

Lewisham Transitions Pathway Guide

Preparing you for adulthood



Introduction

Preparing for Adulthood (PfA) is about preparing you for different aspects of life and recognising your increasing independence once you reach aged 16 and beyond.

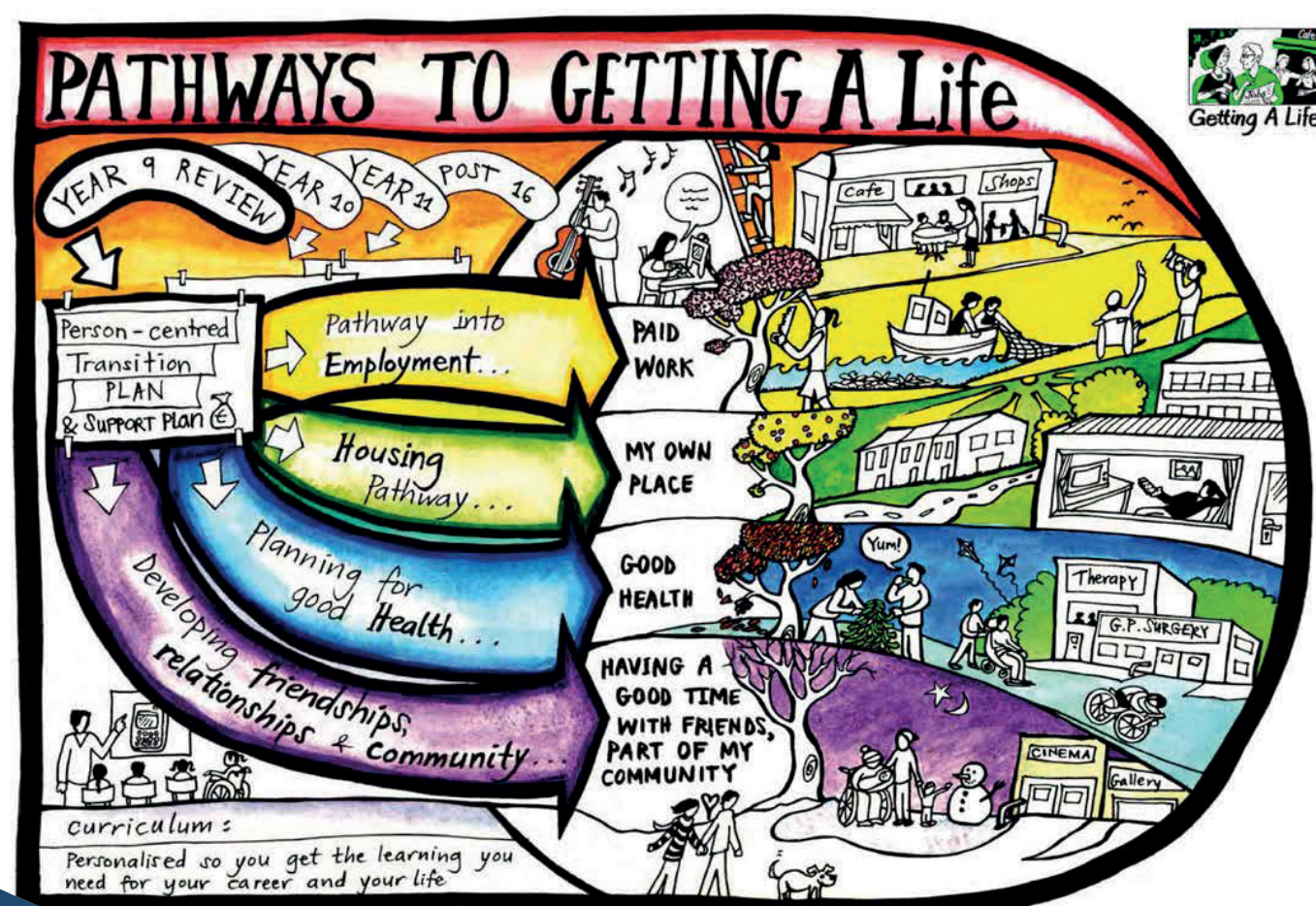
You will need to start thinking about:

- employment (and the right education to get there)
- somewhere to live
- having friends and being part of their community
- being happy, healthy, safe and confident about your future

If you are aged 14–25 with special educational needs and/or disabilities (SEND) this guide will help you prepare for adulthood, also known as transition. This guide is also for your parent(s) and/or carer(s) and professionals working with you. It sets out how services should work together to support you with your special educational needs, disabilities, learning difficulties and mental health to prepare for adult life.

This guide is also useful if you have SEN Support and/or health and care needs that do not require an Education, Health and Care (EHC) Plan.

You should read this guide in conjunction with Lewisham's 'Your choice, your future Post-16 Pathways' booklet, available online.



In this booklet we use some words and terms that you may not have heard before, this is what they mean:

SEND	Special Educational Needs and/or Disability
EHCP / EHC Plan	Education, Health and Care Plan
Care Act Assessment	This assessment considers your needs under the Care Act 2014, decides if you are eligible for Adult Health and Social Care, and if so, agrees the outcomes in the Care and Support Plan.
Care & Support Plan	If you are eligible for Adult Health and Social Care we will work with you to draw up your plan, agree the outcomes, identify where needs can be met through family support or informal networks, and confirm the personal budget to enable you to purchase additional services to meet your identified needs. We call this the Care & Support Plan.
Personal Budget in Adults	When the Care Act Assessment has been completed, we draw up a Care & Support Plan and agree a sum of money that we think is sufficient to meet the assessed needs and achieve the outcomes. We use a Resource Allocation System (RAS), to guide us in this process. We call this money the Personal Budget.
Direct Payments	Once we have agreed the personal budget, we will usually arrange for this money to be paid to the individual, or who is acting on their behalf. We call this a Direct Payment. This is paid to you or your parent(s)/carer(s).
Appointee	An appointee is a person appointed to manage your benefits received from the Department of Work and Pensions (DWP).
DLA	Disability Living Allowance
PIP	Personal Independent Payment
Annual Health Check	People with learning disabilities from the age of 14 upwards should have an annual health check with their GP. You will need to contact your GP to go on the disability register to be eligible.
Health Action Plan	This plan can be written by your GP, community nurse or other person involved in your care. The Plan sets out health needs and how these will be met.
Hospital Passport	A helpful document should someone need to go into hospital providing basic information to help hospital staff assess and support appropriately.
Phase Transfer	This is when a young person moves between phases of education. There should always be an annual review of the EHC Plan before a transfer to a new phase of education.
Preparing for Adulthood (PfA)	Preparing for adulthood, also known as transition, begins when young people are in Year 9 at school (13 or 14 years old) and carries on until they are 25.
South East London Integrated Care Board (ICB)	Responsibility for the delivery of NHS services in South East London, consisting of the six SE London Borough including Lewisham.
UC	Universal Credit

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Section 1: Education, Health and Care (EHC) Plan education pathway and phased transitions

The SEN and Disability Code of Practice sets out what should be considered in annual reviews from Year 9 onwards. Discussions about your future should focus on what you want to achieve and the best way you.

