



Preparing for Adulthood – a parent's guide

Thinking about and preparing for the future can be full of possibilities and new things for young people and their families.

This guide aims to share information about and help you think about some of the different aspects of preparing for and moving into adult life.

Introduction

This guide is separated into different sections so you can easily select the topics that are important to you.

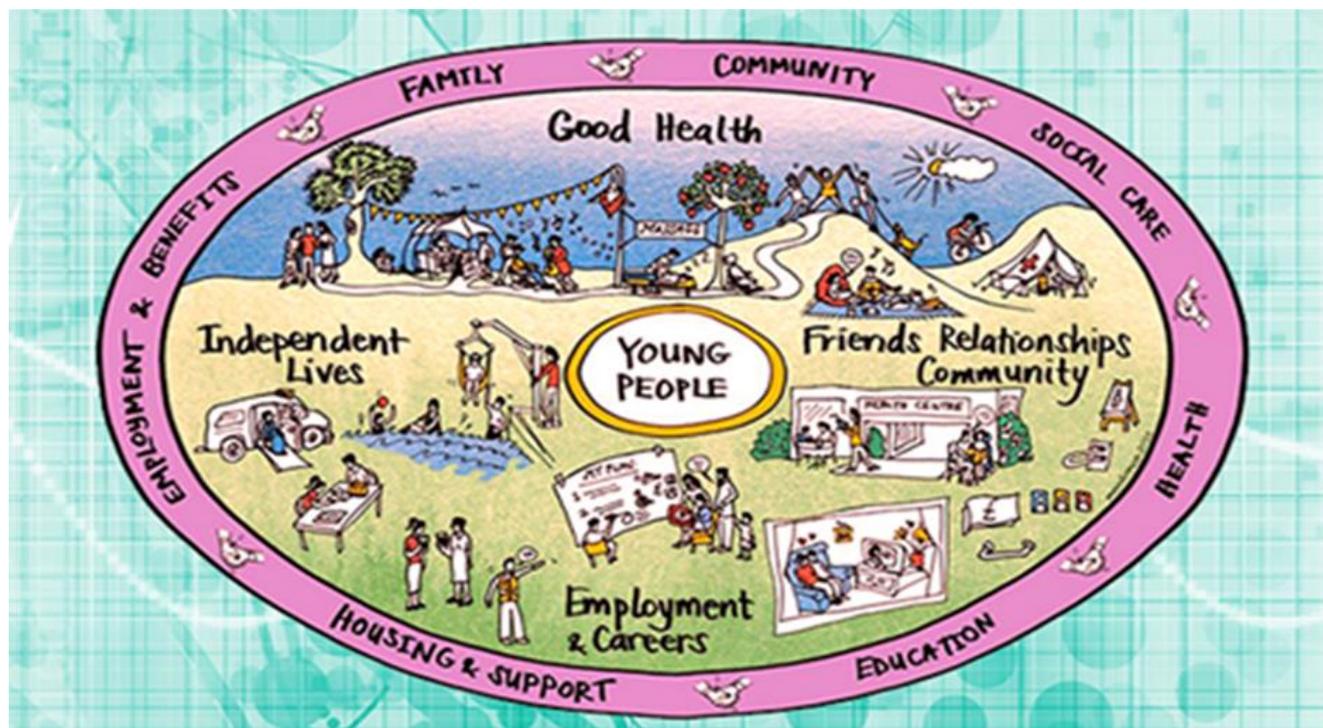
Some things may stay the same as young people become adults but there are some things that change such as:

- When someone turns 18, they legally become an adult.
- This means they can legally make their own decisions.
- Letters and other communications will be addressed to them – in fact this may have started before they were 18.
- Money, including benefits, is their money.
- They may have to contribute financially to some services or support they receive, and this will be based on their income.
- Parents no longer have parental responsibility (legally speaking)

Most young people becoming adults continue to need the support (and guidance!) of parents and others with their education, learning, health, finances and day to day lives - some more so than others.

This guide is for parents and carers and gives you information about what to expect, things to do, what happens in Cambridgeshire and how to get to grips with it all.

This picture shows the elements of Preparing for Adulthood, including family, community, support to be independent, good health, education, housing and Support, employment and money.



Everyone is different and some will be more important to your young person than others. And some things will be more important at different times

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Employment and Careers



Your young person may choose to stay on at their current school, go to a different school that has a sixth form or go to post-16 educational provision.

They may then wish to consolidate or finish their learning by going on to college, taking part in adult education, community learning or voluntary work.

Some young people will look for paid work or higher education.

Education after age 16

There are lots of places to study and a range of different courses and qualifications in Cambridgeshire and the surrounding areas.

You can find all the information about these options in our [Moving On booklet](#). This is updated every year.

