

# My Future



Guiding you through your life changes

# HELLO AND WELCOME TO THE 'MY FUTURE' PACK



This information pack has been produced by the Royal Borough of Kingston upon Thames.

It has been designed to help disabled young people when they move from being a child to an adult. The council places a great importance on helping young disabled people in the borough to make the transition to adulthood.

It will tell disabled young people and their parents and carers about the help they can get to make decisions about their future.

Young people and parents in the borough have helped to make this pack and therefore we want to thank them for their help.

We would particularly like to thank the following people for their time and support:

- Josh Peck, Lucy Savage, Michael Eastop, Chelsea Randall, Clifford Littleworth, Rachel Nelhams, Jamie Miles, Alice Putt, George Flynn and Saad Ibn-Mushtag for taking part in a photoshoot for the pack.
- The pupils at St Phillips School for helping us with choosing the design and content of the pack.
- Wendy Jenkins (Moving Forward Service Coordinator) for leading on the production of the pack.
- Grace Over (Participation Officer for Disabled Children and Young People at Kingston Council) for her support with consulting young people on the pack.

**We hope you find this pack useful.**

A handwritten signature in black ink that reads "Duncan Clarke".

**Duncan Clarke**

*Director of Learning and Children's Services (Interim)*



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# Introduction



# What is transition to adulthood?

**Transition to adulthood** is when disabled young people move from being children to being an adult.

For some disabled young people it will mean support services changing from children's services to adult services.

**A lot of changes occur when you become an adult and there is a lot to think about:**

- Leaving school
- Going to college or getting a job
- Where to live
- Getting the right benefits
- Changing support from children's to adult social services

**We want to help you think about and plan your future.**

We can do this by letting you know what changes will be happening and asking you what you want to happen.



# When will transition planning start?

**Transition planning** begins at school when you are **14 years old**.

You, your parents/carers and school all **work together** to make plans for the future.

You can also **ask other people** to help with planning your future such as a worker from **Connexions** or **Social Services**.

As you become an adult you will meet new people and groups. **This pack will tell you who can help you and when.**



# What happens in transition?



It's time to think about you



Starting your transition plan



Becoming more independent



Moving on



Work



Local college



Day time activities



Training



Residential college

# It's time to think about you (Year 8):

**Before your Year 9 review it is a good idea to start thinking more about:**

- which people are important to you?
- who can help you plan for your future?
- what you want to do when you leave school
- what you like and don't like doing
- what you are good at
- what you need more support with

**Thinking about these things before your review means that someone can help you tell people about them at your review.**

This helps to make sure that your thoughts are listened to.

**W** **The workbook in this pack can help you think about these things.**

It doesn't matter if you can't think of answers to all the areas. Your plan will be looked at again every year as things may change as you get older.



# Starting your Transition Plan (Year 9):

**In Year 9 you will be about 13-14 years old.**

Your Year 9 Annual Review will also be your school transition review.

At this review your Transition Plan will be started.

You will be asked what you think about how you are doing and what you want to do for your future.

You can attend your review or ask someone else to give your views.

Your school and parents/carers will also talk about what support and help they can give you to achieve your hopes and dreams.

In Year 9 you should meet your Connexions Personal Advisor.

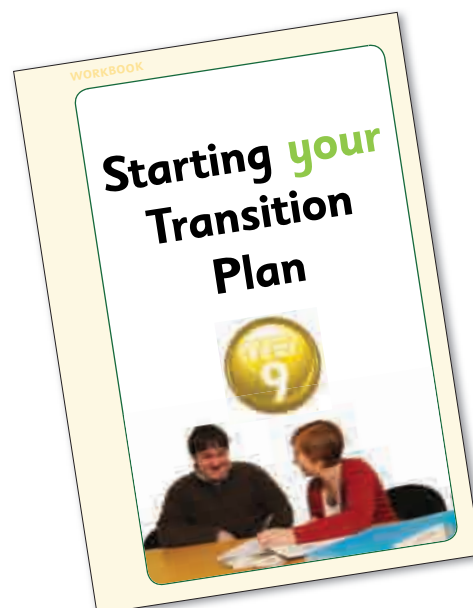
**If you need extra help you may also have a social worker or a Moving Forward worker.**



**Find out more about these people in the 'Who Can Help?' section of this pack.**

At the end of the review meeting, targets are set and it is agreed who will help you to achieve them.

Your head teacher must see that the Transition Plan is written and sent out to everybody including you and your parents.



# Becoming more independent (Years 10/11):

**You will now be 15-16 years old.**

The targets set in your Transition Plan will be about helping you become more independent.

