



Moving on

A guide to becoming an adult
for young people with disabilities



Westminster City Council

westminster.gov.uk

Westminster City Hall
64 Victoria Street
London SW1E 6QP



City of Westminster

What is in this booklet?



What is transition?



Who is involved?



What happens?



Important things to remember



Leaving school

Transition



Transition means change.

It starts around 14 and ends at 25.

As you change from being a teenager to an adult, many things in your life will change.



It is what happens when you start thinking about what you want to do when you leave school and what support you may need.

A good transition means that you will be as independent as possible when you are an adult



This guide tells you what should happen, when and who can support you.

Who may be involved?



Someone who helps you to look after your health



Your parents and family or carers who look after you



The most important person



Your school or other people who help you with your special education needs officers



Your social worker, SEN keyworker and other people from children's services



Your social worker and other people from adult services

What happens?



Your views are really important when planning for your transition. Think about what is important to you.

Think of what you would like to do in the future.

You may meet new people to help you with where you want to live and with work you want to do.



Staying healthy



Your family



Where you live



Work



School



Staying safe and travel



College



Having fun



Your friends



What happens?



When you are 14 your school will arrange a transition review meeting.

In this meeting we will talk about your education, health and care plan (EHCP) or your statement of special educational needs (SEN).



We will talk about things that are important to you. Look again at page 3 for people who might be at this meeting.



Your school will send out letters to all the people who need to come.



You will talk about what you want to do when you leave school, and what support you think you will need to make that happen.

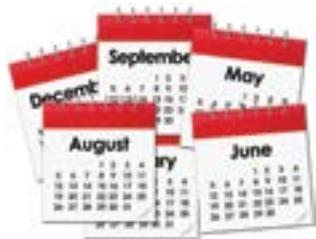
What happens?



After this meeting you will be given a transition plan.

The transition plan is about you and:

- the care and support you may need
- your plans and hopes for the future.



Every year you will have a review of your transition plan. If we need to, we can make changes to your plan.



You may be introduced to a social worker from adult social care or disability services, who can complete an assessment to find out if they will be the right service to support you after you turn 18.

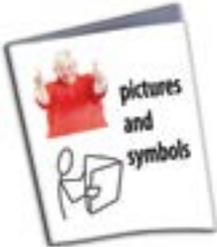


You, your family or carers and children's social worker can continue to have regular contact with adults' services.

Important things to remember



Remember, you are the most important person in your transition!



When planning for your transition, make sure you understand what is going on.

Ask people to slow down and explain things to you.

Ask people to use signs or symbols that can help you understand.



It is okay to ask questions at the meeting and to make sure that people know what you want. You can ask about ways to find out more information. For example:

- useful phone numbers
- websites
- leaflets of local services



You can ask the people who work with you any questions or about problems to do with your transition.

It's your meeting!

Leaving school



You will leave school sometime between the ages of 16 and 19.



There will be another review for your transition and you will have the opportunity to look into what you want to do, including work and learning opportunities.



Before you leave school, the people who work with you will talk to you about the support you need if you start another course or training.



Once you are settled into adult life, some of the people who helped you through your transition will change.

Leaving school



You may want to think about work and the help you need to find a job.



You must seek advice about any changes to the way you receive your benefits and find out if you are entitled to other benefits when you turn 16.



You and your family or your carers may choose to open a bank account for you at this time.



You may start using adult health care services.

18 years - becoming an adult

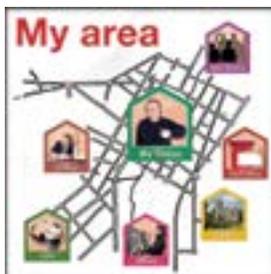


There will be changes to your health and social care once you turn 18.

Your health needs will be transferred from children's to adults' services. You should be offered an annual health check from your GP.



You may start to receive support from adult social care.



If not, there may be other services that will support you as an adult. For more information about services search for 'The Local Offer' on www.peoplefirstinfo.org.uk

Useful contacts



My named worker in children's services:

.....



My school/college:

.....



My doctor (GP):

.....



My named worker in adult services:

.....



My named worker in special educational needs:

.....



Other contacts:

.....

.....

.....

Useful contacts

Educational Psychology

Provides educational support and assessments.

Special Education Needs (SEN) Services

Coordinates Statements of SEN and Education, Health and Care Plans.

Kensington Town Hall,
London W8 7NX

Tel: 020 7361 3311

Email: SEN@rbkc.gov.uk

Westminster Disabled Children's Team (DCT)

Multi-disciplinary team working with disabled children up to 18 years old.

The Medical Centre,
7e Woodfield Road,
London W9 3XZ

Tel: 020 7266 7112

[www.westminster.gov.uk/
contact-children-with-disabilities
-team](http://www.westminster.gov.uk/contact-children-with-disabilities-team)

Child and Adolescent Mental Health Services (CAMHS)

38 Marlborough Place,
London NW8 0PJ

Psychology and psychiatry support and assessments.

Tel: 020 7624 8605

westminstercamhs.cnwl@nhs.net
www.cnwl.org

Children's Community Nursing Team

Works with children with continuing health care needs and life limiting conditions up until to 18 years old.

