

Parent Transition Planner – Further Information - V13 November 2020



Transition – Local Information

Advocacy for All Sidcup	Advocacy Service provided free under the Care Act, to adults with care and support needs and their carers. Advocacy also available to young people over 16 who are in transition to adult services.	www.advocacyforall.org.uk/careact.php#care-act-advocacy
All Directions Dartford	Community group based in Dartford. Support for adults with Learning Difficulties. Offer a range of independent living related courses, coffee mornings and general support	https://www.facebook.com/alldirectionskent.co.uk/
Bexley Care Hub Bexley LA Website	Website for Bexley Care Services for Adults: Information on adult social care and safety concerns. Complete a self-assessment as a carer or for someone else, find services specific to your needs, make a referral to Social Services, find useful services and resources	https://carehub.bexley.gov.uk/web/portal/pages/home
Bexley Local Offer Bexley LA Website	The Local Offer website provides local information about the services available to children, young people (age 0-25) and their families across Education, Health and Social Care. It includes social activities and preparing for adulthood	www.bexleylocaloffer.uk
Bexley NAS Bexley	Bexley Branch of the National Autistic Society Parent Support group (Not transition specific), Youth club and social activities	www.bexleyvoice.org.uk/bexley-nas.html
Bexley Two-Fold Erith	Service is available for Young Adults on the Learning Disability Register. Pre-employment and In-work Support including travel training, identifying suitable work placements, identifying suitable training courses, carrying out job searches, providing access to a job club, attending job interviews and employment support. Works alongside The Learning and Enterprise Centre in Bexleyheath. A Job Club is available for those on the Autistic Spectrum with no LD.	www.bexley.gov.uk/twofold
Bridging the Gap Sidcup	Support and advice for adults on the autistic spectrum and their carers, families and friends. A monthly evening social club, information drop-in day time and evening once a month.	www.btgse.co.uk
Carers Support Bexley Sidcup Manor House	Carers' Support (Bexley) is available to carers where the person cared for lives in Bexley. They offer the Carers Break Project, aiming to provide flexible respite for carers by offering live-in support to people in their homes. Care services, respite, support for benefit applications, personal budgets and carers.	www.carerssupport.org http://www.carerssupport.org/respite-for-carers.htm
Care Watch Bexley	Care Watch (Bexley) offers a care in the home service, from a team of skilled domiciliary staff experienced in provision that enables vulnerable adults to remain independent at home	https://www.carewatch.co.uk/locations/bexley/
Citizens Advice Bexley	Local weekly free drop in service in Bexleyheath, Sidcup and Erith. A national helpline is available for advice on disability benefits including appeals, housing and employment.	www.citizensadvice.org.uk
Cross Roads Care Erith	Crossroads Care South East London provide a diverse range of support and services to carers of Children and Adults with support needs in the London Borough of Bexley,	www.crossroadscareseastlondon.org.uk
Healthwatch Bexley	At a local level, Healthwatch Bexley works to help people get the best from their health and social care services, whether it's improving them today, or helping to shape them for tomorrow.	www.healthwatchbexley.co.uk/about-us

Transition – Local Information

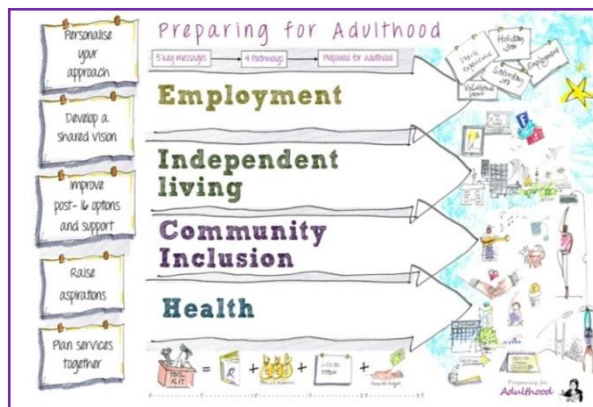
Transition – Local Information (Continued)

