



# Preparing for Adulthood

There are significant changes that will need to happen as your teenager with additional needs or disabilities prepares to leave school and move from children's to adult services. We have listed below some sources of the information you will need to navigate these changes around education, training, health, social care and money matters.

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# Preparing for Adulthood

## Benefits



- Disability Living Allowance awards will automatically end when a young person reaches their 16<sup>th</sup> birthday. A fresh claim for Personal Independence Payment needs to be made.

Department for Work and Pensions (DWP) - <https://www.gov.uk/browse/benefits/disability>

- **Personal Independence Payment (PIP)** – a benefit from age 16+ to help with the extra living costs if someone has a long-term physical or mental health condition or a disability, and has difficulty doing certain everyday tasks or getting around because of the condition.

<https://www.gov.uk/pip>

SNAP is able to provide you with detailed guidelines for completing a PIP application on request.

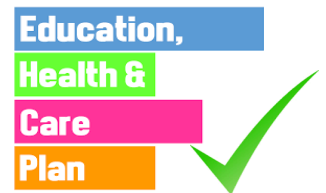
- **Universal Credit (UC)** – a monthly payment to help with living costs. You might get an extra amount of Universal Credit if you have a health condition or disability that limits how much work you can do. The DWP refers to this as ‘capability to work’. You may be eligible from 16 or 17 if you have evidence of disability. You might get an extra amount of Universal Credit if you’re in full-time education and have been assessed as having limited capability for work by a Work Capability Assessment **before** starting your course. You must also be entitled to PIP.

<https://www.gov.uk/universal-credit>

- **Becoming a DWP Appointee** – Once a child is 16 a parent must apply to become their Appointee to continue to receive and manage their young person’s benefits on their behalf.

<https://www.gov.uk/become-appointee-for-someone-claiming-benefits>

Post 16 Options- Only available to those **with** EHCPs:



Essex County Council - SEND Careers Advice Service  
[SEND Careers Advice Service | Essex Local Offer](#)

Thurrock Transition Service

<https://www.thurrock.gov.uk/young-people-with-special-needs-preparing-for-adulthood/childhood-to-adulthood>

Southend – SEND Preparing for Adulthood Team

<https://www.livewellsouthend.com/preparing-adulthood/southend-preparing-adulthood-teams>



# Preparing for Adulthood

Post 16 Options– available to those without an EHCP

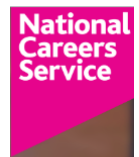


- Where a young person with SEND is **without an EHCP**, advice for Post-16 options would come from schools, colleges and any of the following organisations:

Essex Youth Service  
<https://youth.essex.gov.uk/>



National Careers Service  
<https://nationalcareers.service.gov.uk/>



King's Trust  
<https://www.kingstrust.org.uk/>



Jobcentre Plus Work Coach  
<https://www.gov.uk/contact-jobcentre-plus>



Youth Employment UK  
<https://www.youthemployment.org.uk/>



Essex Opportunities  
<https://www.essexopportunities.co.uk/>



Essex SENDIASS  
<https://www.essexsendiass.co.uk/young-people/post-16-what-happens-next/>



Livewell Southend  
<https://www.livewellsouthend.com/preparing-adulthood/post-16-education-apprenticeships-traineeships-supported-internships>



Thurrock  
<https://www.thurrock.gov.uk/options-for-school-leavers-with-special-needs/further-education>



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# Preparing for Adulthood

## Further Education & Employment

**Essex Pathways and Options Information Resource** (including lists of further education and specialist colleges)

<https://www.essexsendiass.co.uk/assets/Files/Essex-Pathways-and-Options-final.346084167.pdf>

**Greater Essex Careers Hub**



<https://greateressexcareershub.co.uk/hub-resources/gech-resources/post-16-18-progression-routes/>

**Apprenticeships**

<https://www.essexopportunities.co.uk/apprenticeship-hub/>



**Supported Internships**

<https://www.essexsendiass.co.uk/young-people/post-16-what-happens-next/internships/>



**Natspec** : to search for a specialist college

<https://natspec.org.uk/colleges/search/>



**ACL** : courses for those with learning disabilities and/or autism

<https://aclessex.com/supported-learning/>



**ECL Inclusive Employment Programme:** for adults with learning disabilities and autism with ambitions of gaining paid work.

<https://www.ecl.org/services/learning-disability-autism-support/inclusive-employment>



**Connect to work:** a free, flexible programme delivered by Shaw Trust that helps people in Essex who are actively seeking work or finding it difficult to stay in work

<https://www.essexopportunities.co.uk/connect-to-work>



**Disability Rights UK – Future Ready Hub:** for all things employment and education related to help support young disabled people through post-16 options.

