



Transition Resources

Version 1.0

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Introduction

As your child approaches adulthood, you may be thinking about the future and how you can best support them to make decisions about their adult lives. Transition can be a complicated and daunting process, involving coordination of decisions about employment, housing, social care and healthcare.

This booklet has been put together to highlight online resources which may be helpful during transition planning. It is deliberately not exhaustive, as there are many different guides and websites online, but it aims to provide a helpful starting point.

If you know of any other organisations or resources which may be helpful for families affected by trisomy 13 or 18, please let me know through the feedback link here:

<https://forms.gle/yYsyZvG7FrFTWk5J7>

If you have any questions about your child's options, it may be helpful to speak with relevant support professionals in the first instance (e.g., SEN coordinator, social worker, healthcare team). However, if you need extra support, please contact Sarah (SOFT UK Trisomy Advocate) at sarah.bowell@soft.org.uk

General and UK-wide

Guides and Overviews

- <https://rarechromo.org/practical-guides-for-families/> - Unique's 'Transition (from child to adult services)' guide covers several relevant topics including advocacy, the local offer, personal budgets, and healthcare.
- <https://www.togetherforshortlives.org.uk/changing-lives/developing-services/transition-adult-services/research-best-practice/> - Together for Short Lives have a number of transition resources which are available to download, including a thorough guide called 'Transition to adult services: A guide for parents' and a checklist to a good transition.
- <https://breaking-down-barriers.org.uk/t-kash-transition-tools/> - This tool has tips and resources about a number of aspects of adult life. T-KASH Transition Knowledge And Skills in Healthcare have been developed by young people with lived experience from Alström Syndrome UK, led by Marie McGee, National Transition Co-ordinator, ASUK.
- <https://www.togethertomorrow.org.uk/young-people/> - This has a downloadable booklet ('I'm Thinking Ahead: How to be part of the world of work') which can help young people to think about what they want from work in the future, including ideas about where to find out more. A second downloadable guide ('I'm Thinking Ahead') has some questions which might help young people to think about where they want to live in the future.
- <https://www.wellchild.org.uk/for-professionals/research-resources/8-principles-for-transition/> - The guidance about these 8 principles for transition may be helpful to understand key points which should be addressed during your child's transition to adult services.

England

General Overview and Information

- <https://cerebra.org.uk/download/factsheet-transition-to-adulthood-in-england/> - This guide has a helpful introduction to developing a transition strategy, including tips on approaching transition proactively, parental responsibility and public bodies' responsibilities.
- <https://movingintoadulthood.oxfsn.org.uk/wp-content/uploads/2022/11/OxFSN-Moving-into-Adulthood-TIMELINE.pdf> - This transition pathway indicates what you should expect at different stages of the transition process.

Education

- <https://contact.org.uk/help-for-families/information-advice-services/education-start/education-learning/education-beyond-16/> - Contact's webpage about educational transition sets out options for post-16 education for young people with additional needs.
- <https://cerebra.org.uk/download/education-health-and-care-ehc-plans-education-in-england-a-guide-for-parents/> - This guide has a section on transition including non-traditional education routes and available support.
- <https://natspec.org.uk/colleges/search/> - This website allows you to search for local colleges offering residential and day provision.

Employment

- <https://www.disabilityrightsuk.org/resources/access-work> - Access to Work is a grant scheme which aims to support people who are living with disabilities to access work in England, Scotland and Wales.
- <https://www.mencap.org.uk/advice-and-support/education-skills-and-work/supported-internships> - This webpage has information about accessing supported internships if your child has an EHCP.

Healthcare

- <https://contact.org.uk/help-for-families/information-advice-services/health-medical-information/health/moving-to-adult-health-services/> - This page has some brief information about healthcare transition, as well as links to relevant resources which may be helpful.

Housing

- <https://www.myfamilyourneeds.co.uk/supporting-your-child/housing-options/> - This has an overview of different housing options which you may wish to consider.
- <https://www.carechoices.co.uk/find-care-services-near-you/> - This website allows you to search for housing options in England, Scotland and Wales.

Social Care

- <https://contact.org.uk/help-for-families/information-advice-services/social-care/moving-into-adult-services/> - This page has information about requesting a Child Needs Assessment and Child's Carer's Assessment, as well as some guidance about paying for services.