Inspire Community Trust Slade Green	Inspire Community Trust promotes independent living. This is achieved by supporting disabled people and those who have sensory impairments to make informed choices which enable them to improve and enhance their lives. They also manage the Blue Badge Scheme, Freedom Pass, Wheelchair scheme and equipment, mobility aids and supported living.	www.inspirecommunitytrust.org
KIDS Mediation and Advocacy London	For ages 16-25 in Bexley & London. The is an independent Mediation and Advocacy service specifically for disabled children and young people aged 8-19 years accessing overnight short breaks, looking after children and those placed within independent settings. The aim of the service is to promote the rights of disabled children and young people, facilitating their participation in the decision-making processes.	www.kids.org.uk/mediation-info
Learning Disability Team Oxleas Bexley	Provides services to people over the age of 18 with moderate to severe learning disabilities living in Bexley. Psychologists, social workers, community nurses, occupational therapists, physiotherapists, speech and language therapists and the person-centred planning coordinator are all based here. The consultant psychiatrist, health facilitator and community living and support scheme are also based here.	www.oxleas.nhs.uk/services www.oxleas.nhs.uk/gps-referrers/learning-disability-services/young-people-in-transition
Local College First Programme	Local College First - offering local education opportunities for young people with learning disabilities. LCF programme is a tailored local offer of education provision. It is for young people who have been assessed as needing additional support not available on mainstream courses. This support is a combination of person-centred teaching, employment skills and 1:1 personal assistance.	www.bexleylocaloffer.uk
Choice Support Bexley	Local services for ASD and Learning Disabilities including Social, Housing, Employment. Wellbeing and Community Support.	https://www.choicesupport.org.uk/find-support/find-support-near-you/community-support-mental-health
Bexley Mencap Bexleyheath Office	Care Services for Adults – Advice on wills and trusts, benefits, housing, relationships, social care and health. There is also a dedicated Transition Support worker	https://www.bexleymencap.org.uk/
Prospects (Bexley)	Prospects is part of the Shaw Trust and provides support, advice and guidance on a wide range of topics for young people ages 13 to 19 (up to 25 for young people with additional needs) who are not in work, employment or training or who have an EHCP. Young people who attend a Special Needs school in Bexley will have a 1-2-1 careers interview if their school buys-in the service.	www.shaw-trust.org.uk/en-GB/About-us
S.A.F.E School for Home Education	Social Arts for Education (S.A.F.E. Bexley) is an independent special school catering for children with social, emotional and mental health difficulties, particularly those who are recovering from bullying or who are on the autism spectrum.	www.safeschoolbexley.co.uk
The Learning and Enterprise College Bexley	Adult Education for Supported Learning. Many courses available from Maths, English and IT to Cookery, Animal Care, Dance and Independent Skills for Life	https://www.lecb.ac.uk/

Transition – Local Information (continued)

Transition – National Information

Contact	National charity for children and young people with SEND. Confidential free helpline service on all aspects of transition including employment, health, social wellbeing, benefits and medical issues.	www.contact.org.uk https://contact.org.uk/news-and-blogs/preparing-for-adulthood-%E2%80%93-everything-you-need-to-know-now-in-one-place/
Council For Disabled Children (CDC)	National support including the Transition Research Programme and improving national standards. Refer to the Transition Information Network (TIN) for the specific department on support with transition.	www.councilfordisabledchildren.org.uk www.councilfordisabledchildren.org.uk/our-work/adulthood https://councilfordisabledchildren.org.uk/transition-information-network/my-future-choices-magazine
Disability Matters	Transition Guide by E-learning offering various free on-line courses to support parents and young adults in transition. Ideal for working and talking through the process at home together.	www.disabilitymatters.org.uk/course/view.php?id=98
Disability Rights	National charity for SEND, leading change and working for equal participation for all. Info. on all areas of transition. They offer 3 separate helplines for disabled students, equality and personal budgets	www.disabilityrightsuk.org/contact-us
Preparing For Adulthood	The Preparing for Adulthood programme provides expertise and support to local authorities to embed preparing for adulthood from the earliest years. They offer advice to families to ensure that young people with SEND achieve paid employment, independent living and housing options, good health, friendships, relationships and community inclusion as they move into adulthood.	www.preparingforadulthood.org.uk www.preparingforadulthood.org.uk/resources/resources-stories-and-videos
Royal Mencap	National charity supporting Care Services for Adults – Advice on wills and trusts, benefits, housing, relationships, social care and health.	www.mencap.org.uk/advice-and-support
Scope	Scope provides support, information and advice on Independent Living, Employment, Social care, Short Breaks, Assistive Technology and Equipment.	www.scope.org.uk/support/disabled-people/disabled-adults