In this section of the booklet, you will find the pathway for young people with an EHC Plan during a phase transfers.

The Council for Disabled Children's guide to help young people prepare for annual reviews.



Aged 14–19 years + – what to expect

Year 9 (aged 13–14)

Your EHC Plan Annual Review will focus on preparing for adulthood and include discussions in the following areas:

- Education Pathway and employment
- somewhere to live
- having friends and being part of their community
- being happy, healthy, safe and confident about their future

Your voice will be central to the planning process.

- You will have a Senior SEN Case Officer. Your setting will tell you who this is or alternative please contact the SEN Team via their Generic Team Email SpecialEducationNeeds@lewisham.gov.uk.

Year 10+ (aged 14–15)

- Your education setting should continue to provide you with independent careers advice and help to raise your career aspirations. They should offer opportunities for taster sessions, work experience, mentoring, inspiring speakers/role models to help you to make informed decisions about your future aspirations.

Year 11 (aged 15–16)

In the autumn term of Year 11, you will receive a letter from the local authority SEN Team asking you to state what education pathway you wish to follow and your preferred settings.

You may leave school after Year 11, but by law should participate in learning or enter into the workforce until the age of 18, which could include:

- full-time education (e.g. at a school, college or training provider)
- an apprenticeship, supported internship or traineeship
- part-time education or training combined with one of the following:
 - employment or self-employment for 20 hours or more a week
 - volunteering for 20 hours or more a week

Should you be moving into paid employment your EHC Plan will cease. You will be informed of this decision in writing. The LA will also review whether you continue to require the support of your EHC Plan Post 16. Again, the LA will write to you should it be proposed to cease your EHC Plan.

You need to think about what you want to do next including:

- Visiting post-16 education settings you are interested in
- Visiting the Local Offer for information on courses and training programmes
- Reading Lewisham's 'Your choice, your future Post-16 Pathways' booklet, available online.
- The National Careers Service also offers Job support if you have special educational needs or a disability.
- Should you require further advice and support regarding schools and other matters, contact the Lewisham's Special Educational Needs and Disability Information, Advice, and Support Service.
- Please note that even where the LA agrees to name a particular provider on your EHC plan, we cannot guarantee that a place will be available on the specific course or study programme of choice. You will need to complete their own application to the college/other training institution, ideally before or alongside the LA's consultation process.

The local authority SEN Team will confirm your post 16 placement by 31 March if an EHC Plan is in place. In the summer term of your final year in your education setting, your current setting and future post 16 setting may support you to develop a transition plan.

Up to 25 years old

Your EHC Plan will cease when you have met all of your outcomes and/or move on to Higher Education, paid work, volunteering or social care services (without education). Professionals working with you will always help you to develop an exit plan for when your EHC Plan ceases.

If you had an EHC Plan and left education but then decide you wish to return (and are still under 25yrs), the local authority will consider whether the previous EHC Plan should be revived and reviewed. It is possible however that you will have to go through the full EHC needs assessment

Support for young people who no longer need an EHC Plan

From Year 9, SEN Support reviews will focus on preparing for adulthood and will include discussions on education and employment, community inclusion, independent living and health.

From Year 11, SEN Support reviews will focus on transition planning post-16 or 19 in an education setting.

Further education providers continue to have statutory duties to meet your needs if you do not have an EHC Plan.

You need to think about what you want to do next including:

- Visiting post-16 education settings you are interested in
- Visiting the Local Offer for information on courses and training programmes
- Reading Lewisham's 'Your choice, your future Post-16 Pathways' booklet, available online.
- The National Careers Service also offers job support if you have special educational needs or a disability nationalcareers.service.gov.uk
- Should you require further advice and support regarding schools and other matters, contact can also be made with Lewisham's Special Educational Needs and Disability Information, Advice, and Support Service. www.kids.org.uk

Section 2: Transition and the Moving On Process and Pathway to Adult Social Care

In this section of the booklet, you will find the pathway which describes what happens and when, if you are eligible for services and support from Adult Social Care.

When you reach 18 years old, the responsibility for providing health and social care support transfers from Children's Services to Adult Social Care. The eligibility criteria are set out the in The Care Act 2014, which can be found online.

Pathway Age 14–25 years – what to expect

Year 9 (aged 14–15)

Your Education, Health and Care (EHC) Plan Annual Review will be a chance for you and your parent(s)/carer(s) to consider what you want to do as an adult.

See Section 1: Children's Education, Health and Care Plan Transition Pathway.

Year 11 (age 15–16)

Professionals will decide the best service to meet your needs in adulthood. This could be:

- Adult Social Care Transition Team
- Clinical Learning Disability Service
- An allocated Occupational Therapist
- Single Point of Access (Physical, Sensory and Autism) (SPA)
- Mental Health Services
- South East London Integrated Care Board (ICB) for continuing health care (CHC)

If you are eligible for CHC your transition will be led by the ICB. (See Section 3: Children's Continuing Care Transition Pathway)

For the other services, depending on which education setting you attend, you will be allocated an Occupational Therapist, Nurse or Social Worker from Adult Social Care before you are 18 years old.

If you are currently supported through the Children with Complex Needs (CWCN Team), you will be allocated a new Transition Worker who will support you through the transition process. Once allocated a joint visit will be arranged with your current social worker and Transitions worker to start the assessment process.

Your Transition Worker will make sure that all of your allocated professionals work closely together and attend your EHC Plan Annual Reviews.

Moving on Process – what to expect

Age 17

A Care Act Assessment will be completed jointly by your Social Worker and education setting to capture information around your needs for care, strengths, abilities and aspirations in adult life. This assessment will also determine if you meet Care Act 2014 eligibility criteria.

If the Care Act Assessment determines that you are not eligible for on-going support from Adult Social Care Services, you will be given information and advice about other services and resources available.