This Transition Plan is reviewed every year at your Annual Review until you leave school.

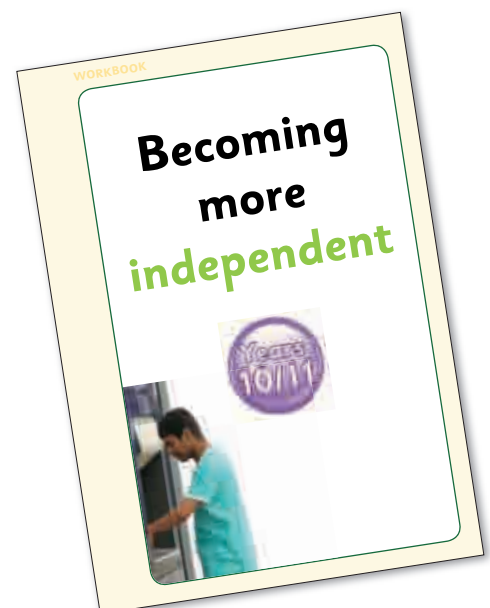
The things in your Transition Plan should now be happening. If they are not happening then speak to your Connexions Personal Advisor or school about them.

Before each review think about what is working well and what you want to change in your Transition Plan.

You may be looking at colleges for 6<sup>th</sup> form, or your school may already have a 6<sup>th</sup> form attached.

**If you are planning on going away to residential college after 6<sup>th</sup> form then you will need to start looking now. Your Connexions advisor and school can help with this.**

**W** The workbook in this pack can help you think about these things.



## Moving on (Years 12/13):

**You will now likely be in 6th form college and will be aged 16-19+**

Your Transition Plan should have helped you to plan for the future and it is now time for decisions to be made about what you are going to do after school, if you haven't made them already.

**connexions** If you plan to keep learning or training then your Connexions Personal Advisor will write a Section 139 assessment before you leave school.

If you have a social worker or a Moving Forward worker involved then they may write a plan to give to Adult Service's so that they know what support you may need as an adult.

Alternatively if you do not have a social worker and feel that you may need support as an adult then you can ask for one.

**If you have health needs then a Health Care Worker can help you to make sure that you have a Health Action Plan. This should explain:**

- How you keep healthy
- What extra support you need to keep healthy
- Who can help you with keeping healthy



**More information about this support can be found in the 'Who Can Help?' section of this pack.**



## INTRODUCTION

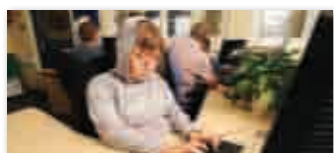
**There are different options for you to choose from when you leave school:**



**Local college:** you may decide to do a college course near to where you live.



**Residential college:** This is a college where you live away from home for some or all of the time whilst you are learning.



**Employment:** you may decide that you want to work. This can be full time, part time or voluntary. You can get support to help you work.



**Daytime activities:** You may want to do activities and meet people in your spare time. This can be at a centre or out and about with a support worker.



**More information about colleges, employment and leisure activities can be found in the pull out leaflets at the back of this pack.**

Make sure that you talk to people about what **you** want to do. Your Transition Plan can help you tell people what is important to you and what support you need.



**The 'Who Can Help' section of this pack explains who the different professionals are and what help they can give you.**

# How do I use this pack?

Hopefully you now have some understanding of what will be happening and are wondering 'what now?'

**This pack can help you to start planning and thinking about your future.**



## Who can help?

**This section tells you about the different people that can help you.**

It tells you what they can do for you and when.

It gives you their contact details.

## 'Planning your Future' workbook

**This workbook helps you think about your future and plan for your review meetings.**

The workbook is split into year group sections.

This workbook belongs to you. You can add information to this pack at any time. This will ensure it is all kept in one place.

You may want to put your Transition Plans in here to remind you what you are working on and who is helping you.

You may want to add the names and telephone numbers of people who are helping you with your plan.

You do not have to use this workbook. You may only want to use some bits of it.

### WORKBOOK

## Planning your future

**This is your book.**

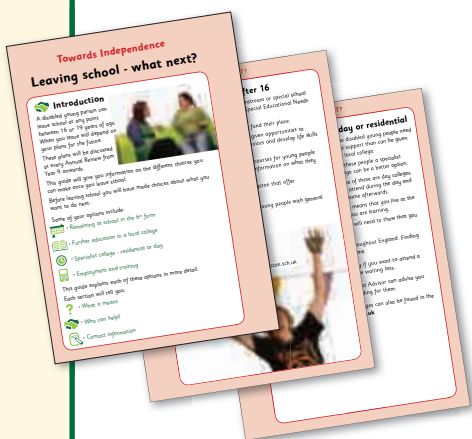
It is to help you and your family plan your future



# INTRODUCTION

If you need support with using this workbook then ask for help. Some people that may be able to help you are your parents/carers, your Connexions Personal Advisor or your school.