Transition – Specific Needs and Disabilities

Ambitious About Autism	An online guide to support for young people with ASD at school and college. Support and courses to help with employment, training for staff, support workers and parents.	https://www.ambitiousaboutautism.org.uk/information-about-autism/preparing-for-adulthood	Transition – Specific Needs and
Autism Incentives	Autism Initiatives provides a range of person-centred services throughout the UK to children and adults, and encompasses education, residential houses, supported living and outreach services.	www.autisminitiatives.org/what-we-do	
Cerebral Palsy	Download the 60 page Transition guide for parents.	www.cerebralpalsyguide.com/community/transition-into-adulthood/	
Down Syndrome Association	Planning for adulthood with Down Syndrome. Information is available on the DSA WorkFit programme that can help you and your son or daughter prepare for and find the right work experience, Supported Apprenticeship/Internships and/or employment.	www.downs-syndrome.org.uk/for-families-and-carers/teenagers-and-young-adults/planning-for-adulthood/	
Dyslexia Action	Support at College and University for students with Dyslexia including assistive technology. Specialised devices such as scanner pens, calculators, organisers or talking dictionaries to help with various tasks. Information for Dyslexia when seeking, applying for and in-work situations. Includes the Access to Work scheme.	www.dyslexiaaction.org.uk	
Marie Curie Together For Short Lives	Information and support for people with terminal illness and their families	www.mariecurie.org.uk/	
MindED - for Mental Health, Behavioural and Emotional Young People	Online information to support young people and their families with mental health challenges and the transition to adulthood.	www.minded.e-lfh.org.uk/families/ www.minded.e-lfh.org.uk/families/course/en/assets/7092b8be2b08dc33f3e9a9262854813bd1894bb2.pdf	

		https://mindedforfamilies.org.uk/Content/transition to adult services/#/id/59fb19a2897d88862f281a9	
National Autistic Society Transition Support Service	A free service for young autistic people, parents and carers to help prepare for the transition from school to further education or adult life. Confidential information and advice by phone and email, an explanation of rights and entitlements throughout the transition process, assistance with exploring options so that informed decisions can be made, information about other services that may be useful during the transition process and guidance on specific issues such as engaging the young person, finding suitable provision, making a complaint or appealing against a decision.	www.autism.org.uk/services/helplines/transition-support.aspx www.autism.org.uk/about/transition.aspx Tel: 0808 800 4104 for general Autism Helpline	
National Autistic Society Education Rights Service	This service provides impartial, confidential information, advice and support on education rights and entitlements for parents and carers school-age children with autism to help them get the educational support their child needs.	www.autism.org.uk/services/helplines/education-rights/how-we-help.aspx	
Royal Association for Deaf People	Information and support for young people who have hearing impairment and their families.	www.royaldeaf.org.uk/services-partners/youth-transition	
SENSE for Sensory, Deaf & Blind Young People	Getting A Result - Guide to Transition. A complete transition booklet on everything around the full transition process including templates, both blank and with completed samples. Available by request to SESNE.	https://www.sense.org.uk/get-support/information-and-advice/support-for-young-people/	
Young Minds	Young Minds is committed to improving the emotional wellbeing, behaviour and mental health of children and young people age 0-25. Services include training courses; CAMHS transition guide; parent helpline; confidential online and telephone support to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25.	www.youngminds.org.uk	