Age 17 and six months – Budget Allocation and Support Planning

After an assessment has been completed, the Council will give you an indication of which needs for care and support are likely to meet the Care Act eligibility criteria once you turn 18, so that you understand the care and support you are likely to receive and the differences in the way support is provided for adults and children. Where needs are eligible, the Council will work with you and your family to undertake the care planning process and indicate the likely personal budget available for support planning so that there is no gap in service provision. The support plan must be validated by a manager to make sure it meets the Council’s statutory responsibilities.

Age 18 – Transition

New adult care and support package will be in place on your 18th birthday.

Age 18+ – Review

A review of how the support plan is working will take place usually within 6 weeks of it being implemented. Reviews usually happen annually after that, or when needs change.

Aged 20–25 – Annual Reviews

Adult Social Care will work with you to help you plan what you want to do when you leave further education.

Support for families who are not eligible for Adult Social Care

Not all young people will be eligible for services and support from Adult Social Care. If this is the case, you will be signposted to information, advice and guidance to help achieve your Preparing for Adulthood outcomes.



Section 3: Children’s Continuing Care Transition Pathway

In this section of the booklet you will find the NHS pathway for young people to be assessed for transition into adult continuing health care.

Moving On Process – what you need to know

What is NHS CHC?

NHS continuing healthcare (CHC) is a package of continuing care funded solely by the NHS for adults aged 18+ who’s main or primary need for care is because of complicated, intense or unpredictable healthcare needs, from a disability, accident or illness.

Do I need to pay towards my NHS CHC care?

People who are eligible for NHS CHC do not pay anything towards the costs of their care.

Where can I receive NHS CHC?

If you are eligible, you can receive NHS CHC in your own home or a care home, or in another setting, but not in an acute hospital.

Who is eligible for NHS CHC?

- To find out if you are eligible for CHC, you need to go through a process with two different stages.
 - Stage 1 – the Checklist will be used to decide if you can move on to Stage 2.
 - Stage 2 – a full assessment: the result of which will decide if you are eligible for CHC.
- Not everyone will need to go through the checklist, if it is clear that they have CHC needs.

What does informed consent mean?

- Before the CHC process starts, you need to give informed consent for the process to happen, and for information about you to be shared between the health and social care workers involved.
- Informed consent means agreeing to something when you have full understanding of what could happen, and know all the possible risks and benefits. Your consent may be checked again, or you may be asked for your consent again, later in the CHC process.

What if I cannot give consent, for any reason?

- If there are worries that you can't give informed consent for any reasons, the Mental Capacity Act has to be used to prove that you are not able to give consent.
- If you lack the mental capacity to either give or refuse consent to the assessment process or the sharing of information, your decision-maker, for example your parents or carer, should talk with all the people who have real interest in you, like family, friends and care staff. The decision-maker listens to everyone and then decides if asking for CHC funding is the best thing for you. This is called a 'best interests' decision.
- Asking for CHC funding is usually the best thing to do, as if you are eligible, you do not pay anything towards the costs of your care.
- The 'best interests' decision must be written down. The CHC process can only begin if the 'best interests' decision is that the process should start.

What happens in Stage 1?**Stage 1: The checklist**

- The checklist will be completed by your allocated Social Worker or Continuing Care Nurse at age 17 years and six months. They will meet with you to discuss your needs. You can have an advocate, friends or family with you.
- Your Social Worker or Continuing Care Nurse will ask about your health and the help you need. You can look at your care plan to help explain your needs. The Social Worker will also talk to other people about your care needs, like your family or other health or social care workers who work with you.
- The Social Worker will use all the information to fill in the checklist. The results of the checklist show if you can go on to Stage 2.
- If the checklist results show you are not eligible to move on to Stage 2, you can ask the ICB to think again about their decision.

What happens in Stage 2?**Stage 2: The full assessment**

- The full assessment is coordinated by the CHC Team so that you have a named person to check things with. The full assessment has two parts:
 - a Care Needs Assessment, and
 - the Decision Support Tool.
- The Care Needs Assessment is completed by a team of health and social care professionals (a "multi-disciplinary team (MDT)") and involves collecting information about your health and social care needs. You and your parent(s)/carer(s) will be asked to contribute. The MDT then uses this information to complete the Decision Support Tool.
- The Decision Support Tool helps the MDT identify and describe your needs. The Decision Support Tool has 12 sections, called Domains. Each domain looks at a different care need, and the type and frequency of support needed to manage it. With this knowledge and their skills and professional judgement, they work out if you have a primary health need, and if they think you are eligible for CHC. This is called their recommendation.
- When the Care Needs Assessment and Decision Support Tool are complete, you need to check if you agree with what has been written about you.
- The documents and the recommendation are then presented to the ICB, and the ICB decides if they agree with the recommendation. You will then get a letter from the CHC YEam saying whether you are eligible for CHC.
- If you are not eligible, the ICB should explain why. You can ask them to review their decision. And if you're still unhappy with the ICB decision, you can ask for an independent review and a local resolution meeting.

What happens if I am eligible for CHC?

- The next step is to agree on your health and wellbeing goals, and the care you will get e.g.
 - Where your care will be given e.g. in your own home or in a care home, and
 - Which organisation/s will be responsible for meeting your needs
- Your wishes should be an important part of the decisions that you both make together.
- Depending on your care you may be able to use CHC funding to continue with that care or support you were already receiving.
- It's also important that any support or care is what you would choose for yourself, in line with the South East London (SEL) ICB Choice and Equity Policy.

What is a Personal Health Budget?

Any individual who is eligible for CHC has the right to have their CHC funding as a Personal Health Budget. See Personalisation and Personal Budgets.

What is a review and how often do they happen?

- If you are eligible for CHC and your care package is started, the ICB's CHC Team will check things with you after 3 months. They will check to see if the care you get is meeting your needs and goals. This is called a review. After that, the CHC Team will meet with you every year for a review. Each review will check:
 - if your needs and goals are being met
 - if your care package still fits your needs

Creating a Personal Folder

- You may want to consider working with your Transition Social Worker to create a personal folder to share with adults' services. It could contain:
 - a profile
 - your strengths, achievements, hopes for the future and goals
 - information about your health condition, education and social care needs
 - your preferences about parent and carer involvement
 - emergency care plans
 - history of unplanned admissions into hospital

Pathway Age 14–25 years – what to expect

Year 9 (aged 14-15)

If you are in receipt of Children's Continuing Care funding, Adult Continuing Healthcare (CHC) will be notified when you turn 14 years old. See Who is eligible for NHS CHC?