Where to go to study – making a decision

- There are several options, and your school will advise and support with exploring these.
- It is a good idea for parents/ carers and young people to visit schools and colleges to see what is available and to get a sense of what the place is like.
- Open days are advertised and usually take place in the autumn term.
- Where the college or setting is and how you are going to get there will be a consideration
- Special arrangements for visits and taster sessions can be arranged if needed to support decision making and transition.

Qualifications and study programmes

- Different courses award different qualifications.
- Please check when you visit what qualifications are offered and the nature of the course.

Applying to and going to college

- Your young person might be offered a place at a local college. There are lots of different courses to choose from. The local college will be able to help you decide. They may have smaller classes or special equipment that can help your young person.
- A full-time place may be over three to four days a week which may provide opportunities to explore other work experience or community activities during the week.

Applying for Courses at College

- Young people can apply to mainstream college places at <https://www.mychoice16.co.uk/>.
- Each college has an admissions team who can answer questions.

Applying for a SEN (Special Educational Need) course at a Further Education Setting

- For some SEN courses in college your young person will need to complete the application forms on the individual college website. This is because MyChoice16 does not always have the SEN college courses available on their website.

- Some colleges will ask that young people applying for a SEN course still complete college application forms on MyChoice16.
- Colleges have an EHCP lead as well as the admissions team.

Application Deadlines

- These can be different for different colleges and may change each year so please check when filling in the application.
- Each Sixth Forms college has their own individual deadlines for their application forms (often 11th Dec/January 19th, each year).
- Mainstream Further Education colleges have will have deadlines for popular courses (often Jan/Feb each year) or they will close applications when the course is full.
- They will accept late applications if there are spaces on a course but there is no guarantee.
- CHECK the closing date!

Colleges in Cambridgeshire and nearby:

- Cambridge Regional College – Cambridge and Huntingdon Campuses www.camre.ac.uk
- College of West Anglia – www.cwa.ac.uk
- Peterborough Regional College www.peterborough.ac.uk/
- Peterborough City College www.citycollegepeterborough.ac.uk/
- Bedford College www.bedford.ac.uk/

Work Experience and finding a job

There is a range of support available for your young person to help them find a job or voluntary position that meets their aspirations, skills and knowledge.

Options include:

- Supported Internship.
- Work experience placement.
- Voluntary placement.
- Apprenticeship and Supported Apprenticeships.
- Traineeship (these are changing in September 23 and will no longer be funded through the national traineeship programme anymore but can be

offered by providers locally or can be integrated into 16-19 study programmes.

- Paid job with on-the-job training.

Find out more at [SEND Information Hub \(Local Offer\) | Employment \(cambridgeshire.gov.uk\)](https://www.cambridgeshire.gov.uk/SEND-Information-Hub-Local-Offer-Employment)

Supported Internships

- Supported Internships prepare a young person with an EHCP for work.
- It is a type of study programme.
- What makes it different is that most of the learning is done in the workplace so young people learn 'on the job'.
- The work placement will be in a local organisation or supported enterprise to help the young person develop the skills and experience needed to gain sustainable employment.
- A mentor will support the young person throughout the work placement.
- As well as the supported work placement, maths, English and ICT (Information and Communications Technologies) skills will be developed at college.
- Funding for travel and equipment may also be available via the [DWP \(Department for Work and Pensions\) Access To Work scheme](#).
- More info on this [SEND Information Hub \(Local Offer\) | Employment \(cambridgeshire.gov.uk\)](https://www.cambridgeshire.gov.uk/SEND-Information-Hub-Local-Offer-Employment)
- For further information and to enquire about local Supported Internship opportunities for your young person email: 14-25Ant@cambridgeshire.gov.uk



Apprenticeships and Traineeships

- An apprenticeship provides on-the-job training and qualification with an employer alongside some study at a college.
- Accessible Apprenticeships help people with learning disabilities and difficulties to access apprenticeships.
- A traineeship is a pre-apprenticeship programme combining education and training and is available for young people up to the age of 25.
- Please note there will be some changes from September 23 in how these are funded. Going forward they will be offered by local providers or can be integrated into 16-19 study programmes.
- Find out more about [What is an apprenticeship?](#) (apprenticeships.gov.uk) or call our PfA (Preparing for Adulthood) duty line on 07484 520039.



Paid work

- A paid job could be with a business or supported enterprise.
- The Supported Employment scheme offers support such as:
 - A job coach can provide support to develop a CV, learn interview and relevant work skills and apply for jobs.
 - The job coach can also provide support to the young person and employer to help sustain employment.
 - Funding for travel and equipment may also be available via the [DWP Access To Work scheme](#).
- Employers must make reasonable adjustments in the workplace
 - This is to make sure workers with disabilities, or physical or mental health conditions, are not substantially disadvantaged when doing their jobs.