Transition – Education, Apprenticeships, Work Experience and Volunteering

Action For Kids - physical and learning disabilities	Work Experience and training for employment. Providing office work experience focussing on skills such as using the telephone, computer work, filing, photocopying, scanning, post duties and much more.	www.actionforkids.org/Pages/Category/for-schools-and-colleges	Transition – Education,
Bexley LA College and Further Education	The Bexley Local Offer has a page on Post-16 education decisions with links to additional sources of information.	http://www.bexleylocaloffer.uk/Services/555	
Government Website	Section 41 – Independent schools for pupils with special educational needs, including those approved under section 41 of the Children and Families Act.	www.gov.uk/government/publications/independent-special-schools-and-colleges	
Local College First Programme (LCF Bexley)	LCF - programme offering local education provision and opportunities for young people with learning disabilities. It is for young people who have been assessed as needing additional support not available on mainstream courses. This support is a combination of person-centred teaching, employment skills and 1:1 personal assistance.	www.bexleylocaloffer.uk/content/13994	
National Apprenticeships Service	Apprenticeships, 14 to 19 education and training for work. Apprenticeships combine practical training in a job with study. Search the find an apprenticeship service for apprenticeships in England.	www.gov.uk/apply-apprenticeship	
National Careers Service	National Careers Service website offers helpful tips for making apprenticeship applications. A webchat service is also available so questions can be answered straight away.	https://nationalcareers.service.gov.uk/	

	Includes information on CVs, Skills health check reports, action plans and course searches.	
NATSPEC	The membership body for organisations that specialise in providing for students with learning difficulties and disabilities. They give young people the chance to become more independent and to learn in an exciting environment with personal support and be able to choose the college that will best enable them to achieve their goals.	www.natspec.org.uk
Prospects (provide the Connections Careers Service in Bexley)	Prospects is part of the Shaw Trust and provides support, advice and guidance on a wide range of topics for young people ages 13 to 19 (up to 25 for young people with additional needs) who are not in work, employment or training or who have an EHCP. Young people who attend a Special Needs school in Bexley will have a 1-2-1 careers interview if their school buys-in the service.	www.shaw-trust.org.uk/en-GB/About-us
Royal Mencap	Education and employment through transition advice and support. Mencap Direct is a free help and advice line. Offering advice and information.	www.mencap.org.uk/advice-and-support/children-and-young-people/education-support/transition-adult-services
Skills For London	Annual exhibition (normally November/December) at Excel in London. 100+ organisations offering information on careers, apprenticeships, employment.	
UCAS	University Information which contains information for disabled students.	https://www.ucas.com/

Transition – Employment/Internships

AbilityNet	AbilityNet offers free services and factsheets to enable disabled people to use computers and the internet at home, at work and in education and supporting Employers and Employees make reasonable adjustments to the workplace.	www.abilitynet.org.uk www.abilitynet.org.uk/workplace/understanding-reasonable-adjustments
Access to Work	An Access to Work grant can pay for practical support if you have a disability, health or mental health condition to help you start working, stay in work or move into self-employment or start a business.	www.gov.uk/access-to-work/overview
Bexley Two Fold Erith	Service is available for Young Adults on the Learning Disability Register. Pre-employment and In-work Support including travel training, identifying suitable work placements, identifying suitable training courses, carrying out job searches, providing access to a job club, attending job interviews and employment support.	www.bexley.gov.uk/twofold
British Association For Supported Employment	BASE UK – For information and support on Supported Employment. Supported Employment is often described as Individual Placement and Support (IPS) when it is used to support people with long term mental health needs.	www.base-uk.org
Business Disability Forum	Business Disability Forum is an organisation that makes it easier and more rewarding to do business with and employ disabled people by support by sharing expertise, giving advice, providing training and networking opportunities.	www.businessdisabilityforum.org.uk/about-us

