

## **Transition support for young people**

We need to start thinking about Preparing for Adulthood from an early age, and be making specific plans from Year 9 onwards. Young people with an Education, Health and Care Plan should be thinking about including outcomes in their plan that help them to prepare for adulthood and greater independence.

### **School**

The school will need to consider how best to ensure that your son or daughter is enabled to be present and make as full a contribution as possible at the Transition Review.

Don't worry, many young people do not yet have a clear idea about what they want to do in Year 9. At the review meetings you will hear about the things the school are doing with their students to find out what they can and like doing, which will help them make choices about the future.

From Year 9 onwards the preparation they do with students will be more focused on the four Preparing for Adulthood outcomes.

### **Advocacy for All**

The role of Advocacy for All is to offer independent support to people to have a voice and to be heard. They can support Transition in the following ways:

**The Young People's Advocacy Project** - offers free advocacy with young people 10-18 years old, living in Bexley with a learning disability. They offer help with transition related topics including:

- Making choices about education
- Finding out about housing
- Finding out how to get a job
- Understanding rights
- Attending meetings with the young person and helping them to understand information
- 1-1 Advocacy Sessions can be arranged.

**Community Advocacy Service** – is for Bexley adults (over 18) who have a learning difficulty or Autism.

Advocacy is about:

- making sure people listen to what you say
- having someone on your side to speak up for you

Advocacy can help you:

- to make choices about education
- to find out about housing
- to find out how you can get a job

- know your rights
- to go to meetings
- by signposting you to Speaking Up Groups

**Bexley Speaking Up Group** – is for Bexley adults (over 18) who have a learning disability. The aims of the groups are to:

- Support people to have a voice
- Help people get their voice heard
- Teach people about their rights
- Build people's confidence
- Meet new people
- Try new things
- Share experiences and ideas
- Learn new skills
- Work alongside services to make them better
- Prevent loneliness and isolation

All adults over 18 with a learning difficulty or Autism can refer themselves to this service.

**Bexley All Stars** - is an Advocacy for All initiative that supports people with learning disabilities to develop their confidence and live healthier and more active lives. The group's activities include fun indoor games, exercise and community activities in local outside spaces.

Telephone: 0345 310 1812

Email: [referrals@advocacyforall.org.uk](mailto:referrals@advocacyforall.org.uk)

Website: [www.advocacyforall.org.uk](http://www.advocacyforall.org.uk)

### Specialist Careers Advice

**Prospects** provide the Specialist Careers Service in Bexley for all schools who buy in the service.

Prospects can provide Information, Advice and Guidance on a range of education and training options open to young people at the end of Year 11 and beyond. This might include Post 16 school provision, local FE college, employment, or employment with support and training options and also specialist provision where a local college is unable to meet a young person's needs.

They can support students from ages 14-25. They also contribute significantly to the preparation for adulthood section of the Education, Health and Care Plan, highlighting desired outcomes and how they will be met.

Regardless of where the school source their Careers Advice, Prospects are contracted by Bexley Council to provide a specific service to all those with an EHCP or statement.

Discussing the young person's plans for the future now, will ensure the right subject choices are made.

**PLEASE NOTE:** Prospects do not provide help to find employment.

### **Inspire Community Trust**

Provide support to families regarding:

- Managing Direct Payments and Personal Budgets
- Special equipment in Bexley

Telephone: 01322 520560

Email: [enquiry@inspiremedicare.org](mailto:enquiry@inspiremedicare.org)

20 Whitehall Lane  
Slade Green  
Kent  
DA8 2DH

### **Personal Budgets**

The Children and Families Act 2014 places a number of duties in relation to Education, Health and Care (EHC) Plans.

A young person can request a personal budget which can include elements of education, health or care provision.

A leaflet explaining Personal Budgets in Bexley can be found on the Bexley Local Offer, the web address can be found above and in the Other Information Section of this planner.

### **Specialist Equipment**

Inspire are also able to advise and support on equipment your young person may need. They have a vast warehouse where it is possible to see equipment and find out how it works.

### **Independent Advice and Support Service (IASS)**

Provide advice on all areas of Education and Health around Transition. They have a help line or can be contacted by email for advice. They are also able to attend meetings with parents if that is needed.

Bexley IASS will provide independent support to young people aged 16yrs and over.

For more information:

Telephone: 0203 045 5976

Email: [bexleyIASS@bexley.gov.uk](mailto:bexleyIASS@bexley.gov.uk)

Website: <https://www.bexleyiass.co.uk/>

Bexley Information, Advice and Support  
London Borough of Bexley  
2 Watling Street  
Bexleyheath  
DA6 7AT

### **Bexley Shared Lives**

Shared Lives is a scheme which links people who need help and support to live in the community, with people who can provide that help and support in the Shared Lives Carer's own home.

For those assessed as eligible, Shared Lives provides a long term or short stay, in an ordinary home setting in the community. Short stays can be arranged on a regular or occasional basis.

Shared Lives Carers share their own home for the time the person is with them. Shared Lives Carers undertake a thorough assessment process in order to be approved as carers. Needs, likes, dislikes and interests are identified so that Shared Lives Carers can be carefully matched.

People who can be supported by the scheme include adults aged 18 and over and care groups such as Learning Disability, Mental Health and Physical Disabilities.

The scheme is registered to work with:

- people over the age of 18
- people with a Learning Disability
- people with Mental Health issues
- people with sensory disabilities
- people on the Asperger's/autistic spectrum
- people with physical disabilities

Telephone: 0203 045 3114 0203 045 4470

Email: [shared-lives@bexley.gov.uk](mailto:shared-lives@bexley.gov.uk)

Community Living And Support Scheme  
Civic Offices,  
2 Watling Street,  
Bexleyheath, Kent, DA6 7AT

## **Re-Instate**

Re-Instate is a charity working to improve employment opportunities, quality of life and well-being for disadvantaged people in the London Borough of Bexley including people experiencing mental ill-health, people with learning disabilities and young people.

Living well is a project run by Re-Instate that supports adults with learning disabilities and autistic adults to play an active role in their local community. Our program 'Five ways to Living Well', which is based on the New Economics Foundation's Five Ways to Well-being – Connect, Be Active, Take Notice, Keep Learning and Give, will support people to achieve their life goals and can be met by the comprehensive range of activities, groups and classes.

Telephone: 01322 438155

Email: [info@re-instate.co.uk](mailto:info@re-instate.co.uk)

Website: [re-instate.co.uk](http://re-instate.co.uk)

## **Time to Talk Next Steps**

Free rights-based support for young people with additional support needs in England provided by National Development Team for Inclusion (NDTI)

Support is for young people with additional support needs in England who feel anxious or unsure and have limited or no plans for the future.

They may be in school or college or have finished education and be unsure how to move forward.

Support can be individual or with others through peer support. Young people could also get involved in NDTI's work to improve services for other young people who face barriers.

Parents/Carers can request support on behalf of young people.

Website: <https://www.ndti.org.uk/projects/time-to-talk-next-steps>