Northern Ireland

General Overview and Information

- <https://www.nidirect.gov.uk/articles/moving-adulthood> – This is a helpful page, with an overview of many topics including housing, education and employment.
- <https://www.familysupportni.gov.uk/Service/7239/disability--learning-disability-autism-adhd/adult-learning-disability-transition-support-service--western-trust> - This transition support service may also be helpful.

Education

- <https://www.nidirect.gov.uk/articles/disability-support-college> - This page has information about further education options and what support may be available.

Employment

- <https://www.disabilityaction.org/help-with-training> - The Disability Support Service supports young people in Northern Ireland on the Skills for Life and Work programme and Apprenticeship NI Programme.
- <https://www.nidirect.gov.uk/articles/access-work-practical-help-work> - This scheme helps to cover the cost of additional support in the workplace.
- <https://www.cedar-foundation.org/skillset> - This programme aims to support people to access work and training.

Healthcare

If you know of any helpful resources about healthcare transition in Northern Ireland, please let me know through the following link: <https://forms.gle/yYsyZvG7FrFTWk5J7>

Housing

- <https://www.nidirect.gov.uk/articles/supported-housing-and-care-homes> - This website has an overview of housing options in Northern Ireland and where to search for services.

Social Care

- <https://www.barnardos.org.uk/get-support/services/transition-and-inclusion-service-tis> - Barnardo's provides a service to young people aged 16-21 who have a learning or physical disability and their families. They aim to help people identify and access relevant services.

Scotland

General Overview and Information

- <https://www.talkingabouttomorrow.org.uk/> - This is a very helpful website with lots of information about various aspects of transition, including benefits and finance, learning opportunities, health and social care and transition planning.
- <https://www.lead.org.uk/local-area-guides-transitions/> - This website has local guides about services available in different regions in Scotland.

Education

- <https://www.lead.org.uk/support-for-disabled-people-to-learn/support-for-disabled-students/> - The 'Post-School Learning Choices in Scotland' booklet has information about education support available to young people with additional needs.

Employment

- <https://www.disabilityrightsuk.org/resources/access-work> - Access to Work is a grant scheme which aims to support people who are living with disabilities to access work in England, Scotland and Wales.

Healthcare

- <https://compass.arcscotland.org.uk/> - This resource has some information about healthcare transition including videos. You will need to create a free account to access these resources.

Housing

- <https://www.carechoices.co.uk/find-care-services-near-you/> - This website allows you to search for housing options in England, Scotland and Wales.
- <https://housingoptionsscotland.org.uk/> - This charity helps young people living with disabilities by providing free information and advice about housing options as part of their 'Making Moves' service.

Social Care

- <https://compass.arcscotland.org.uk/> - This page has a few short articles about social care transition, including links to other relevant resources. You will need to create a free account to access these.

Wales

General Overview and Information

- <https://cerebra.org.uk/download/factsheet-transition-to-adulthood-in-wales/> - This guide has important information about your rights and your local authority's responsibilities when it comes to transition planning, and how to approach this process.

Education

- <https://cerebra.org.uk/download/education-in-wales-a-guide-for-parents/> - This guide has a section on moving on from school including available support.
- <https://natspec.org.uk/colleges/search/> - This website allows you to search for local colleges offering residential and day provision.

Employment

- <https://www.disabilityrightsuk.org/resources/access-work> - Access to Work is a grant scheme which aims to support people who are living with disabilities to access work in England, Scotland and Wales.

Healthcare

- <https://www.gov.wales/managing-transition-childrens-adults-healthcare-services> - This transition guidance consultation document (and other documents on this same page) may be a useful resource to understand how healthcare transition in Wales can be managed. The main document is rather detailed, whereas the young person's version is very accessible.

Housing

- <https://www.carechoices.co.uk/find-care-services-near-you/> - This website allows you to search for housing options in England, Scotland and Wales.

Social Care

- <https://www.pembrokeshire.gov.uk/adult-services/transitions> - This website has some information about expectations from social care transitions.

Getting support

- <https://www.facebook.com/groups/transitionchild2adult/> - This Facebook group may be a helpful source of peer support.

Version Control

Version	Author	Date	Changes
1.0	Sarah Bowell	13/10/2023	First draft