Transition –

Clear Talent	Clear Talents helps employers to understand how things like disability, health conditions, caring responsibilities (and many more) can have an impact on an employee's ability to perform at their best. Offers a free personal report to allow employers to understand your needs.	www.cleartalentsondemand.com
Disability Rights UK	'Get Back to Where We Belong' – Employment guide co-produced with Disability Rights and the Council for Disabled Children. This guide is excellent for information about being employed as a disabled person.	www.councilfordisabledchildren.org.uk/sites/default/files/field/attachemnt/GetBack16.pdf
Employ-ability	Opportunities for disabled and dyslexic students & graduates - Employ Ability can offer you free support, advice and guidance throughout the entire recruitment process and beyond.	http://www.employ-ability.org.uk
First Steps Plus	Employment opportunities for Disadvantaged people - First Step Trust (FST) delivers services to private and corporate customers. We create employment opportunities for disadvantaged people who want to get back into work.	www.firststeptrust.org.uk
Government Website	Supported Internships – Government guidance on how to provide supported internships for young people with special educational needs and an EHC plan or a learning difficulty assessment or statement of special educational needs issued before September 2014 It also includes information about applying for Access to Work funding.	www.gov.uk/government/publications/supported-internships-for-young-people-with-learning-difficulties
Preparing For Adulthood - Supported Internships	Guide to Supported Internships - Supported internships can be a good way of having a study programme that helps you to get a job. If you are aged 16 to 24 and have a Learning Difficulty Assessment or an Education, Health and Care Plan, then colleges can use their funding for your supported internship.	https://www.preparingforadulthood.org.uk/downloads/supported-internships/accessible-guide-to-supported-internships.htm
Remploy	Employment for Disabled/Health Conditions - Remploy exists to improve the lives of disabled people and those with complex needs through the power of work.	www.remploy.co.uk
Scope	Job seeking advice for Disabled people – Answers to your questions - I'm disabled, what help is available for me to find a job? What legal protection do I have as a disabled job seeker? Where can I find disability-friendly employers?	www.scope.org.uk
The Shaw Trust	A national charity providing employment opportunities, skills development training and health and well-being services. Employment Support, Work Experience, LD Apprenticeships and programme for young offenders.	www.shaw-trust.org.uk/en-GB/About-us

Transition - Independent Living

All Directions Dartford	Community group based in Dartford. Support for adults with Learning Difficulties. Offer a range of independent living related courses, coffee mornings and general support	https://www.facebook.com/alldirectionskent.co.uk/	Transition -
Bexley LA Equipment and the Disabled Facilities Grant	If a local authority needs assessment concludes that you need specific equipment, it should be provided free of charge. Minor adaptations (cost limited)– which includes the cost of buying and fitting the adaptation – are also provided free of charge. Councils can make a charge for minor adaptations that cost more than the current limit to provide. Larger, more expensive items may be classed as adaptations and will be the responsibility of the housing department and provided through Disabled Facilities Grants .	www.nhs.uk/conditions/social-care-and-support-guide/Pages/equipment-aids-adaptations.aspx	
Disability Rights UK	Provide advice and guidance on Advocacy, Personal Assistants, Independent Living and Disabled Housing Grants.	https://www.disabilityrightsuk.org/	