- This applies to all workers, including trainees, apprentices, contract workers and business partners.
- Common reasonable adjustments include:
 - Making adjustments to buildings
 - Flexible working hours
 - Providing specialist equipment
 - Changing parts of your job description
- This is a legal duty to make [Reasonable Adjustments as part of the Equality Act 2010](#).
- You can get advice on reasonable adjustments from the Disability Employment Adviser (DEA) at [your local Jobcentre Plus office](#).
- The Cambridgeshire and Peterborough Combined Authority [Your Futures](#) has information, job vacancies in the local area for young people listed on their website.

Access to Work Funding from the DWP (Department of Work and Pensions)

This is a grant that can help pay for work-related things that don't fall under reasonable adjustments, The support a young person gets will depend on their needs.

- Access to Work funding can cover things like:
 - a grant to help pay for practical support with at work.
 - support with managing mental health at work.
 - money to pay for communication support at job interviews.
 - help you get or stay in work if someone has a mental health condition or disability.
 - taxi fares if you can't use public transport.
- Further details of eligibility and how to make an application at [Access to Work: get support if you have a disability or health condition: What Access to Work is - GOV.UK \(www.gov.uk\)](#)
- It can take between two and six weeks after someone makes an application before a first conversation with an Access to Work officer.
- Access to Work support for Mental Health:
 - [Maximus UK](#) has been funded by the Central Government to provide Access to Work support for mental health.
 - They can provide guidance on workplace adjustments, wellbeing support plans and in work support.
 - Vocational Rehabilitation Consultants offer regular consultation and guidance.

Volunteering

- Volunteering is a really good way to learn new skills, get experience in a workplace, meet people as well as doing something useful for others.
- Voluntary work could be in a local charity organisation or supported enterprise to support development of independent living skills.
- It also looks very good on a CV!
- Volunteering can be very flexible and there are lots of opportunities in Cambridgeshire.
- Sometimes young people volunteer on day/s they are not at college.
- There are lots of volunteering opportunities in Cambridgeshire and nearby:
 - [Cambridge Council for Voluntary Services](#) (CCVS) is a registered charity set up to champion and support community and voluntary groups, and promote volunteering across Cambridge City, South Cambridgeshire and Fenland.
 - CCVS also have a [Supported Volunteer Project](#) for people who might need a bit of support to find something that suits them and get going with it.
 - [Volunteering Matters](#) and [Peterborough Council for Voluntary Services](#) are other organisations that can help with finding volunteering opportunities.

Deciding what to do when you grow up!

Some children and young people might have a very clear idea of what they want to do 'when they grow up' and others not.

There will be support at school and college for you and your young person to think about this, explore different options and sometimes just give something a go.

There are lots of websites, quizzes, activities and ideas out there to help young people (and their parents and carers) explore options, find out about things and get ideas. There are a range that may suit different young people.

- [Employability Skills | Young People Job Skills | Life Skills \(barclayslifeskills.com\)](#)
 - Activities such as Spin the Wheel of Strengths help young people reflect on only their skills, but interests and personality traits. A range of interactive tools, films and activities available for young people to use from about the age 14+,

Education Health & Care Plans (EHCP)

- If your young person has an Education Health and Care Plan (EHCP) the annual review from age 14 onwards **must** cover preparing for adulthood. This is a legal duty so you should expect it to happen.
- However, it is good idea to start as early as possible. It is fine for you or your young person to ask about this as part of the EHCP review. (The SEN Code of Practice says this is good practice)
- This is a useful [parent checklist](#) that you might find useful about planning for the future.
- [Find out more about when and how to request an EHC assessment, the assessment process and how they are reviewed.](#)

Money Matters

When your young people are growing up it is a good idea for them to start managing their own money by having pocket money, learning how to pay for things and having a savings account.



Bank accounts

- When young people are approaching 16, they should open a bank account if they haven't already got one.

- There are many different options available depending on your young person's circumstances and needs.
- A good option is a fee free Basic Bank Account.
 - Most major banks and building societies offer Basic Bank Accounts, but because these accounts do not have an overdraft facility (which is how the banks make their money) they are not widely advertised.
 - These accounts are good for people on a low income with no credit history.
- Banks have information about the accounts they offer.
- There is independent info and advice about bank accounts.
 - [Citizens Advice \(getting a bank account\)](#)
 - [Money Helper \(fee free bank accounts\)](#)

Learning about money

There are lots of money guides and activities out there that can be useful to look and do with your children and young people to help them.