Tel: 020 7266 8840

Adult social care team

Supports adults aged from 18 up until the age of 65 with physical disabilities, older people with physical disabilities or mental health problems, and their carers

Tel: 020 7641 1444 /1175

Text: 07944 521615

Fax: 020 7641 5426

Email: adultsocialcare@westminster.gov.uk

Westminster Learning Disability Partnership

Mezzanine Floor
215 Lisson Grove
London NW8 8LW

Office: 020 7641 7411
(9am-5pm)

Direct line: 020 7641 7403

Out of Hours: 020 7641 6000
(5pm-9am)

Monday to Friday

Mental Health Services

Single point of access - North West London Adult Community Mental Health Services

For routine, urgent and emergency referrals. People living within Westminster can refer themselves, or make enquiries on behalf of a family member or friend.

Tel: 0800 0234 650

Email: cnw-tr.spa@nhs.net

People First information website

Offers information about rights, choices and services for adults with disabilities and their carers across the three boroughs.

For adults and young people with disabilities and their carers.

www.peoplefirstinfo.org.uk

Westminster Access to Children's Services Team

Front door for all queries relating to Children and Families social services.

4 Frampton Street,

London NW8 8LF

Tel: 020 7641 4000

Westminster Employment Service

Specialises in supporting people with significant barriers to find employment.

Tel: 020 7641 1500

Westminster Family Information Service (FIS)

A free, impartial information service for parents and carers of children and young people aged up to 19 (up to 25 years for those with additional needs).

Tel: 020 7641 7929

[www.westminster.gov.uk/
family-information-service](http://www.westminster.gov.uk/family-information-service)

Contacts in Westminster

Here is a list of some contacts in Westminster. You can include some of your own contacts too.

Non-Statutory/ Voluntary Services

The Advocacy Project - Westminster

Provides advocacy support to adults with learning disabilities aged over 18.

Tel: 020 8969 3000

Email:

info@advocacyproject.org.uk

www.advocacyproject.org.uk

Carers Network

London based charity providing support, information, breaks and grants for unpaid carers

Tel: 020 7386 9417

www.carers-network.co.uk

Caxton Youth Club

Youth Service for young people with disabilities aged 11 up to 25.

Tintern House,
Abbots Manor Estate,
London SW1 4JF

Tel: 020 7834 1883

Citizens Advice Services

Provides advice about debt relief, money and welfare benefits.

Tel: 08444 771 611

www.westminstercab.org.uk

IASS (Independent Advice Support Service)

Provides access to impartial guidance and support on matters relating to the law, local policy and practice, the local offer and Education, Health and Care (EHC) assessments.

Tel: 020 7641 5355

Email: pps@westminster.gov.uk

KIDS London

Working with disabled children, young people and their families.

Tel: 020 7359 3635

Volunteering Opportunities - One Westminster

Volunteering opportunities for learning disabled adults in Westminster.

37 Chapel Street
London NW1 5DP

Tel: 020 7723 1216

Email: info@onewestminster.org.uk
www.onewestminster.org.uk

Westminster Befriend a Family

Supports families with children and young people aged 0-18 inside their homes and providing weekly community-based services.

Tel: 020 7828 2765

Email:
admin@befriendafamily.co.uk

Westminster Society

Provides a range of services and support to children, young people and adults with learning disabilities and their carers living in Westminster.

For young adults and adults:

16a Croxley Road
London W9 3HL

Tel: 020 8968 7376

For children and young adults:

Rainbow Family Centre,
11 Bravington Road,
London W9 3AB

Tel: 020 8968 2690

LDN Living

(Drop-in service)

389A Harrow Road,
London W9 3NA

Helpline: 020 8968 2688

www.wspld.org.uk

**Westminster Parent
Participation Group
(WPPG) (Carers Network)**

The WPPG is a group for carers of disabled and special needs children and adults in Westminster. The WPPG works with carers and service providers throughout Westminster.

Tel: 020 7386 9417

Tick below if you would like a copy of this leaflet in:

Large print

Braille

Name:

Address:

Postcode:

Telephone:

**Please return this section to:
Westminster City Council
Communications**

Floor 18,
Westminster City Hall,
64 Victoria Street,
London SW1 6QP

Email:

adultsocialcare@
westminster.gov.uk

Telephone:

020 7641 1886

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How you can help us

We welcome feedback on how we might improve our services. If you would like to make a comment, compliment or complaint, please complete the pull-out form inside or contact:

Customer Feedback Team

Adult Social Care, Floor 4,
Hammersmith Town Hall
Extension, King Street,
Hammersmith, London W6 9JU
Telephone: 0800 587 0072
Email: ascustomerfeedback@westminster.gov.uk

For more information about our services and publications view them on:

www.westminster.gov.uk/local-offer
www.westminsteradvice.org.uk
or
www.peoplefirstinfo.org.uk
or contact:

Westminster City Council
T: **020 7641 2500**



www.peoplefirstinfo.org.uk

for a wide range of information about local activities and services to help you stay independent.