If you have a Social Worker or a Moving Forward worker then they could also help you.



## Towards Independence

At the back of this pack are information leaflets. You can look at the leaflets that are important to you.

These leaflets give you more information on:



- Leaving school - what next?



- Housing



- Staying healthy



- Transport



- Money matters



- Sport and Leisure



- Advocacy and Support

## INTRODUCTION

**The leaflets tell you about some of the services in Kingston upon Thames.**

They also give you contact details.

We have tried to make sure all the information is right. However sometimes information changes. We will try to send you changes when they occur.

If you need another copy of one of these leaflets, or of this pack, then please contact:



**Name:** Moor Lane Children and Young People's  
Development Service

**Address:** Moor Lane, Chessington, Surrey, KT9 2AA

**Tel:** 020 8547 6527

# Who can help me?

**This section tells you who can help you with planning for your future.**

It gives information about the help that they can give and their contact details.

**More detailed information about the help they can offer can be found in the information leaflets at the back of the pack.**



## School

**Your Year 9 Transition Review happens at school. Your school will help you think about and share your views at your review meeting.**

Ask your teacher about how they will help you to give your views.



# + Health professional

**If you receive health support from a health care professional or hospital due to your disability, you will see different people when you become an adult.**

A Health Care worker can help you to make sure that you have a Health Action Plan.

### **This should explain**

- How you keep healthy
- What extra help you need to keep healthy
- Who can help you?

If you receive your health support from your school then these targets may be written in your Transition Plan.

**Make sure you ask the healthcare workers you see about what will happen when you move to adult services and who you can contact.**



# Connexions

connexions

**You will meet your Connexions Personal Advisor in Year 9 (when you are 13-14 years old).**

Your Connexions Personal Advisor will attend your Year 9 review and will help you think about college and work.

If you are going to continue learning or training then your Connexions Personal Advisor will complete an assessment when you leave compulsory education to say what you want to do and what support you will need.

Your Connexions Personal Advisor can support you until you are 25 years old.



## Social Care Services

**A Social Worker helps children and adults when they need more support.**

A Social Worker helps people:

- stay safe
- get benefits
- get support
- live more independently

## Children's Social Care

**Some disabled children have a Social Worker in the Disabled Children's Team. When they become adults they may get a new Social Worker that works with adults.**

In Kingston upon Thames we have Moving Forward workers. They work with disabled young people that are likely to need support from Adult Social Care.

If you have a Social Worker or a Moving Forward worker they will attend your school reviews from Year 9 onwards.

Moving Forward workers find out which Adult Social Care team may be able to help you.

Moving Forward workers speak to the Adult Social Care teams to let them know about you and the support you may need as an adult.

They help to make sure that your views are heard.

Moving Forward workers write a '**Moving Forward Transition Plan**'. Your Moving Forward worker will write your plan with you and your family and will ask you what information you want to be in the plan. The plan will also contain information from your School Transition Plans.



## INTRODUCTION

This plan is sent to the Adult Social Care team so that they can see if they can help you.

If you do not have a social worker you can contact the Disabled Children's Team for more information, advice or to ask for an assessment:



**Name:** Duty Social Worker, Disabled Children's Team

**Address:** Moor Lane Children and Young People's Development Service, Moor Lane, Chessington, Surrey, KT9 2AA

**Tel:** 020 8547 6523

**Email:** [disabled.children@rbk.kingston.gov.uk](mailto:disabled.children@rbk.kingston.gov.uk)

# INTRODUCTION

## Adult Social Care

Some disabled young people will need support when they are adults.

There are different Adult Social Care teams. The team that supports you will depend upon your disability and needs.

If you have a Moving Forward worker then they will help you find out which team may be able to support you.

Alternatively you can contact Community Care Services and they will direct you to the team that can most meet your needs.



**Tel:** 020 8547 5757

**Email:** [contact.us@rbk.kingston.gov.uk](mailto:contact.us@rbk.kingston.gov.uk)

**Website:** [www.kingston.gov.uk/communitycareservices](http://www.kingston.gov.uk/communitycareservices)



**Further information about how Adult Social Care can provide support can be found in the leaflets at the back of this pack.**