Disabled Living Foundation (DLF)	DLF is a national charity providing impartial advice, information and training on independent living. Including all types of home adaptation and mobility products for disabled adults and children, older people, their carers and families. Telephone helpline, on-line forum, full list of factsheets and training courses available. Including Clothing, Communication, Daily living, Equipment for house and home, Mobility and standing and Transport.	www.dlf.org.uk	
Independence at Home - Grants	The charity provides grants for disabled people and those with a long-term illness. Grants can be made for adaptations, equipment or other things to help manage at home if they're not funded by local or national government.	www.independenceathome.org.uk	
Inspire - Equipment (Bexley)	Inspire Community Trust promotes independent living. This is achieved by supporting disabled people and those who have sensory impairments to make informed choices which enable them to improve and enhance their lives. They also manage the Blue Badge Scheme, Freedom Pass, Wheelchair scheme and equipment, mobility aids and supported living.	www.inspirecommunitytrust.org/services/special-needs-housing.html	
Choice Support Bexley	Local services for ASD and Learning Disabilities including Social, Housing, Employment, Wellbeing and Community Support and Finances. Supported Living Services including maintain physical and mental wellbeing, develop daily living skills, help manage your finances, help to maintain your tenancy and access to community services	https://www.choicesupport.org.uk/find-support/find-support-near-you/community-support-mental-health	
Scope	Scope provides support, information and advice on Independent Living, Employment, Social care, Short Breaks, Assistive Technology and Equipment.	www.scope.org.uk/support/services/supported-living	
Your Own Place	Working with disabled and other young people from all backgrounds. They may be leaving care, leaving school, leaving prison, leaving supported accommodation, going to college or university or just leaving home for the first time. Including tenancy agreements, training courses, workshops for schools, preparing for employment.	www.yourownplace.org.uk	
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.	shared-lives@bexley.gov.uk	

Transition – Participating in Society

Ability Net – Assistive Technology	AbilityNet offers free services to enable disabled people to use computers and the internet at home, at work and in education. It also provides information on a wide variety of topics including: voice recognition technology, magnification and screen-reading software, computers and visual impairment, training and resources for disabled people.	www.abilitynet.org.uk www.abilitynet.org.uk/factsheets	Transition –
CEA Cinema Carers Card	The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA). The scheme is one of the ways for participating cinemas to ensure they make reasonable adjustments for disabled guests when they go to the cinema; in particular it ensures a complimentary ticket for someone to go with them.	www.ceacard.co.uk	
Council For Disabled Children	Personalisation and person-centred approaches for disabled young people in transition. This paper looks at what a person-centred approach might look like for a disabled young person during the transition to adulthood. It sets out what personalisation and person-centred approaches are, looks at practice development and sets out guidance which supports this way.	www.councilfordisabledchildren.org.uk/sites/default/files/uploads/documents/import/person-centred-approaches-in-transition-planning.pdf	

Getting Around UK Motability	Provides cars and powered wheelchairs through the Motability Scheme.	www.motability.co.uk
Inspire Community Trust	The Blue Badge Scheme. It provides a range of parking benefits for disabled people who travel either as drivers or as passengers. A Blue Badge helps people with mobility difficulties, either as a passenger or driver.	www.inspirecommunitytrust.org/services/blue-badge-freedom-pass/blue-badge-scheme.html
	Disabled Persons Freedom Pass - The Freedom Pass is paid for by your Council and is managed by London Councils. In Bexley, Inspire Community Trust manage it on behalf of the London Borough of Bexley. It gives free travel on most public transport. Available if you live in Bexley and have any statutory disabilities listed in the Transport Act 2000.	https://www.inspirecommunitytrust.org/services/blue-badge-freedom-pass/freedom-pass-scheme.html
	Bexley Wheelchair Service – will help if you use a wheelchair or have just been advised that you may need one.	http://www.inspirecommunitytrust.org/services/bexley-wheelchair-service.html
London Councils – Taxi Card Scheme	Reduced rate for taxi service - allows Londoners who have restricted mobility which prevents them from using buses or trains due to a long-term disability or injury, to travel in contractors' licensed radio taxis-black cabs- at subsidised rates.	www.londoncouncils.gov.uk/services/taxicard/apply-taxicard-your-borough
Mental Health Organisation	'A Book About Me' – An Ordinary Life Passport. The purpose of this 23 page booklet is for others to find out crucial information about a child or young person with high support needs in a short time-frame. It is very useful for attending clubs, short term care workers, friends and family and to use on days out and at public events. Ideal to print and complete with a young adult, allowing the opportunity for discussions.	www.mentalhealth.org.uk/sites/default/files/an_ordinary_life_passport_new.pdf
National Rail - Disabled Persons Railcard	The Disabled Persons Railcard is for people with a disability that makes travelling by train difficult. You will need to provide evidence of your eligibility with your application. Get 1/3 off adult rail fares for travel on the National Rail network in Great Britain. If you're travelling with another adult, they will also get 1/3 off their rail fare, so you can save money for a friend or family member too.	www.disabledpersons-railcard.co.uk
National Radar Key Scheme (for Disabled Toilet Facilities)	The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. Toilets fitted with National Key Scheme (NKS) RADAR locks can now be found in most parts of the country.	https://www.disabilityrightsuk.org/shop/official-and-only-genuine-radar-key
Your Own Place Training Courses	Training Courses for Young People - looking at debt and APR in detail, as well as bills, priorities, necessities, budgeting, benefits as a safety net, benefits and moving in to work, money saving tips and where to go for more help. Including tenancy agreements, training courses, workshops for schools, preparing for employment.	www.yourownplace.org.uk/why-choose-us/our-case-studies/tenancy-independent-living-skills-training-tils