Here are a few that might be of use:

- [Money and Children | Family Building Society](#)
 - [Money guides for children and young people](#)
- [Money personality quiz | LifeSkills \(barclayslifeskills.com\)](#)
 - [Understanding how you behave with money and how you can improve are the first steps towards developing good money skills](#)
- [Understanding money & bills - adult module | LifeSkills \(barclayslifeskills.com\)](#)
 - [Understanding money and bill](#)
- This [booklet](#) by the Money Advice Service
 - Can help young people with learning disabilities to understand and manage your money better.

Disability Living Allowance/ Personal Independence Payment (PIP).

- If your young person receives Disability Living Allowance, they will receive a letter from the Department of Work and Pensions (DWP) a few months before they turn 16 inviting them to apply for Personal Independence Payment (PIP).
- It is **not** a transfer process. PIP is a new benefit and **must** be applied for.
- Personal Independence Payment (PIP) can help with extra living costs if you have both:

- a long-term physical or mental health condition or disability
- difficulty doing certain everyday tasks or getting around because of your condition.
- You can find out more at: <https://www.gov.uk/pip>
- Being assessed for PIP
 - Most young people will have a face-to-face assessment as part of the Personal Independence Payment (PIP) application process.
 - It's an opportunity for your young person to talk about how their condition affects them.
 - It's important you prepare - the DWP will use evidence from the assessment to decide whether your young person can get PIP.
 - A health professional will carry out the assessment - they will write a report and send it to the DWP.



- Top Tips for a PIP assessment
 - Make sure that when you and your young person are answering the questions that you think about all the support needed on 'bad' day.
 - Don't let the assessor rush you and try not to just answer 'yes' or 'no'.
 - It's a good idea to take a copy of your PIP claim form with you. That way you can refer to it in the assessment and make sure you tell the assessor everything you want them to know about your condition.
- If the young person has a terminal illness, they normally don't have to have the face-to-face assessment.
- Citizens Advice have helpful [information about PIP](#) and preparing for the assessment.

Benefits at 18+

- When your young person becomes 18 and they no longer receive Disability Living Allowance (DLA) there may be some implications for you as a household if you (or other people in your household) are in receipt of benefits.
- It is a good idea to contact the Department of Work and Pensions to check your entitlement.

- Details of the [process and how to start an application to be an appointee](#).
- Check out this [Making finance decisions for young people: parent and carer toolkit](#)

Housing and where to live

- Most young people will continue to live with their families as they become adults especially while they are still in education.
- When to move on from living in the family home will be different for every young person and their family.
- It is important to begin to develop the different skills young people need to live independently as early as possible.
- Thinking about where a young person might want to live when they are older and developing independence skills to help with that will be part of their EHCP review each year from age 14 years old.
- The [housing page on the SEND information Hub](#) has up-to-date information about:
 - Social Housing in Cambridgeshire and how to apply for it
 - Renting from a private landlord
 - Other options such as shared ownership schemes
 - Supported housing – where young people can live with some additional support to help.
 - Gadgets, technology and adaptations that can support independence in the home.

Good Health

Universal (for all) health care for adults

- The health services that are universal (for all) such as your GP or dentist will not need to change unless your young person moves to a different area to live.
- As they are growing up it is important that young people get to know about the Primary Care (or GP) services that are available.

Specialist Health Care

- If a young person has had support from child specialist health services as they become adults they will move to adult specialist health services if they continue to need it.

- Adult Health Services are not always organised in the same way as Childrens.
- There is not the equivalent of a general paediatrician for adults with complex health needs.
- Your young person may need services that are provided by more than one specific specialist adult teams.
- Your young person's GP oversees their healthcare and can refer to adult clinics and services as needed.
- Some young people will transition to a specialist adult health care team.
- The age this happens varies in different health teams and specialities.
- Your child's current health team or specialist will let you know when this will be.
- They will start planning with you and your young person well in advance.
- It may feel strange to think about transitions when your child is in their early teens, but you can ask about transitions at any point during your child's teenage years or before. This will give you time to consider the changes and additional support you and your child may need as they grow up.
- Some health teams in the hospital and community services have specialist nurses whose role is to support you and your young person to prepare for their adulthood and transition to adult health care services.
- If your young person has a community paediatrician, you can also talk to them or their school nurse about any questions or support you need with their move into adult health services.

Mental Health

- If a young person has support from Children and Adolescent Mental Health Services (CAMHS) and Neuro-developmental Services planning for the move to adult mental health services usually starts between the ages of 16½ and 17½.
- The team will discuss and plan this with your young person and you about 6 months prior to transition.
- Not all youngsters will need ongoing specialist adult mental health support and for some, their care will transfer back to their GP.
- There is a range of support for mental health and wellbeing for young people and adults in Cambridgeshire and Peterborough.