Year 12+ (aged 16–17)

If you are receiving support via a placement outside Lewisham, we will agree which ICB will continue to support you.

When you reach 17 years old, Adult CHC will be notified and a date for a Stage 1: CHC Checklist will be arranged (if appropriate). See What happens in Stage 1?

Year 13+ (aged 17–18)

Stage 1: CHC Checklist shows you are eligible to move onto Stage 2: Full Assessment, an assessment will be carried out by a team of health and social care professionals (a "multi-disciplinary team (MDT)"). At the start of the assessment the MDT must explain the transition process to you and your parent(s)/carer(s). See What happens in Stage 2?

Support for young people who are not eligible for Continuing Care

If you are not eligible for NHS Continuing Healthcare, you may still be eligible for NHS nurse funded care.

You also have the right to a Review. If it has been determined by the relevant ICB that you are not eligible for a package of adult NHS Continuing Healthcare when you reach the age of 18, you and your parent(s)/carer(s) – or in the case of looked after children your social worker and Independent Reviewing Officer – should be advised of your non-eligibility and of your right to request an independent review, on the same basis as NHS Continuing Healthcare eligibility decisions regarding adults.

Year 13+ (age 18+)

- The suitability of your provision will continue to be reviewed to ensure your needs are being met appropriately. See What is a review and how often do they happen?
- If you have an EHC Plan in addition to a Continuing Care Plan, this may continue up to age 25. The transitional period will provide an opportunity to align the EHC Plan Annual Review and the assessment for NHS Continuing Healthcare.

Section 4: Children’s Occupational Therapy Transition Pathway

In this section of the booklet you will find the Social Care and NHS Paediatric Occupational Therapy (OT) Transitions pathways for young people.

Moving On Process – what to expect

There are two Occupational Therapy transition pathways depending on whether you are receiving support from Social Care Occupational Therapy (Community Occupational Therapy) or NHS Occupational Therapy Services.

Pathway 1 – If you are receiving support from Social Care Occupational Therapy Services

Year 13 (aged 17–18)

- If you are on the waiting list for a new assessment from the Paediatric Community Occupational Therapy Service you will automatically be transferred to the Adult Community Occupational Therapy Service for an assessment.
- If you are receiving Occupational therapy from the Paediatric Community Occupational Therapy Service, your Paediatric Community Occupational Therapist (COT) will have a conversation with you regarding any current OT needs that involve major adaptations (such as a level access shower, ramp, through floor lift, ceiling track hoist).
- If you have identified ongoing needs, the Paediatric COT will transfer you to the COT in the Adult Community Occupational Therapy Service once the following has been completed:
 - A review of all your equipment needs
 - Minor adaptations have been completed
 - All onward referrals have been made to the relevant teams
- If you are living in Phoenix Community Housing or L&Q Homes, you and/or your parent(s)/carer(s) will need to follow up adaptions directly (unless there are special circumstances).
- If you do not have identified ongoing needs, you will be discharged from the Paediatric Community Occupational Therapy Service with advice about where you can go for support in the community. You can self-refer back to the service at any time.

Pathway 2 – If you are receiving support from NHS Occupational Therapy Services

Year 9–13 (Under the age of 18)

- All requests for NHS Occupational Therapy assessments are made to The Children with Disabilities Occupational Therapy Team and the referral is forwarded to the Adult Social Care (as appropriate).

Year 13+ (Over the age of 18)

- The criteria for NHS Occupational Therapy involvement is:
 - Resident of Lewisham
 - Have a permanent and substantial disability
 - Care Act 2014 eligible – have two or more needs

Support for families who are not eligible for Occupational Therapy

You may not be eligible for services and support from Adult Social Care and NHS Occupational Therapy Services.

If you have been discharged from the Social Care Paediatric Community or Adult Community Occupational Therapy Services and feel you need additional support, you and/or your parent(s)/carer(s) can self-refer back to the service at any time.

For more information contact Paediatric COT: PaediatricCOT@lewisham.gov.uk / 020 3049 1266/1259 or Adult Social Care COT: gateway@lewisham.gov.uk / 020 8134 7777.

Section 5: Children's Physiotherapy Transition Pathway

In this section of the booklet you will find the NHS Physiotherapy pathway for young people.

Moving On Process – what to expect

There are two Physiotherapy transition pathways depending on whether you have a diagnosed Learning Disability (LD).

Pathway 1 – If you have a diagnosis of Learning Disability (LD)

Year 11 (aged 15-16)

The Children's Physiotherapy Service and Lewisham Adults with Learning Disabilities Physiotherapy Service will meet to discuss young people with learning disabilities who are anticipated to transition to adult services. They will review your needs holistically, taking into consideration any other services who are currently supporting you e.g. Cardiology, Orthopedics etc.

If you have complex needs, the Children's Physiotherapy Service and Lewisham Adults with Learning Disabilities Physiotherapy Service will plan if a 'direct handover' meeting with you and your parent(s)/carer(s) to plan your transition to Lewisham Adults with Learning Disabilities Physiotherapy Service. This meeting will be attended by a Physiotherapist from Children Physiotherapy Service and Lewisham Adults with Learning Disabilities Physiotherapy Service and may take place in person or virtually.

If you have less complex needs, the Children Physiotherapy Service and Lewisham Adults with Learning Disabilities Physiotherapy Service will ensure that referrals are made to any other appropriate services you may need e.g. Orthotics etc. and that you are provided with lots of advice about where you can go for support in the community.

Year 15 (aged 19+)

If you are eligible for the service, Lewisham Adults with Learning Disabilities Physiotherapy Service will provide support to you wherever you are located e.g. at home, college, day centre etc. If you are attending a specialist college, the Lewisham Adults with Learning Disabilities Physiotherapist will work with your college Physiotherapist to make sure that your support is coordinated.

Pathway 2 – If you do not have a diagnosis of Learning Disability (LD)

Year 11–12 (aged 15–17)

If you have an identified postural need, you will continue to be seen at the Postural Assessment Clinic every 12 months. If you have an identified Physiotherapy need, you will be invited to attend a Multi-Disciplinary Transition Clinic with the Community Paediatrician and a Physiotherapist from the Children's Physiotherapy Service, or you may be invited to attend a Specialized Transition Physiotherapy Clinic where a Physiotherapist from the Children's Physiotherapy Service will discuss transition and what you can expect.

