

This leaflet is designed to help you think about moving into adult life. This is called Transitions.

Transition happens between 13 - 25 years of age.

Planning for the future can involve many different people working together.

The most important voice is the young persons.



### Continuing education

Including:

- learning to gain work, life and independent skills
- can be provided by local schools, colleges as well as specialist colleges and schools
- courses are available at all levels of ability
- make new friends and gain new experiences
- gain qualifications to help you in later life
- contact your local Connexions office for important advice

### Employment/Volunteering

There are many organisations that can help people look for work and help to support while in employment.

Work/Volunteering can give you:

- money
- self confidence
- friendship
- independence
- maintain motivation

Helping organisations will work with you to make sure that you don't lose out (e.g benefits) by getting work.



### Help with money

- It is important that you receive what you are entitled to
  - there are organisations that can help you with your financial situations
  - you may find that benefits change after 16 years of age
- Money can come from work, social care and/or benefits.

### Practical support

- some young people have help from Social Care and have an allocated social worker
- childrens services up to 18 and adult services 18+
- young people with additional needs are entitled to request a community care assessment
- support can include:
  - help in the home
  - personal care
  - day time activities
  - supporting independence
  - housing
  - advocacy (a voice from the young person)
- if you think you may need help from social care now or in the future contact them on the number on the back of this leaflet



### Leisure/Relationships

- leisure time is a very important part of life as it gives people the chance to:
  - socialise and meet new people
  - keep fit and healthy
  - find out what's on offer
  - enjoy themselves and have fun

### Finding the right place to live

- There are many options available:
  - supported living
  - respite
  - sitting in service
  - shared ownership
  - sharing a house

Benefits can be available for some of these options.



### Health

- staying healthy is essential to be able to have a happy and active life
- considering health needs is important throughout Transition
- you will need advice about which services are available
- examples of health needs include
  - physiotherapy
  - mental health
  - speech and language
  - community nurse
  - occupational therapist
  - doctor





## How to contact and involve different agencies

- use the contact details on this leaflet
- have a pen and paper ready
- take a note of the advice you are given
- ask for the name of the person you are speaking to
- arrange an appointment to see someone in person
- ask how long you might expect to wait for a response
- make sure the young person's views are heard
- make use of meetings held for transitions
  - at school
  - at college
  - through social care services
  - through reviews at other organisations

Remember you can take along someone to support you to meetings.

## My Personal Contacts:

School/College: \_\_\_\_\_

Tel: \_\_\_\_\_

Social Worker: \_\_\_\_\_

Tel: \_\_\_\_\_

Connexions Personal Adviser: \_\_\_\_\_

Tel: \_\_\_\_\_

Carer/Support worker: \_\_\_\_\_

Tel: \_\_\_\_\_

Health: \_\_\_\_\_

Tel: \_\_\_\_\_

Job Centre: \_\_\_\_\_

Tel: \_\_\_\_\_

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## Telephone contacts and websites:

Worcestershire Hub

Social Services Access Centre:

0845 607 2000

[www.worcestershire.gov.uk/socialservices](http://www.worcestershire.gov.uk/socialservices)

Connexions:

Bromsgrove 01527 882960

Evesham 01386 444220

Kidderminster 01562 820110

Redditch 01527 66525

Worcester 01905 738900

[www.connexions-hw.org.uk](http://www.connexions-hw.org.uk)

Health

[www.....](#)

Housing:

contact your local District Council

Job Centre/Benefits

[www.jobcentreplus.gov.uk](http://www.jobcentreplus.gov.uk)

WAC 01905 26500

Carers Unit 0800 389 2896

Carers Information Service

Access Centre

Citizens Advice Bureau

DIAL

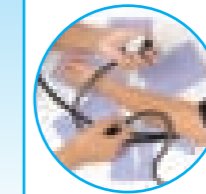
With grateful thanks to:



# The way forward

Transition - planning for the future

Do you know a young person with additional needs aged between 13 - 25 years old and needing help with:



Health



Leisure/Relationships



Continuing education



Practical support



Help with money



Finding the right place to live



Employment/Volunteering

