

### ● Contributing to the Transition Plan

Everyone will be asked to contribute to the Transition Plan. You have a vital role in providing relevant information, as you know all the aspects of your son/daughter's life.

In planning for the review meeting, it may be helpful for you to consider what you do for your son/daughter, whether these needs will change and what you see for their future.





## Opportunities

Although all the various opportunities are discussed, it is not until the end of the academic year in which your son /daughter's 16th birthday falls that these opportunities can progress / be followed up.

The opportunities that may be available include:

- A young person staying in their school, where they can continue their studies in a familiar environment, until they are 18 or 19.
- A young person can leave school at 16 and attend a local or residential college as a day student to continue their studies (which means coming home every night). If a local college is unable to meet their needs, there may be an option to attend a college that is further away, as a residential student. All applications and funding arrangements for residential colleges need to be discussed and agreed with the relevant agencies, prior to applications being submitted.
- A young person could access daytime opportunities where young people can pursue all sorts of interesting day time activities where they can make new friends, make choices, gain their own independence and become a valued member of the community.
- A young person can enter the world of work through supported employment or a training programme. There are a number of organisations that can help them find supported employment and training opportunities in real work situations.
- If your child is over 16 and is eligible to receive support from Adult and Children's Social Services, they could consider Direct Payments. This is a regular sum of money that will enable your son/daughter to purchase and arrange their own care. Direct payments can promote

## Opportunities (continued)

independence, but they also bring responsibilities. If a young person is under the age of 16, the Direct Payments will usually be made to you the parent/carer. When a young person reaches the age of 16, they can receive these payments in their own right where appropriate, to allow time to buy in the services they have been assessed as needing.

If you would like further information about Direct Payments you can download a copy of the Direct Payments factsheet:

[www.valeofglamorgan.gov.uk/socialcareinfo](http://www.valeofglamorgan.gov.uk/socialcareinfo)  
and select 'Leaflets'.





## Additional Support Services

As well as planning for a young person's future, you should also think about any organisations and professionals that may be available to offer support. Here are a few examples of various services that may be helpful to you throughout the Transition Process.

### ● Benefits

When your child reaches the age of 16 they may be able to claim benefits in their own right.

Contact the Citizens Advice Bureau on 03444 77 20 20 to make an appointment to get advice and see what you might be eligible for.

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### ● Careers Wales

Careers Wales is the all age careers information and guidance service. They work closely with the Local Authority services, schools, colleges; work based learning providers and partner organisations to support young people with Special Educational Needs.

From Year 9 onwards the Careers Adviser will work with your son/daughter in school, providing individual careers guidance and group sessions as appropriate. The Careers Adviser will help your child move on from school when the time comes. They welcome the opportunity to work closely with parents, teachers, social workers and other professionals to provide pupils with the support they need.

[www.careerswales.com](http://www.careerswales.com) Telephone: 0800 028 48 44



Caerdydd a Bro Morgannwg  
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## Additional Support Services (continued)

### ● myCVinAction.com

Many young people with learning disabilities have the aspiration of finding employment, so myCVinAction.com is a way of supporting their dream to work, combating some preconceptions employers have when hiring people with a disability by demonstrating an individual's ability to fulfil a job role through video. For information, contact them on:

01443 218 443 or email: [enquiries@mycvinaction.com](mailto:enquiries@mycvinaction.com) or visit [www.mycvinaction.com](http://www.mycvinaction.com)

### ● Housing

The Council's Housing department is responsible for addressing the needs of young disabled people through supported housing, everyday living through services such as home adaptations, advice and housing grants. For further information about housing contact them on 01446 709 567 or visit:

[www.valeofglamorgan.gov.uk/en/living/housing/housing.aspx](http://www.valeofglamorgan.gov.uk/en/living/housing/housing.aspx)

### ● Glamorgan Voluntary Services

Volunteering helps you learn new skills, meet new people, and helps your career while doing some good at the same time. Through the Millennium Volunteers (MV) Award, you will receive a recognised Award that shows how many hours you have volunteered, when, where...a great way to show what you have done and you can use it when you come to write your CV or fill in a job application form.