- [Keep Your Head](#) brings together reliable information on mental health and wellbeing for children, young people, adults, professionals, and schools across Cambridgeshire & Peterborough. It covers everything from how young people, and adults can help themselves, who else can help and getting immediate support if that's needed.
- The First Response Service (FRS) supports people of any age who are experiencing a mental health crisis. It provides 24-hour access, seven days a week, 365 days a year, to mental health care, advice and support. [Find out more about the First Response Service.](#)

Health at 16 +

- From age 16 and upwards young people will start to access some adults' services and take the lead in making decisions about their health.
- Young people under 18 with a learning disability will still be able to access children's services but will also have more of a say about their care.
- Did you know that from the age of 16 a young person can make their own decisions about their health?
- You can see more about this in the section about decision making.
- Health professionals will check with young people if they want their parent or carer to be present at appointments.

Health at 18 + years plus

- Once 18 young people will access universal adult health services.
- They will usually have transferred fully to any adult specialist health services they need.
- A parent carer or guardians role changes as children & young people take legal responsibility for their health but many will still need help and support to do so.
- [Get Your Rights](#) is an interactive website which helps to explain to children and young people their rights when using the NHS. It also has useful info about the role of parents and carers as young people get older.
- The [Citizen's Advice Bureau](#) also provide wide ranging advice and support.

Prescriptions

- Young people receive free prescriptions until they are 16 (or 18 if they are in full time education). If they receive Universal Credit, this is extended to 20.
- Young people will continue to receive free prescriptions as an adult if they have any of the medical conditions listed below.
 - a form of hypoadrenalism (for example, Addison's disease) for which specific substitution therapy is essential.
 - A permanent fistula (for example, a caecostomy, colostomy, laryngostomy or ileostomy) requiring continuous surgical dressing or requiring an appliance.
 - diabetes insipidus or other forms of hypopituitarism
 - diabetes mellitus, except where treatment is by diet alone.
 - Hypoparathyroidism
 - myasthenia gravis
 - myxoedema (hypothyroidism requiring thyroid hormone replacement)
 - epilepsy requiring continuous anticonvulsive therapy.
 - a continuing physical disability that means the person can't go out without the help of another person.
 - undergoing treatment for cancer, including the effects of cancer/treatments
- They will need to apply for a [medical exemption certificate](#). You can ask for the application form at your GP surgery and the GP will need to sign it.
- If you have a regular prescription but do not meet any of the above criteria above it may work out cheaper to get a [prescription prepayment certificate](#). This will cover all your NHS prescriptions and you can get them to last 3 months or a year.
- [Up to date information on prescriptions and pharmacies on the NHS website](#)

Annual Health Checks for people with a learning disability (from age 14)

- At any time, you can ask for your young person to be added to the Learning Disability Register which is held by their GP.
- This means that they will be automatically invited to their yearly Learning Disability Annual Health Check from the age of 14 upwards.
- Adults and young people aged 14 or over with a learning disability should have a health check at their GP surgery.

- This is because people with a learning disability often have poorer physical and mental health than other people. This does not need to be the case.
- The annual health check will help to ensure young people and adults with learning disabilities get all their vaccinations, other health screening such as cervical screening that they are entitled to and have a general annual check.
- It is also a really good way of young people getting used to going to the GPs, getting to know their GP and practice nurses and vice versa.
- There is lots of information about annual health checks including videos and accessible information to help people know what to expect:
 - Watch [a short film about the health checks](#), find out what to expect and how to make sure your young person gets one.
 - Visit the [Learning Disability Annual Health Check page on the SEND Information Hub](#)
 - Visit the [NHS page about annual health checks](#)
 - Have a look at the [Pinpoint information about annual health checks](#)

Reasonable Adjustments

- If your young person has a learning disability, is autistic or has any other disability their GP and other health care provision must make reasonable adjustments to support them to access their health care.
- Details of these should be added to their electronic health record (SystemOne).
- You can or your young person can ask your GP to check these are right for your young person's needs.

Keeping Healthy

- We all know keeping healthy is important, but it can be easier said than done for us and young people.
- There are lots of different types of support to help us do that and its worth exploring it to find something that might suit you or your young person.
- [Everyone Health](#) is a free service for Cambridgeshire residents who are looking to make changes to their lifestyle. Whether that's help to quit smoking, lead a more active lifestyle, lose some weight, or simply take advantage of the NHS Health Checks on offer.
- Drugs, alcohol and substance abuse support is available for anyone with a drink or drug problem.

- If you need help your GP is a good place to start.
- They can discuss your problems with you and get you into treatment.
- You can call your GP practice as usual for an appointment.
- This page on the [NHS website](#) has lots of information that can help and links to other organisations that can help.

