

Preparing for adulthood guide

Advice based on your age on education, health, social care, housing and transport.



Hillingdon Parent Carers Forum



North West London
Integrated Care System



Hillingdon SEND
and AP Partnership



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LONDON

www.hillingdon.gov.uk

Age 14 (Year 9)



Education

If you have an Education, Health and Care (EHC) plan, your reviews will now include planning for adulthood. This means we will look at the support you need as you get older and your goals for the future.

Your annual review is an opportunity to plan the next steps after Year 11. Working with your Special Educational Needs Coordinator (SENCO) and Careers Leader, you'll set out your future goals. If you're not currently in school, alternative arrangements will be made to ensure your transition planning continues.

Children Looked After

Your Health Action Plan will be customised by the children's nursing team to address your needs, including independence skills and future health planning. Statutory reviews will occur every six months to ensure your Care Plan is effective. The Virtual School will assist your education with a termly reviewed Personal Education Plan (PEP). Multi-disciplinary meetings will begin when you become looked after and will continue until a permanency plan is in place before age 18.

If you may need adult support, Adult Social Care will be notified through ongoing discussions.



Health

If you have an Health Care Plan, the school team and your health professionals will keep it up to date. If you have a learning disability and have been added to the GP's Learning Disability Register, you'll be invited to have an annual health check with your GP every year.

Do you have an Individual Health Care Plan? Don't worry — your school team and health professionals will keep it updated and begin planning for life after school.

They will work together through multi-agency meetings to ensure everyone understands and supports your needs.

Social Care

Multi-disciplinary meetings occur every two weeks to identify children needing adult support, involving various teams (EHC, Children Looked After, Children with Disabilities, Family Support). Youth Justice Service participants have termly meetings to discuss support for their return to education and training. If you have an EHC plan, one meeting will be combined with your annual review.

Children's Services and Adult Social Care collaborate regularly to coordinate transitions.

Young individuals can be identified and included at any time during this process.

Age 16 (Year 11)

Education

If you're moving to a new school or college, the EHC Team will update your plan to reflect your next steps. If your school identifies that you need additional support, you'll be offered Next Steps Careers Guidance to help plan your future.

Children Looked After

Support is provided for those in semi-independent living to enhance independent living skills. Once ready, referrals are made to a multi-disciplinary panel for private renting or housing registration.

The Leaving Care Team will assess ongoing social care or health support needs before age 18. Those with learning disabilities may be referred to relevant teams, while others might access Adult Social Care or mental health services based on their needs. Referrals can come from various specialist services, and community services may be recommended for additional support.

Social Care

Referrals concerning diagnosis and support needs are made to Adult Social Care by the Children's Services Social Worker. Some individuals with complex needs may be referred earlier.

Disability Living Allowance (DLA) stops at 16, but you can apply for Personal Independence Payments (PIP) instead, starting at age 16, even if you haven't received DLA before.

Health

As you approach 18, your EHC plan annual review and pathway plan will focus on preparing for the transition to adult services. If you currently receive a care package from the Children's Continuing Care (CCC) team, you may be eligible for Continuing Health Care (CHC) as an adult.

The CCC and CHC teams will work together to ensure a smooth handover.

Support for emotional wellbeing and mental health is available through school mental health teams and Child and Adolescent Mental Health Services (CAMHS).

For complex mental health needs, CAMHS will begin transition planning with you and may involve the Young Adult Partnership (YAP) team.

Transport

The Personal Transport Budget (PTB) is now the default offer of travel support for eligible post-16 students and this replaces the previous model of routinely providing council-arranged transport such as taxis or minibuses.

The PTB enables families to arrange their own transport and promotes independence for young people. The post-16 cohort includes students aged 16 to 18 including those who start a course before their 19th birthday – effectively, academic years 12 and 13.



Age 17 (Year 12)

Education

This is your chance to plan the next stage of your journey into adulthood. Together with your family, you'll look at what support you need and what your future dreams look like. Your EHC plan will be updated to include any new help and those exciting goals.

Social Care

A mental capacity assessment is conducted if there are concerns about decision-making abilities regarding care.



Housing

At the age of 17 you will have started your transition planning via the EHCP and Preparing for Adult Framework. It is important that decisions are co-produced with yourself and your family, where the housing option reflects your individual needs and promotes independence.

Early planning would of taken place at the age of 16, as part of preparing for adulthood. Your housing goals will need to be included in your Pathway Plan.

Anyone over the age of 18 can also request a Care Act assessment. The Transitions Team only works with young people from 17 and a half years old who have an EHCP or Autism diagnosis.



Age 18 (Year 13)

Education

It's time for your annual review—a key step in planning your transition into adulthood or adult services. If you're preparing for new opportunities such as vocational pathways, college, or university after Year 13, the Adult Social Care team or EHC team will work closely with you and your family to discuss and plan the next steps.

Children Looked After

Your Pathway Plan will emphasise independence. Your social worker will assist in applying for Universal Credit 28 days prior to your birthday. A final health assessment will occur before your 18th birthday, resulting in a Health Passport that summarises your health, immunisation record, access to GP and dental services, support, crisis services, and an action plan.

Social Care

If eligible, the Transitions Team will conduct a Care Act Assessment. If an Adult Care and Support Plan is created, they will remain involved while you have an active EHC plan. Your new support package should be ready by your 18th birthday, with Children's Services continuing support if there are delays.

The council and health teams will coordinate joint funding through multi-disciplinary meetings.

Every referral to the Transition Team includes a financial assessment to determine whether the young person contributes to their care.

Health

At 18, if you are still receiving support from CAMHS, you may transition to adult services with a lead healthcare professional assigned to meet your needs. These discussions usually begin at age 17.

If you require support from the Adult Learning Disability Service, you or a professional can make contact. Your GP should review your status on the Learning Disability Register and provide referrals for assessments if you are eligible.

After turning 18, you may also move to Continuing Health Care support. Your EHC plan will help coordinate your education, health, and social care as you approach adulthood.

Housing

At the age of 18, the housing pathway for young people with SEND in Hillingdon shifts from Children's Services to Adult Social Care, and the focus becomes independent living with appropriate support. A review is carried out at the age of 17 and a half to determine eligibility for Adult Social Care under the Care Act 2014.

Children's placements (such as residential or foster care) usually end, and adult services take over support planning. Your Pathway Plan will be reviewed every six months. There are several options post 18 which includes

- Supported Housing
- Private Rental/Social Housing
- Friends or family
- Shared Lives
- Staying Close
- Staying Put

Age 19 to 25

Education

Preparing for life beyond school or college? There is support available, including employability programs and mentoring, to guide your next steps.

Your annual review is an important opportunity for you and your family to plan for adulthood, focusing on your aspirations and how to achieve them.

If you are moving on to vocational pathways, college, university, or employment after Year 13, the EHC team will work with you and your family to plan the next stage.

Children Looked After

After 18 and six months, Pathway Plan reviews will focus on independence and how you can step down into less supported accommodation in a manner that is appropriate for your care needs.

Social Care

When your EHC plan ends and you move to a Care and Support Plan, the Transitions Team will hand over to Adult Social Care to ensure a smooth transition.



Transport

The travel assistance team provide assistance with travel only when an application has been submitted and the young person has met the post 16 eligibility criteria.

The local authority will consider providing further assistance in cases where the student is either unable to travel on public transport independently or cannot reasonably be expected to walk to their education or training facility.

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N.B. - Young people will only be considered for specialist accommodation where there is evidence of significant and complex care needs. Some referrals to the transition panel may not meet the required criteria, and in these cases Children's Services will continue planning suitable accommodation options.