Transition – Money Matters

Contact	Website contains information and guidance on a wide range of financial topics, including benefits and tax credits, education costs, utility costs etc.	https://contact.org.uk/advice-and-support/benefits-financial-help/	Transition
Disability Rights	General disability benefits, grants and financial support Information including Personal Independence Payment, Employment and Support Allowance and Carers Allowance. They also have information on many different grants including housing grants.	www.disabilityrightsuk.org	
Family Fund	Grants from Family Fund are for families on certain benefits, whose child or young person are disabled or has SEND. They are for aged 17 or under but can also advise on grants for older you adults.	www.familyfund.org.uk	

Government Website	General Disability Benefits information including, housing, vehicles, transport, Direct Payments, Disabled Facilities Grants, Housing and Council Tax Reduction, Blind Person's Allowance and Jobseeker's Allowance (Disability premium).	www.gov.uk/financial-help-disabled/disability-and-sickness-benefits
	16-19 Student Bursary Fund – A bursary is available to help with education-related costs if you're aged 16 to 19 and studying at a publicly funded school or college in England. Either a Discretionary Bursary for which any young person can apply or a Vulnerable Student Bursary of £1,200 per year for certain groups, including disabled students who receive both DLA and ESA.	www.gov.uk/1619-bursary-fund
	Carers Allowance and Carers Credit – Financial support if you care for someone who receives certain benefits, at least 35 hours a week, and earn under the threshold. You may be eligible for Carer's Credit (a National Insurance credit).	www.gov.uk/carers-allowance www.gov.uk/carers-credit/overview
	Disabled Students Allowance (DSA) – This is available to higher education students living in England if they have a disability, including a long-term health condition, mental health condition or a specific learning difficulty.	www.gov.uk/disabled-students-allowances-dsas
	Employment and Support Allowance - If you're ill or disabled, Employment and Support Allowance (ESA) offers you financial support if you're unable to work and/or personalised help so that you can work if you're able to.	www.gov.uk/employment-support-allowance/further-information
	Disability Living Allowance (DLA) - For children may help with the extra costs of looking after a child who is under 16 and has difficulties walking or needs more looking after than a child of the same age who doesn't have a disability.	www.gov.uk/disability-living-allowance-children
	Personal Independence Payment (PIP) – Helps with extra costs caused by long-term ill-health or a disability if you're aged 16 to 64. The rate depends on how your condition affects you, not the condition itself. You'll need an assessment to work out the level of help you get.	www.gov.uk/pip
	Becoming a Financial Appointee - Information on becoming an Appointee to support someone claiming benefits. You can apply for the right to deal with the benefits of someone who can't manage their own affairs because they're mentally incapable or severely disabled.	www.gov.uk/become-appointee-for-someone-claiming-benefits
Vehicles and Transport – Blue Badge parking scheme, Vehicle tax exemption, Vehicle tax reduction, The Motability Scheme and Community and public transport including the Disabled Persons Railcard.	www.gov.uk/financial-help-disabled/vehicles-and-transport	
Inspire Community Trust	Bexley Individual Budget and Direct Payment Support Service – Brokerage for Care: Inspire provides support to individuals with Direct Payments (DP) and Individual Budgets (IB) who have chosen a self-managed support plan through an assessment by their local authority to receive a self-managed support plan. This enables and empowers an individual to have greater control in the way that you receive your support.	www.inspirecommunitytrust.org/services/direct-payment-support.html
NHS Choices UK	Direct payments and personal budgets – information and application guidance. Direct payments and personal budgets are offered by your local authority to give you more flexibility over how your care and support is arranged and provided. They are given to both people with care and support needs, and also to carers.	www.nhs.uk/Conditions/social-care-and-support-guide/Pages/direct-payments-personal-budgets.aspx