Puberty

- Although many young people with additional needs may experience delays in achieving developmental milestones, puberty usually occurs at the same age and involves the same changes as typically developing children.
- It is normal for all parents to feel anxious about this stage of their child's development.
- Parents may worry about hygiene, period management, emotional meltdowns, emerging sexuality, masturbation and inappropriate touching of others.
- They may also have fears about the increased risk of sexual abuse and the possibility of casual sexual relationships, pregnancy and Sexually Transmitted Infections.
- Parents may also be concerned about how their child will cope emotionally with puberty changes and their emerging sexuality, now and in the future.
- Parents and young people can investigate support from their local GP or [Cambridgeshire's integrated contraception and sexual health service or icash](#) for short.
- [Diverse](#) provide sexual health support, education and information in Cambridgeshire including young people and adults with learning disabilities and autism.
- Part of [Centre 33's offer is free advice and support around sexual health](#) to young people in Cambridgeshire and Peterborough
- Contact has some useful articles and booklets for parents and young people [about puberty and growing up.](#)

Going into hospital

- If your young person needs to go into hospital or has an outpatient appointment it may be a bit different from when they were a child.
- They will need to give their consent for parents or carers to be involved in conversations about their health and treatment.
- Health care workers will assume they have the capacity to make their own decisions.

- From age 16 young people may be on an adult ward. This varies a bit depending on the reason they are in hospital and the ward but it's a good idea to be prepared for this.
- Your role as a carer
 - However, all hospitals value and welcome the support and knowledge that carers give and recognise their contribution to getting things right for people. Find out more for [Addenbrookes Hospital](#) and [Hinchingsbrooke Hospital](#).
 - You can get a carers card from Caring Together. [Being recognised as a carer – carers card - Caring Together](#)
 - Ask your GP to record that you are a carer for your young person.
- Hospital Passports
 - A hospital passport is something you can complete that summarises all the important things that health workers need to know about a person.
 - As well as medical information it includes things like how best to communicate with a person, how they express pain or discomfort, things they like and dislike and any other information that can help make appointments or admissions as smooth as possible.
 - This is a link to hospital [passport](#) that you can download and complete. (This says Addenbrookes on the front but can be used at any hospital or health appointment)
 - It was developed locally with Pinpoint and Voiceability.
 - Cambridgeshire's Speak Out Council have made [a short video about Hospital Passports](#)
- Learning Disability Access Nurses
 - Hinchingsbrooke and Addenbrookes Hospital have Learning Disability Access Nurses
 - Their job it is to work with people with learning disabilities, their parents and carers and the staff in the hospitals to make people get the care and treatment needed in a way that suits them.
 - The other hospitals nearby (Peterborough, Queen Elizabeth, and West Suffolk) also have them.
 - Find out more about what they do and the contact details for the [Learning Disability Access Nurses at all our local hospitals in this easy read information sheet](#).
 - Watch a [short video about Learning Disability Access Nurses](#) made by the Speak Out Council



Social Care at 18

When young people are over 18 any social care support they might need is organised by Adult Social Care.

You can find out more about this on the [Support from Adult Social Care](#) page on the SEND Information Hub. It has information for young adults, those who may have had social care support as a child, and links to the relevant pages of the Adult Social Care website.

Young People who have Social Care Support as a child

If a young person has a children's social worker already, they will have a key role in preparing for adulthood and ensuring that any social care support provided is focused on thinking about and planning for the future. For some, this will also lead into identifying what support may be needed in the longer term so that the young person and their parents or carers will know what they can expect and what support they will have if they are eligible for adult services. Children's social workers will start to work alongside the Young Adults Team so that the adult social care assessment and support planning process is completed and, for those eligible, in place for them when they turn 18. We have a [process for making sure this happens](#).

Young People over 18

There will be some young people who do not have a children's social worker but who will or may need social care support as an adult. A young person, a parent or a professional who is involved can contact Adult Social Care. You can find out more information and the contact details on the [Support from Adult Social Care](#) web page.

Adult Social Care Teams

There are several Adult Social Care Teams who support eligible adults with different types of needs. Below are brief details of what they do and the links to find out more:

- The Learning Disability [Young Adults Team](#)
 - Work with eligible young people with a learning disability aged 18 up to 25 with an EHCP.
- [Learning Disabilities](#)
 - Health and social care assessment and support for adults with a Learning Disability
- [Autism & Adult Support Team](#)
 - Adults with Autism, including young adults
- [Sensory Services](#)
 - Work with adults who are deafblind, deaf, hard of hearing, severely sight impaired, sight impaired, or experiencing visual loss
- [Physical Disabilities](#)
 - Support people aged 18 to 75 who are living with a physical disability. This includes adults with an acquired brain injury which affects physical functioning and disabled parents.