Year 13 (aged 17–19)

If you have an identified postural need, you will continue to be seen at the Postural Assessment Clinic every 12 months until you are 19. If you do not have an identified Physiotherapy need and are approaching aged 19, you will be discharged from the Children's Physiotherapy Service. You will be discharged with a referral to your GP and lots of advice about where you can go for support in the community e.g. how to make a referral to the Lewisham Hospital Outpatient Physiotherapy Department (if you are able to access the community) or Lewisham Adult Therapy Team (if you are not able to leave your home).

Support for young people who are not eligible for Physiotherapy

You may not be eligible for services and support from Physiotherapy.

The Children's Physiotherapy Service operate on an 'episode of care' model. This means that you will receive an intervention for an identified need (if appropriate). Once the need has been resolved, you will be discharged from the service. You or your parent(s)/carer(s) can request a review within 12 months. After 12 months, you will need to be referred to the service via a healthcare professional e.g. your GP, Occupational Therapist, Community Paediatrician etc. For further information contact LH.ChildrensPT@nhs.net.

The Lewisham Adults with Learning Disabilities Physiotherapy Service also operate on an 'episode of care' model. This means that you will need to be referred to the service for a specific need. You will receive an intervention (if appropriate). Once the need has been resolved, you will be discharged from the service. You can be referred back to the service at any time, by anyone e.g. you, your parent(s)/carer(s), GP, college etc. For further information contact gst-tr.awldhealthteam@nhs.net.

The mainstream Physiotherapy services, Lewisham Hospital Outpatient Physiotherapy Department (if you are able to access the community) and Lewisham Adult Therapy Team (if you are not able to leave your home), also operate on an 'episode of care' model. This means that you will need to be referred to the service for a specific need. You will receive an intervention (if appropriate). Once the need has been resolved, you will be discharged from the service. You can be referred back to the service at any time via your GP. For further information contact LH.Physio-info@nhs.net or LH.LATT@nhs.net.

Section 6: Speech and Language Therapy Transition Pathway

In this section of the booklet, you will find the NHS Speech and Language Therapy Transition pathway for young people.

Moving On Process – what to expect

Greenvale School

If you are attending Greenvale School, the Specialist Transition Speech and Language Therapist (SLT) working with Lewisham and Greenwich NHS paediatric team and the Guy’s & St Thomas’ NHS Community Adults with Learning Disabilities Team will support your transition from children’s to adult’s service.

Year 9 (aged 13–14)

- Your Speech and Language Therapist (SLT) will begin conversations about transition during the EHC Plan Annual Review.
- Activities that support independence and preparing for adulthood will be included in interventions carried out with you.

Year 9–13 (aged 14–18)

- You should be thinking about your future from aged 14 and can discuss this with your current SLT.
- Where appropriate the Transition SLT may attend your annual school medicals and/or EHC Plan Annual Review and give you information about transition. This is an opportunity for you and your parent(s)/carer(s) to ask questions.

Year 14 (aged 18–19)

- The Transition SLT will liaise with Greenvale School and your parent(s)/carer(s) to find out which specialist further education setting you have or will apply to.
- You will have a transition medical in your final year of Greenvale School which the Transition SLT will attend (where actively involved with the student). Information on your future goals, likes and dislikes will be discussed further at this time for inclusion in transition documentation.
- The Transition SLT has a direct link with SLT (and/or therapy teams) at:
 - Bromley College
 - Lewisham College
 - Nash College
 - Orchard Hill Colleges
 - Shooters Hill College.

- The Transition SLT will provide the new education setting, new SLT and parent(s)/carer(s) with a report detailing your current skills and communication / dysphagia needs as well as a communication profile/passport and eating and drinking support plans (where appropriate). This direct link with colleges reduces the number of times you and your parent(s)/carer(s) have to report the same pieces of information.
- If you or your parent(s)/carer(s)decide that you prefer community services the Transition SLT will ensure the correct information regarding your speech, language and swallowing is passed on to the correct teams (with consent) as well as the adult health team.
- All documentation will also be shared with your GP and Social Care.

On leaving Greenvale:

- When you leave Greenvale School you are eligible for a service from the Adults with Learning Disabilities Community Health Team for support within home and community settings.
- The Transition SLT will handover your transition documentation to this team in your final year at Greenvale School. This may happen earlier, if required (after 18th birthday) to support Adult Social Care and Adult Mental Health referrals.
 - The Adults with Learning Disabilities Community Health Team includes:
 - Speech and Language Therapy – Communication and Dysphagia
 - Occupational Therapy
 - Physiotherapy
 - Community Nursing
 - Audiology
 - Co-located with South London and Maudsley Mental Health in Learning Disabilities team (Psychology, Psychiatry, Behavioural Support and Nursing)
- The Transition SLT is able to provide knowledge on your needs to all therapeutic teams at point of transition through multi-disciplinary meetings.
- Therapeutic intervention is referral based and will be provided at home or within the community to meet a specific therapeutic need. This team is unable to provide support within educational settings where teams will already be present.
- Referrals can be made to the Adults with Learning Disabilities Team by young people, their families, GP, Social Care or anyone working with / supporting them.

Other Specialist Schools / Resource bases:

Year 11+ (aged 15–16)

- If you attend another specialist school e.g., Drumbeat, Brent Knoll, Deptford Green and Conisborough Resource Base, you will have input from Speech and Language Therapists (SLT) where appropriate. SLT will ensure you and your parent(s)/carer(s) are involved in discussions around your transition and will include appropriate preparing for adulthood topics within your time-tabled SLT sessions.
- Transition reviews often take place in your final year at your education setting and visits to colleges can be supported by the SLT in that education setting / resource base.
- Transition reports will be produced by the SLT and will be handed over to appropriate college teams at point of transition.
- If you are also potentially eligible for a service from the Adults with Learning Disabilities Team the SLT will refer you. If eligible, you will be contacted and can receive a service as explained above (under Greenvale leavers)

Support for young people who are not eligible for Speech and Language Therapy

If you are not eligible for services and support from the Adults with Learning Disabilities Speech and Language Therapy Team you will be signposted to appropriate community-based services such as the Lewisham Adult Therapy Team (LATT).

