

CHECKLIST FOR PARENTS / CARE

IN INDICATION

Transition is about the changes from being a teenager to becoming an adult. During this period you will be experiencing lots of changes and new things. At the same time you are gaining new rights and responsibilities. This can be both an exciting time, full of new opportunities but can also be a daunting time for you and also for those who have caring roles for you. Moving from a place you know well and feel secure to new and unknown places can be both exciting and worrying.

For young people with additional needs, it is important that this period of transition is well planned, and that everyone involved in the process is clear of their roles and expectations.

This checklist can be used for you to help prepare for any meetings that you may have with professionals.



Identify the phases of transition that are most relevant to you :

PHASE 1:

Preparing for transition from children's to adults services

Young person aged 14-16

You are starting to think about the transition from children's to adults services.

PHASE 2:

Preparing for adulthood

Young person aged 16-17

You have started talking about your plans for the future with teachers and care providers.

PHASE 3:

Preparing for moving on

Young person aged 17-18

You have a transition plan in place and are moving towards transferring to adult services.

PHASE 4:

Settling in to adult services

Young adult age 18-21

You've made the transfer to adult services and are continuing to receive any help and information you need to thrive in adulthood.

PHASE 5:

Approaching end of transition

Young adult age 21-25

You're approaching the end of transition and need to receive support with your end of transition.

HE CHECKLI

We have put together a checklist to make sure what should have been done has been done. The checklist shows everything that should be happening at each planning stage.

PHA E 1:

PHA E 3 : Preparing for moving on Young person aged 17-18

You have a transition plan in place and are moving towards transferring to adult services.

We believe:

- Every young person should be supported to plan proactively for their future.
- Every young person should be involved in ongoing assessments and developing a comprehensive holistic plan that reflects their wishes for the future.
- Children's and adult services should be actively working together to enable a smooth transition.

GOALS	Are these goals being met?		
	Yes	No	Partially
I am happy that my support plan reflects what's important to me, what I feel I can do and what I want to be able to do in the future.			
I regularly review my plan with my named worker as my situation changes to make sure it's still right for me.			
I am being helped to identify services and opportunities that are suitable for me as I get older.			
I understand that as an adult my replacement care and support is likely to change.			
I understand that as an adult my health care services may change.			
I understand about continuing health care and if it's applicable to me. Easy read guide for CHC : https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/746065/Easy_Read_Guide_2018_National_Framework_for_NHS_Continuing_Healthcare.pdf			
I have discussed ways I can be introduced and become familiar with any new settings or services before I start using them.			
I have a support plan in place and a one-page-profile all about my care preferences and interests to share with new carers and agencies. One Page Profiles: http://www.helensandersonassociates.co.uk/reading-room/how/person-centred-thinking/one-page-profiles.aspx			
I feel the individual needs of my whole family are being recognised and supported.			
I feel that children's and adult services are working well together, enabling me to live my life to the full.			
I have opportunities to ask questions about my future and feel prepared for the move to adult services.			

Mostly 'Yes'	Mostly 'No'	Mostly 'Partially'

PHA E 4:

PHA E 5 :

Approaching end of transition

Young adult age 21-25

You're approaching the end of transition and need to receive support with your end of transition.

We believe:

- That by this point you will have the blue-print for your adult life.
- By this stage you should have some idea of what your future will look like.

GOALS	Are these goals being met?		
	Yes	No	Partially
I know my living options. Housing Options Guide : http://www.worcestershire.gov.uk/info/20331/housing_and_care_homes/1683/housing_options_for_people_with_a_learning_disability/1			
I know my benefit entitlements and that the money I am claiming is correct.			
I am accessing the correct health services for my needs. Health Services : http://www.worcestershire.gov.uk/info/20612/send_health_and_wellbeing/1845/health_services_for_chil-			

EMPLO MEN

Disability Rights UK :

<https://www.disabilityrightsuk.org/how-we-can-help/benefits-information/factsheets>

INDEPENDEN LI ING

My own place :

<https://www.ndti.org.uk/resources/publications/my-own-housing>

Housing discussion papers :

<https://www.ndti.org.uk/resources/publications/housing-choices-integrated-discussion-paper>

Reach standards :

<http://www.paradigm-uk.org/reach-standards/>

Down's Syndrome association housing guidance :

<https://www.downs-syndrome.org.uk/for-professionals/social-care/supported-living/>

COMM NI INCL ION

Sex and relationships :

<https://www.changepeople.org/shop/products/sex-and-relationships-collection> <https://volunteeringmatters.org.uk/>

Health :

<http://www.uhs.nhs.uk/OurServices/Childhealth/TransitiontoadultcareReadySteadyGo/Transition-toadultcare.aspx> <https://www.nice.org.uk/guidance/ng43> <https://www.ndti.org.uk/resources/useful-tools/quality-checking-health-checks-for-people-with-learning-disabilities>

GENE AL E O CE

Council for Disabled Children :

<https://councilfordisabledchildren.org.uk/>

Preparing for adulthood :

<https://www.preparingforadulthood.org.uk/>

GLO A OF E M

- **Transition**

The changes from being a teenager to an adult