Contacting Adult Social Care

If your young person does not have support from social care as a child and you, or they, feel they may need it as an adult, or they are over 18 you can:

- Call **0345 045 5202**
- Or email careinfo@cambridgeshire.gov.uk

The Care Act 2014

When your young person reaches 18, they are no longer eligible for Children's Social Care. Although they are still covered by the SEND regulations, the social care element, for those eligible, will now be provided by Adult Social Care.

Adult Social Care comes under the [Care Act 2014](#).

The criteria for support are defined as having needs caused by physical or mental impairment or illness. As a consequence, there is or is likely to be, a significant impact on their wellbeing. The result of these needs are that they are unable to achieve two or more of these wellbeing outcomes.

The Care Act outcomes are:

- managing and maintaining nutrition
- maintaining personal hygiene
- managing toilet needs
- being appropriately clothed
- being able to make use of the home safely.
- maintaining a habitable home environment
- developing and maintaining family or other personal relationships
- accessing and engaging in work, training, education or volunteering
- making use of necessary facilities or services in the local community including public transport and recreational facilities or services
- carrying out any caring responsibilities the adult has for a child.

Find out more with these [Care Act fact sheets](#)

Personal budgets and Direct Payments

You might have had a social care Personal Budget or Direct Payment for your young person when they were a child.

A Personal Budget is money identified to pay for support. You can opt to have some or all the money as a Direct Payment. With a Direct Payment you can source and pay for support yourself.

[Direct payments are also available for adults](#), and you can still manage it on behalf of your young person if that's needed.

Whoever oversees the direct payment will discuss this with you and your young person in plenty of time before their 18th birthday.

A few points to note:

- For an adult who receives support from social care they may need to make a financial contribution to the care.
- There will be a financial assessment carried out ([find out about paying for care and how this works in Cambridgeshire](#))
- The financial assessment is carried out based on the young person's income and circumstances NOT the parent or carer's
- The financial assessment cannot be carried out until after a young person has turned 18 as there needs to be confirmation regarding adult benefits that is not available before that

Change of Legal Status and Decision Making

For young people as they become adults there are changes in how and who makes decisions. You may have gradually noticed that others will have started checking with young people if they want you present at appointments or meetings. Correspondence that used to get sent to you as a parent or carer will be addressed to the young person.

For some young people they may continue to need the support of others to make decisions as they become adults.

Mental Capacity Act

The Mental Capacity Act (MCA) is designed to protect and empower people who may lack the mental capacity to make their own decisions about their care and treatment. When a young person reaches the age of 16, the MCA framework will begin to apply to them.



It covers decisions about day-to-day things like what to wear or what to buy for the weekly shop, or serious life-changing decisions like whether to move home, have support from others or have major surgery. Examples of people who may lack capacity include those with:

- Dementia
- A severe learning disability
- A brain injury
- A mental health illness
- A stroke
- Unconsciousness caused by an anaesthetic or sudden accident.

These are two helpful toolkits for young people and parent and carer which are especially helpful for the transition from childhood to adulthood.

The toolkits cover:

- What lacking mental capacity means and the decision-making principles
- The changes to decision-making responsibility when a child reaches adulthood.
- The relevant route for a parent or carer to make financial decisions on behalf of a young person, including how to access a Child Trust Fund if the young person is under the age of 18 and how to prepare to make financial decisions when they reach adulthood.
- [What is The Mental Capacity Act? | Mencap](#)
- [Making finance decisions for young people: parent and carer toolkit](#)

You can find out more about the Mental Capacity Act, on our dedicated [Mental capacity](#) section of the Cambridgeshire County Council website.

Power of Attorney

A lasting power of attorney is a legal document that lets your young person appoint people to make decisions on their behalf if they became unable to make their own decisions. It can be about finances or about health and social care.

Your young person must be 18 or over and have the ability to make their own decisions when they agree for someone to have lasting power of attorney. If they do not have mental capacity, you may need a court-appointed deputy.

A deputy is someone appointed by the Court of Protection to make decisions for someone who is unable to do so alone. They are responsible for doing so until the person they are acting for dies or can make decisions on their own.

You can find out more at <http://www.gov.uk/power-of-attorney>

Mental Health Act (MHA)

The Mental Health Act is a law that can be used to provide support and treatment to people with a diagnosed mental illness.

Being detained (also known as sectioned) under the Mental Health Act is a legal process that starts when an approved mental health practitioner has assessed that someone is not safe to be at home and need to be kept safe whilst they are being assessed/treated. This law protects people's rights.

The NHS website has an [easy read section about the Mental Health Act](#)

Wills & Trusts

Your will lets you decide what happens to your money, property and possessions after your death. If you make a will, you can also make sure your beneficiaries don't pay more Inheritance Tax than they need to.

You can write your will yourself, but you should get advice if your will isn't straightforward.