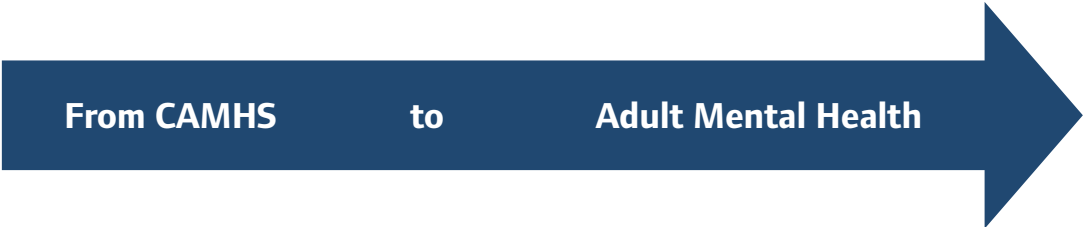


Section 7: CAMHS Transition Pathway

In this section of the booklet you will find the NHS pathway for young people to be assessed for transition from the Child & Adolescent Mental Health Service (CAMHS) to the Adult Mental Health Service (AMHS).

Moving On Process – what to expect

NHS Mental Health Services in Lewisham are organised into the Child & Adolescent Mental Health Service (CAMHS) and the Adult Mental Health Service (AMHS). The transition point to Adult Mental Health is at age 18 years. If you are 17+ and are getting help from CAMHS, this page might be important for you if you will need NHS mental health support after your 18th birthday.



There are two clear pathways with Transition Practitioners (nurses), facilitating the movement of young people from CAMHS to AMHS. The two pathways relate to young people with moderate to severe mental illness and young people with first episode psychosis.

Moderate to Severe Mental Illness

Young people who have been diagnosed with a moderate/severe mental illness, and who need on going NHS care and treatment beyond the age of 18 years, may be transitioned from CAMHS to Adult Mental Health. These young people will have a diagnosis such as depression, anxiety, OCD, or trauma. They may also find emotional regulation difficult and may actively self-harm or have suicidal ideas.

Support

Your Care Coordinator in AMHS reaches out and helps you cross from CAMHS

First episode psychosis

First episode psychosis is a serious mental illness that sometimes starts when a young person is still at school. Young people with FEP are cared for in the LYPS Team, which is part of Lewisham CAMHS. They have a specialist care coordinator and may also meet with a doctor and / or a psychologist. There are good treatments for FEP but sometimes these need to be provided over a long period. This means that young people with FEP are likely to transition to Adult Mental Health when they are 18 years old. People with bi-polar disorder are included on this pathway.

Support

Your Care Coordinator in CAMHS stays with you into AMHS

Pathway 1: Mental illness pathway

- The mental illness pathway is for young people who have a moderate/severe mental illness and who meet the threshold criteria for AMH. This pathway has just been established in 2021.
- In addition to the transition post already embedded within CAMHS services that works alongside the First Episode Psychosis Early Intervention Team, Lewisham working age teams have a further CAMHS transition post.
- This post is a central post that works across the neighbourhood locality teams and seeks to lead on and co-ordinate your from CAMHS to adult mental health services where indicated.

Pathway 2: First episode psychosis pathway (EIS – early intervention service)

- The first episode psychosis pathway (EIS – early intervention service) is a long established route and a nurse based in CAMHS care coordinates all cases of first episode psychosis.
- The postholder works with you when the illness first emerges, and if required, supports you to transition to AMH and remains the care coordinator for a short period.

Transition Practitioner (nurse/care coordinator)

- Whichever pathway that you are transitioning along the Transition Practitioner (nurse/care coordinator) will have regular interface with CAMHS and AMHS services and work alongside these to identify best service for you.
- The transitioning process begins at 17 years 6 months, identifying the correct care pathway and preparing you and your parent(s)/carer(s) for adult mental health services and supporting through the process.
- The transition will be co-ordinated in a planned manner to provide consistency the CAMHS transition practitioners will also provide the function of care co-ordination for a designated period of time from 6 months to a year depending on their capacity.
- Both Transition Practitioners participate in a number of internal and external professional networks to ensure that the care plans for individual young people and services across agencies are co-ordinated efficiently and effectively. The posts are largely clinical supporting the young people in the transition across services and additionally operationally managing the same.
- The post holders have strong links with each other and will work flexibly and broadly across the Lewisham Community Directorate. They provide data in relation to transitions. They work according to and implement the NICE guidelines on Transitions from Children to Adult services for young people using health or social care services.
- The post holders will also be involved with and take responsibility for implementing the Care Programme Approach (CPA) and Care, Education & Treatment Reviews CETR & CTRs (in AMHS) and support planning around complex cases with ASD diagnosis. Support for families who are not eligible for adult mental health services

Support for families who are not eligible for adult mental health services

Not all young people will be eligible for services and support from Adult Mental Health Service (AMHS). If this is the case, you will be signposted to further resources to support you.

Money, benefits and grants

Benefits for people with disabilities

- If you are over 16 years old, you may be eligible for Personal Independence Payments (PIP) to help towards disability-related costs. If you are an undergraduate or postgraduate student, you can apply for Disabled Students Allowance. Search Personal Independence Payments for eligibility criteria.

Changes to your parent(s)/carer(s) benefits

- When you turn 16 years old, the benefits your parent(s)/carer(s) get will change. If you are in your final year of school, the benefits your parent(s)/carer(s) get will not change until the end of the summer after year 11. What happens after that will depend on what you are going to do after school. Your parent(s)/carer(s) needs to tell the HMRC what you are planning to do.

Grants for students

- The Government offers a bursary fund for 16–19-year-olds in training or education and learner-support for over-19s in education.
- If you are under 20 and have children, you can apply for a Care to Learn grant to help cover childcare costs. More information at gov.uk/care-to-learn
- If you have a physical or sensory disability and are in further or higher education you could get funding for disability-related costs from snowdontrust.org

Grants for people in work

- The Government offers access-to-work that can pay for special equipment and adaptations or travel to and from work. More information at gov.uk/access-to-work

Making a home accessible (disabled facilities grant)

- If you are disabled and your home needs adapting, you may be eligible for a disabled facilities grant. The maximum grant is £30,000. If the work can't be completed within the grant limit, the local authority may be able to offer young people an extra discretionary disabled adaptations loan of up to £15,000. More information at gov.uk/disabled-facilities-grants
- To apply for a disabled facilities grant a young person will need to be assessed by an occupational therapist (OT). The OT may find they need minor equipment to meet their needs. If so, the local authority will provide this equipment, and they young person will not be referred for a grant.

Housing benefit

- Housing benefit is a scheme to help people pay their rent to the local authority, a housing association or a private landlord. More information at gov.uk/housing-benefit
- You can only claim housing benefit if you live in supported accommodation, temporary accommodation provided by Lewisham Council or are receiving universal credit.
- Universal credit is being introduced and will replace housing benefit. To find out if you should apply for universal credit instead, check if your postcode is in the universal credit full-service area universalcreditinfo.net
- If you live in supported, exempt or temporary accommodation provided by the council you need to apply for universal credit for living cost and applying for housing benefit for housing costs.