Call 01446 741 706 Email [enquiries@gvs.wales](mailto:enquiries@gvs.wales)



## Additional Support Services (continued)

### ● Leisure

Access to leisure opportunities can be an important part of any individual's life. It is therefore important that the Transition Plan records a young person's leisure interests and aspirations, and that appropriate plans are made. There is a Disability Sports Development Officer who can provide you with all the available sporting activities for disabled young people. For further information or to request a copy of the Disability Sports Directory contact: SLJones@valeofglamorgan.gov.uk Tel: 01446 704 728  
[www.valeofglamorgan.gov.uk/disabilitysport](http://www.valeofglamorgan.gov.uk/disabilitysport)

### ● Quest Supported Employment

Transitions is aimed at young people with learning difficulties; to raise their awareness of the world of work, their aspirations, confidence and self-esteem, which will enable them to eventually move onto employment in the local economy. The project is aimed at young adults between the ages of 16 to 25 who have a Learning Difficulty or Special Educational Need. Contact the Transitions Officer for further information on 029 2037 3305

### ● Youth Services

Throughout the Vale of Glamorgan there are a number of youth activities offered to young people. To find out more visit:  
[www.valeofglamorgan.gov.uk/en/living/youth\\_service/.aspx](http://www.valeofglamorgan.gov.uk/en/living/youth_service/.aspx)  
 Tel: 01446 709 373





## Disability Index

**Working together to keep you up to date with information and services for disabled children and young people aged up to 18 years.**

If your child has a condition or impairment that impact on their everyday life you can add them to the Index of Disabled Children and Young People (Disability Index).

The purpose of the Disability Index is to ensure that families of children and young people with disabilities are kept up to date with relevant information, which may be beneficial to your child. By signing up you will receive a newsletter - the Index. It also assists service providers in planning their services for children and young people with disabilities. It gives a clearer picture of how many disabled children and young people there are, and through Families First Grant funding support, enables us to work together with other agencies to help better coordinate services.

With your help we can do this. By including your child on the Disability Index we can consider the requirements of as many children as possible.

For further information, please read the leaflet 'Index of Disabled Children and Young People'.

Contact the Disability Index Administrator on 01446 704736 or email [disabilityindex@valeofglamorgan.gov.uk](mailto:disabilityindex@valeofglamorgan.gov.uk) or visit [www.valeofglamorgan.gov.uk/disabilityindex](http://www.valeofglamorgan.gov.uk/disabilityindex) where you can access the Index Noticeboard keeping you up to date with What's On... in the Vale.





## Family Information Service

A one stop information and advice service for families who have children aged 0-20 years in the Vale of Glamorgan.

Accurate and reliable information on:

- Childcare, including childcare for children and young people with disabilities
- Holiday schemes and activities
- Financial help towards childcare and benefits for families
- Family support services
- Education, health & wellbeing
- Services, support and activities for children with disabilities
- And much more....

We have an online Family Support Directory and Childcare, Play & Leisure Directory: [www.valeofglamorgan.gov.uk/fis](http://www.valeofglamorgan.gov.uk/fis)

Alternatively, contact FIS directly with any enquiries:

01446 704704 or email [fis@valeofglamorgan.gov.uk](mailto:fis@valeofglamorgan.gov.uk)



Vale Family Information Service



@ValeFIS

**The Disability Index  
is part of the Family Information Service.**



Gwasanaeth Gwybodaeth i Deuluoedd y Fro  
Vale Family Information Service



## Child Health and Disability Team

**The Child Health and Disability Team (CHAD) in the Vale of Glamorgan Council has two Transition Social Workers.**

When a child, who is known to the CHAD Team, reaches the age of 15, they will be transferred to a Transition Social Worker. The Transition Social Worker will link in with any services that are providing support - schools, Careers Wales and Adult Services to develop the multi-agency Transition Plan. When the child reaches 18 years old, involvement from the CHAD Team will end, and if the child's diagnosis meets Adult Services eligibility criteria they will transfer to Adult Services. Within the transition plan, decisions will be made regarding the plans that may need to change if the young person transfers to Adult Services.

If a child with a disability is not already known to the CHAD Team and parents would like support for their child post 15 years old they can contact the CHAD Team. An initial assessment will be carried out to determine whether the child's needs meet the criteria of the CHAD Team. If a child's needs do not meet the criteria support can be accessed from the Families First Disability Strand.

To access the Child Health and Disability Team, contact CIV on 01446 725202.



## Adult Services

**The Adult Services Transition Team is based within the Vale Community Support Team and has a Practitioner Manager and two social workers and a social care officer.**

The transition team aims to support young adults who have disabilities as they move from Children's to Adult services and to assist them in maximising their independence and life opportunities.