You need to get your will formally witnessed and signed to make it legally valid. If you want to update your will, you need to make an official alteration (called a 'codicil') or make a new will.

It is always best to seek independent advice as the best course of action for you and your family will vary depending on your circumstances.

If you die without a will, the law says who gets what.

You can find out more at www.gov.uk/make-will

Support for you as a carer

There is support for you in your role as a parent carer or carer as your young people approach adulthood and on into adulthood.

Caring Together

[Caring Together](#) provide support to carers of all ages including:

- Information, support, what if plans, a listening service, carers cards
- Caring together offer [specific support to parent carers of young adults](#)

Pinpoint

[Pinpoint](#) offer useful information and sessions for parents and carers who have children with additional needs and disabilities on all things SEND including:

- A section on their website about [Preparing for adulthood](#) for parents and carers.

- Sessions specifically about preparation for adulthood. Visit their [events calendar](#) to see what's coming up.

Pinpoint, Caring Together and the local authority worked together to collate some [information that may be of use to you as carers](#) (as opposed to for your children or young people). On this page you will find information about a range of local organisations who offer support to carers, virtual and face-to-face sessions, lots of info, money matters, national carers' organisations, looking after yourself and more.

The Cambridgeshire County Council adult pages also have a section on [local support when you are looking after someone](#) including information about carers' assessments.

Friends, Relationships and Community

Getting out and about

There are lots of things that your young person can do as they get older. You can find information about things to do, places to go and social opportunities on the SEND [Information Hub \(Local Offer\) | Friends, Relationships and Communities \(cambridgeshire.gov.uk\)](#)

[SCIP \(Special Needs Community Information Point\)](#) sends out a regular email with loads of info about things to do for children and young people, things that are going on locally as well as other useful information. [Sign up to receive it.](#)

Pinpoint have [information about things to do](#) and meeting up with others safely for young people.

[How Are You Cambridgeshire and Peterborough | H.A.Y \(How Are You\) Home \(haycambspboro.co.uk\)](#) has loads of information about a range of things to do and get involved in. It's a great website to keep an eye on as its updated very regularly.

Travel

For young people and students, the ability to travel independently is an important part of their learning and a life skill that has a big impact on independence.

Learning these skills and having the opportunity to use and develop them is important. Schools and colleges will include this in the learning young people do and parents and carers can do this to when you are out and about.

If travelling by bus, Stagecoach produce Journey Assistance Cards which can be used to tell the driver that you need a bit more help. You can find out more at: <https://www.stagecoachbus.com/promos-and-offers/national/journey-assistance-cards>

If travelling by train, most train operators make special arrangements for people with disabilities - you can find out more on the Local Offer.

Your young person can also apply for a Young Person's Railcard: <https://www.16-25railcard.co.uk/>

Travel to and from School or College

Some post 16 students may be eligible for assistance with transport to and from school subject to an assessment of the student's needs.

You can find out more on our [post-16 transport to school or setting page](#) or the Children's Transport Team on:

Email: education.transportteam@cambridgeshire.gov.uk

Telephone: 01223 715 600

Driving

Your young person might want to consider a **Blue Badge** to make parking easier. They can find out more and apply for and renew the badge at:

www.cambridgeshire.gov.uk/residents/travel-roads-and-parking/parking-permits-and-fines/blue-badges



Learning to drive will be an option for some. If your young person has a Motability vehicle, they may be able to get some support with driving lessons and they can find out more about this on the Motability website – see below.

Motability vehicles

Your young person may be eligible for a motability vehicle. This scheme enables people to use the mobility component of Disability Living Allowance (DLA) or Personal Independence Payment (PIP) to lease a car if they receive the higher rate.

If your young person had a motability car when they were a child, they will be able to keep it as an adult (if they continue to get high-rate PIP). You do not need to be able to drive to have a motability car as an adult, but the car does need to be used to support the person to do get to the places they need and want to go to. Many young people will be able to apply and sign the agreement themselves. Only the appointee can apply for a mobility vehicle on behalf of someone who is not able to do so themselves.

You can find out more at <https://www.motability.co.uk/>



Participating in Democracy

When your young person reaches the age of 18, they are eligible to vote. People with a learning disability have as much right to vote as anyone else.

To be able to vote, your young person must be on the Electoral Register. The government has produced a [simple guide to registering to vote](#).

Once they are on the Electoral Register, they are eligible to vote.

If they are not able to get out of the house to vote, they can apply for a Postal Vote.

You can also vote for them by using a Proxy Vote. You can find out more about Postal Votes and Proxy Votes on <https://www.gov.uk/voting-in-the-uk>

Don't forget that now everyone needs photo ID to be able to vote.

The Speak Out Council

The Speak Out Council are a voice for anyone in Cambridgeshire aged 14 or above, and who has a learning disability, autism or both.