Personalisation and Personal Budgets

Education, Health and Care Plans

- You or your parent(s)/carer(s) have a right to request a Personal Budget when the local authority has completed an EHC Needs Assessment and confirmed that it will prepare an EHC Plan. You may also request a Personal Budget during a statutory review of an existing EHC Plan. There are four ways in which you and/or your parent(s)/carer(s) can be involved in securing provision through a Personal Budget:
- **Direct payments:** individuals receive the cash to contract, purchase and manage services themselves. They have to show what the money has been spent on but buy and manage the services themselves. For example they may use the payments to employ staff directly, or purchase support from different providers.
- **An arrangement (or notional budget):** whereby the local authority, school or college holds the funds and arranges the support specified in the plan. Parents/carers or young people are told how much money is available and can discuss different ways to spend it to meet the needs of the child or young person.
- **Third party arrangements (managed account):** where funds are paid to and managed by an individual or organisation on behalf of the child's parent or the young person.
- A combination of the above.

Social Care

A personal budget, sometimes called personalisation, is the amount of money that the council assesses will be needed to pay for your eligible care support needs. The total amount of budget could include a contribution from you if you are required to make a payment after you have been assessed by the financial assessment team under Lewisham's Fairer Charging Policy.

You can choose how your personal budget is provided:

- It could be paid directly to you through direct payments so that you can organise your own support.
- The council could arrange the service on your behalf.
- You can choose a mixture of these with some of your support met through direct payments while other parts are arranged by us.

A personal budget can be used to meet the outcomes identified in your support plan, for example some outcomes may be in relation to personal care, preparation of meals, daily living activities, support to take part in educational, leisure or social activities, short-term breaks for respite and purchasing items of equipment.

During your support planning you will identify the outcomes that are personal to you and work out the best way to spend your budget.

Health

Personal Health Budgets give people real choice and control over how to meet their health and care needs. Personal Health Budgets work in a similar way to personal budgets from social care services.

They work in 3 ways (or a mix of these), which are:

- The money can be held by the NHS
- The money can be held by an organisation that you choose or agree to
- The money can be held by you as a Direct Payment for healthcare, so you buy and manage your own care.
- A personal health budget is not new money. It just allows you to use NHS funding to plan your care in different ways, ways that work better for you.

Health Services and keeping healthy

Support from the GP

- For many young people with special educational needs and disabilities (SEND) the GP will be the main health professional coordinating your care. It is therefore helpful for you to build and maintain a good relationship with your GP as early as possible, and ideally before transfer to adult services.

Annual Health Checks

- GPs are required to offer an Annual Health Check to all adults and young people over 14 on their register with moderate to profound learning disabilities, or those with mild disabilities and complex health needs. As well as checking a young person's general health, it can also be an opportunity to review any support from other health professionals from other services, such as physiotherapy, for example.
- You should contact your local GP to apply to be on the disability register.

i-Thrive in Lewisham

The National i-THRIVE Programme is a national programme of innovation and improvement in child and adolescent mental health which is currently being implemented in Lewisham. More information at: implementingthrive.org

The THRIVE framework is for:

- all children and young people aged 0–25 within a specified locality
- all families and carers of children and young people aged 0–25
- any professionals who seek to promote mental health awareness and help children and young people with mental health and wellbeing needs or those at risk of mental health difficulties (whether staff in educational settings, social care, voluntary or health sectors or others).

The Framework is needs-led. This means that mental health needs are defined by children, young people and families alongside professionals through shared decision making.

Getting a home

Universal housing

- You can apply for council housing if you live in the UK permanently, are over 18, have a gross annual household income of £50,000 or less, have household savings of £16,000 or less and have lived in the borough continuously for the last five years.
- The local authority use a banding system to prioritise people who have medical needs or disabilities.

Support at home

- Homecare services and personal assistants can help you live independently at home through offering support including help with personal care, taking medication, shopping, laundry and housework.
- The local authority will carry out a Care Act Assessment of your needs to decide whether support at home can best meet your needs.

Living with a family

- The Shared Lives scheme offers vulnerable adults the opportunity to live with approved families and carers within their local community. Visit lewisham.gov.uk/shared-lives
- Referrals to the service are made by social workers, who will need to carry out a Care Act Assessment of your needs to decide whether a Shared Lives scheme can best meet your needs.

Supported tenancies for people with disabilities

- Supported tenancies are aimed at helping people with learning disabilities, physical disabilities or with sight or hearing loss, to live in their own home regardless of the level of disability. Visit lewisham.gov.uk/supported-tenancies
- The supported tenancy service is normally shared by a small group of tenants. Staff are staff based in the home providing support with day to day living. Support can be provided from a few hours to 24 hours per day.
- The supported tenancy service will need to carry out a Care Act Assessment of your needs to decide whether a supported tenancy can best meet your needs.

Care homes

- Care homes offer 24-hour accommodation, care and support for people that may not be able to live independently and have care needs. They are often run by voluntary sector and private sector providers. Visit lewisham.gov.uk/residential-care-homes
- The local authority will carry out a Care Act Assessment of your needs. If eligible, the local authority will support you to discuss your options.
- After this the local authority will assess your finances, including savings and assets, to see what contribution you will need to pay for the cost of the home. The local authority will aim to identify accommodation that is in the London Borough of Lewisham.

Getting a job

Careers advice for young people

- Education settings should provide you with independent careers advice and help you raise your career aspirations to widen your ambitions for employment.
- They should offer you opportunities for taster sessions, work experience, mentoring, inspiring speakers/role models to help you to make informed decisions about your future aspirations. Search 'careers advice Lewisham' for more information.

Post 16 education

- All young people have to participate in some form of education/learning or training until they are 18. However, this does not mean you have to stay at an education setting. You could:
- Participate in full-time education at a college, school or with a training provider
- Take up a traineeship, supported internship or apprenticeship
- Go into full-time employment or volunteering (of 20 hours or more per week) if combined with accredited part-time education or training. Visit lewisham.gov.uk/post-16-education

Training

- Training is an important way to gain new skills, improve existing skills and learn about areas that you're interested in.
- Training can be either classroom based or a mix of learning in a classroom and a working environment – this is called on-the-job training. Visit lewisham.gov.uk/education-and-learning for more information.