They work with young adults aged 18-25 with a Learning Disability and/or complex health needs to provide a seam less move from Children's services to Adult services. Where there is an identified health need referrals can be made to the Learning Disability Health team that comprises Occupational Therapy, Physiotherapy, Speech and Language Therapy, Psychology, Learning Disability nurses, and Psychiatry.

Adult services transition social workers via the Vale Community Support Team will become 'others involved' at the age of 16 and will assume case management at the age of 18 if the young adult meets the Vale Community Support Team criteria.

Where the Young person's primary need is a physical disability then a worker from the Long Term Care Team would become others involved at 16 and assume case management at 18. Transition social workers will remain involved until the age of 25.

To access the Adult Services Transition Team, contact CIV on 01446 700111.



## Charging for Services

**When a young adult reaches their 18th Birthday and they are receiving a service paid for by Social Services, they will be subject to a financial assessment on their ability to contribute towards the cost of that service.**

The financial assessment will be carried out using regulations set out by Welsh Government and the Vale of Glamorgan Council Charging Policy. Please contact the Financial Assessment Officers for more information on: 01446 704890 /704706/ 704747.



## Longer Term Care Services

**The Long Term Care Service (LTCS) is based in Ty Jenner, Barry. They work with people aged 18+, who are assessed as meeting Adults Services eligibility under FACS (Fair Access To Community Services).**

They work with individuals who have physical disabilities and or/ complex health needs. A Social Worker will work with the Child's Health and Disability Social Worker prior to their 18th birthday, to advise and assist with the transition from children to adults services.

The LTCS social worker will contribute to the Transition Plan and will work with Education and Health colleagues to provide a seamless service post 18 years.

The services they can provide include:

- Assistance with care in the home environment
- Social activities in the community and day services
- Arranging direct payments
- Referrals to the Vale Community Rehabilitation Service (VCRS) for physiotherapy or occupational therapy as required
- Assisting with residential placements and further education placements

To access the Longer Term Care Service, contact CIV on 01446 700111.



## Adult Autism Advice

**Adult Autism Advice is an information and signposting service designed for adults with High Functioning Autism or Asperger's Syndrome, who do not meet the criteria for traditional support services.**

You do not need a diagnosis to contact Adult Autism Advice.

The team is friendly and approachable, offering a single point of contact to direct individuals to the appropriate services located in their community.

They regard all service users as individuals, and understand that being able to access the right information quickly can be challenging.

Adult Autism Advice is available in both the Vale of Glamorgan and Cardiff.

You can access the service by completing their online Adult Autism Advice Enquiry Form or alternatively telephone 01446 731105 or [adultautismadvice@valeofglamorgan.gov.uk](mailto:adultautismadvice@valeofglamorgan.gov.uk)

The Vale of Glamorgan Autistic Spectrum Disorder Project Lead Officer is Keith Ingram, contact by email: [keingram@valeofglamorgan.gov.uk](mailto:keingram@valeofglamorgan.gov.uk)





## Helpful Organisations

The following organisations may be able to offer you advice and support.

### ● SNAP Cymru

Special Needs Advisory Project for Wales. It is a charity that offers information and support to families of children with learning difficulties or people who have special educational needs. Transition is one of many areas that SNAP Cymru can advise you on.

Tel: 029 2038 4868 Email: [cardiff@snapcymru.org](mailto:cardiff@snapcymru.org)

### ● Mencap Cymru

They provide support so people with a learning disability can live as independently as they want. Offering advice and information to anyone who is affected by learning disability.

Tel: 0808 808 1111 Email: [helpline.wales@mencap.org.uk](mailto:helpline.wales@mencap.org.uk)

### ● Contact a Family

Provides support, advice and information for families with disabled children, no matter what their condition or disability. They produce a wide range of information for families in Wales on topics such as special educational needs, dealing with debt, and transition.

Tel: 029 2039 6624 Email: [cymru@cafamily.org.uk](mailto:cymru@cafamily.org.uk)

### ● Cardiff and Vale Parents' Federation

Provide a comprehensive guide to services, opportunities and information for disabled children, people with learning disabilities, their families and carers in Cardiff and the Vale of Glamorgan.

Tel: 029 2022 7800 Email: [admin@parentsfed.org](mailto:admin@parentsfed.org)

Download their guide 'Where you Stand' from

[www.wherestand.org](http://www.wherestand.org)