Transition – Being Healthy

British Academy of Childhood Disability	Health Information including policy research documents for professionals and parents. Including information on transition for complex health disabilities .	www.bacdis.org.uk	Tra
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Bexley Care Hub Bexley LA Website	Website for Bexley Care Services for Adults: Information on adult social care and safety concerns. Complete a self-assessment as a carer or for someone else, find services specific to your needs, make a referral to Social Services and find useful services.	https://carehub.bexley.gov.uk/web/portal/pages/home
Council For Disabled Children (CDC)	Improving Transition in Health Services. The Transition Information Network at CDC are working with the NHS Foundation Trust on a research project looking at the relationship between health services and transition for complex needs.	www.councilfordisabledchildren.org.uk www.councilfordisabledchildren.org.uk/our-work/adulthood
Department of Health	The Department of Health (DH) helps people to live better for longer. They lead, shape and fund health and care in England, making sure people have the support, care and treatment they need, with the compassion, respect and dignity they deserve. DH is a ministerial department, supported by 27 agencies and public bodies.	www.gov.uk/government/organisations/department-of-health www.gov.uk/government/policies/health-and-social-care-integration
Mental Capacity Act	The Mental Capacity Act is the law in England and Wales that protects and supports these people, and outlines who can and should make decisions on their behalf. The Mental Capacity Act covers important decision-making relating to an individual's property, financial affairs, and health and social care. The full Mental Capacity Act Code of Practice is available to download from the public government documents website.	www.gov.uk/government/collections/mental-capacity-act-making-decisions https://www.gov.uk/government/publications/mental-capacity-act-code-of-practice
Oxleas NHS	Health Action Planning - Understanding Personal Health Profiles and Health Action Plans. The Personal Health Profile book (PHPs) was produced to enable health needs to be identified, either in health checks, at the opticians, dentists or by any other health professionals for people with learning disabilities. Often referred to as ' My Black Book '. You can download the sections of the book and create your own from the Oxleas website.	www.oxleas.nhs.uk/gps-referrers/learning-disability-services/personal-health-profiles/ www.oxleas.nhs.uk/site-media/cms-downloads/Information leaflet Layout 1.pdf
Preparing For Adulthood	PfA has a download from The Foundation for People with Learning Disabilities, who have produced a free interactive booklet and communication passport called ' An Ordinary Life ' to help families transform the quality of life for their child with complex health needs or who is dependent on medical technology to survive.	www.preparingforadulthood.org.uk/resources/all-resources/an-ordinary-life
Royal Mencap National Service	Healthcare advice including leaflets on healthcare checks, changes in the NHS, supporting in PMLD, the mental capacity act and top tips for supporting and meeting the needs of people with profound and multiple learning disabilities (PMLD).	www.mencap.org.uk/learning-disability-explained/resources-healthcare-professionals
Young Minds	Young Minds is committed to improving the emotional wellbeing, behaviour and mental health of children and young people age 0-25. Services include training courses, CAMHS transition guide and parent helpline, confidential online and telephone support, including information and advice, to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25.	www.youngminds.org.uk

The information provided was correct at the time of going to print and is subject to change without notice. For up to date information, please visit Bexley's Local Offer. Bexley Voice and the London Borough of Bexley are not held responsible for the content of external websites or documents.