Traineeships

- A traineeship is a course with work experience that gets you ready for work or an apprenticeship. It can last up to 6 months. Visit lewisham.gov.uk/education-options-over-16s
- You can apply if you are eligible to work in England, unemployed and have little or no work experience and aged 16 to 24 and qualified below Level 3
- You will get a work experience placement and help with English and maths (if needed).
- You won't be paid, but may be given expenses for things like travel and meals.

Supported Internships

- Supported Internships are a training programme specifically aimed at young people aged 16 to 24 who have an EHC Plan, who want to move into employment and need extra support to do so. Visit lewisham.gov.uk/post-16-education-send
- During a supported internship most of your time will be spent at the employer's premises.
- You must do some form of learning alongside your time at the employer, including relevant aspects of English and Maths.
- Central to the study programme is the provision of onsite support for you, including a tutor and job coach.

- Jobs must work for both you and the employer.
- Supported Internships are funded via your EHC Plan. The Access to Work fund can also be used to provide additional support/equipment, including a job coach and/or the extra costs of transport if it is not possible to use public transport.

Apprenticeships

- Apprenticeships combine practical training in a job with study. As an apprentice, you will work alongside experienced staff, gain job-specific skills, earn a wage and get holiday pay and get time for study related to your role (usually one day a week). Visit [lewisham.gov.uk/apprenticeships](https://www.lewisham.gov.uk/apprenticeships) for more information.
- Apprenticeships take 1 to 5 years to complete depending on their level.
- You can apply for an apprenticeship while you are still at school. To start one, you will need to be:
 - 16 or over by the end of the summer holidays,
 - living in England, and
 - not in full-time education
- Apprentices (aged 16 to 24) with an EHC Plan are able to access learning support and exceptional learning support as detailed in the apprenticeship funding rules.
- Additionally, apprentices aged 16 to 18, and apprentices with an EHC Plan aged 19 to 24, will qualify for an additional payment of £1000 towards additional costs of training for both the provider and the employer.
- The employer must make reasonable adjustments for you on an apprenticeship in line with the Equality Act 2010.
- Access to Work grants can pay for specialist equipment and reasonable adjustments.

Supported employment

- Some employers offer supported employment. This is high-quality, personalised support if you have disadvantages or disabilities, which helps you to find, access and stay in employment. Visit [lewisham.gov.uk/supported-employment](https://www.lewisham.gov.uk/supported-employment)
- Supported employment providers can help you with vocational profiling, job finding, find and engaging employers and on/off job support.
- Supported employment is guided by three main principles:
 - The job should be in an integrated work place.
 - The jobholder is paid the rate for the job.
 - Everyone has the right to end their reliance on welfare benefits.
- Jobs should be at least 16 hours a week.

Volunteering

- Volunteering is a great way for you to:
 - develop new skills
 - build a CV
 - meet new people
- Visit [lewisham.gov.uk/volunteering](https://www.lewisham.gov.uk/volunteering)

Travelling independently

Driving

- If you have special educational needs and/or disabilities (SEND) you are entitled to reasonable adjustments when learning to drive and taking a driving test.
- When booking a driving instructor, you may want to seek an instructor who has taught individuals with disabilities. You will need to self-fund driving lessons.
- When you book your their driving test you should say if you have a disability, health condition and/or learning difficulty
- You will still have to drive to the same standard to pass, but the examiner can make adjustments for your situation.
- You will have time with the examiner once you start the test to talk about your disability and any adaptations fitted to your car.

Travel Training

- If you have SEND you can get independent travel training to learn how to travel to an education setting by public transport. Visit [lewisham.gov.uk/itt](https://www.lewisham.gov.uk/itt)
- The programme includes one-to-one personalised travel trainer support, increased confidence and self-esteem, journey planning, road and personal safety skill, time management, problem solving in unexpected situations and emergency strategies.
- You can get independent travel training if you are aged 10–25, have an Education, Health and Care (EHC) Plan and get, or are eligible for, travel assistance to access your education setting.

Travel assistance

- The local authority offers travel assistance that encourages independence and helps prepare you for adulthood. The local authority takes into account your needs, so that we can offer travel assistance that is appropriate for you.
- The local authority will provide travel assistance for people who meet the eligible criteria for support. The local authority will provide suitable assistance that it considers necessary in order to facilitate the attendance of persons aged 16–25 living in Lewisham with an EHC Plan, and receiving education or training at a qualifying educational establishment.
- People aged 18+, and supported by Adult Social Care must meet the eligibility criteria specified in the Care and Support (Eligibility Criteria) Regulations 2014. All adults being considered for transport must have had an individual assessment in order to determine their needs and eligibility for support from Lewisham Council before travel assistance can be considered.

Your local community

Youth clubs

- Youth clubs are a great way for you to meet new friends, take part in fun activities and socialise after school.

Community connections

- Community Connections Lewisham (CCL) supports anyone in the borough (aged 18+) looking for help with their health and wellbeing. This could be as simple as directing you towards nearby social activities or classes, or exploring challenges with transport, health conditions, caring needs, mental health and more. CCL helps you to find solutions that work for you.
- CCL a social prescribing service, which just means they work with the local community to help people. CCL make sure you get the right service at the right time. Visit communityconnectionslewisham.org for more information.

Volunteering

- If you are looking to get more involved in the community you may wish to consider volunteering opportunities.

Lewisham's Kitbag

- The Kitbag, is a chance for you to choose the activities you would like to do using the direct payment that you have been awarded as an eligible outcome of the adult service community care assessment you have received. You can also use these activities by paying privately and without having an assessment or going through Lewisham adult services if you want to be independent of services.
- All customers who receive council funded services have to be financially assessed to pay towards them. This will mean that all of your income (This is the money you receive), including benefits and savings will be looked at to see if you need to pay towards your care. Our financial assessment team will write to you and let you know.

Short breaks

- Your parent(s)/carer(s) will need a social care assessment to find out if they are entitled to a specialist short break. To have a social care assessment, you must be under 18 years of age, be living permanently in the London Borough of Lewisham and have a diagnosed disability.
- **Universal services** are ones that cater for all children, whether or not they have a disability.
- **Targeted short breaks:** Your disability might mean you have additional needs that prevent you from accessing universal or mainstream short break activities. If so, your parent(s)/carer(s) may need extra help or specially trained staff to access the sorts of activities that would allow them to take a break.
- **Specialist short breaks:** Your disability might mean your parent(s)/carer(s) need to spend a lot more time caring. If so, your parent(s)/carer(s) may need more breaks from caring than other parents or carers who don't have a disabled child.