[Future Ready | Disability Rights UK](#)



**Access to Work:** a grant scheme to help those with a physical or mental health condition or disability to stay in paid work.

<https://www.gov.uk/access-to-work>



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# Preparing for Adulthood

## Further Education & Employment

Essex County Council : Pathways to Employment - A Guide for Parents/Professionals of Young People with Additional Needs who Aspire to Work  
[Targeted Employment Pathways guide - 1](#)



**Day Service opportunities-** Refer to the Into Adulthood section of the SNAP Directory or the Local Offers

Into Adulthood - [SNAP Directory](#) - [SNAP Charity](#)

**Essex Local Offer**

<https://send.essex.gov.uk/>

**Thurrock Local Offer**

<https://www.askthurrock.org.uk/kb5/thurrock/fis/localoffer.page>

**Southend Local Offer**

<https://www.livewellsouthend.com/send-local-offer>

**Employment Toolkit for Young People**

<https://www.ambitiousaboutautism.org.uk/what-we-do/employment/toolkits/toolkit-for-young-people>



**Transition to Employment Toolkit**

<https://www.ambitiousaboutautism.org.uk/what-we-do/employment/toolkits/transition-to-employment-toolkit>

**Employment Autism**

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



**Together Matters**

I'm Thinking Ahead: How to be Part of the World of Work

<https://www.togethermatters.org.uk/resources-and-information/>

**TOGETHER  
MATTERS**



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# Preparing for Adulthood

## Transport & Travel



### Essex County Council Post-16 Transport

Post-16 transport is available at a charge for eligible students aged between 16 and 19.

The standard charge for post-16 transport is £900 per year. For low income families, the charge is £450 per year.

<https://www.essex.gov.uk/schools-and-learning/schools/school-transport/post-16-transport#>

Options for young people who are not eligible for school transport

<https://www.essex.gov.uk/schools-and-learning/schools/school-transport/not-eligible-school-transport>

### Student Bursery

For eligible 16 to 19 year olds for help with education expenses

<https://www.gov.uk/1619-bursary-fund>

### Thurrock Council Post-16 Transport

<https://www.thurrock.gov.uk/home-to-school-or-college-travel-support/support-for-learners-over-16-years-old>

### Southend Council Post-16 Transport

<https://www.southend.gov.uk/help-costs/school-college-transport-assistance/5>

### Essex concessionary bus pass

<https://www.essexhighways.org/getting-around/bus/fares-and-bus-passes/concessionary-fares>

### Thurrock Council Disabled Persons Bus Pass

<https://www.thurrock.gov.uk/bus-passes-for-older-and-disabled-people/applying-for-your-bus-pass>

### Southend Council Disabled Persons Bus Pass

<https://www.southend.gov.uk/bus-passes/apply-disabled-person%E2%80%99s-bus-pass>

Disabled applicants who would not be able to make a journey regularly without help from a travelling companion may also be entitled to a **companion pass**. You can apply for a companion pass at the same time as your bus pass application, or any time afterwards.



# Preparing for Adulthood

## Transport & Travel

### Disabled Persons Railcard Disabled Persons Railcard

Gives a third off adult national rail fares for an eligible disabled person and their adult companion. There is a charge for this card.

<https://www.disabledpersons-railcard.co.uk/>

### Community Transport

For people who cannot make use of public transport for journeys because of their disability

<https://send.essex.gov.uk/search-support-groups-and-activities/community-transport>



### Travel Training Service

Travel Training gives people with special educational needs or disabilities the confidence and skills to travel independently on buses, trains and walking routes.

<https://www.travel-training.co.uk/>

### Blue Badge

Parking concessions for people with disabilities (physical or non-visible)

<https://www.gov.uk/government/publications/blue-badge-can-i-get-one/can-i-get-a-blue-badge>

### Essex County Council Blue Badge

<https://www.essex.gov.uk/adult-social-care-and-health/blue-badge>



### Thurrock Council Blue Badge

<https://www.thurrock.gov.uk/blue-badge-parking/applying-for-blue-badge>

### Southend Council Blue Badge

<https://www.southend.gov.uk/blue-badge>



CAR



BUS



TRAM



METRO



TRAIN



AIRPLANE



SHIP

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# Preparing for Adulthood

## Legal Matters

### Care Act 2014

This legislation outlines the duties and responsibilities of local authorities for the care and support of adults with eligible needs.

<https://www.gov.uk/government/publications/care-act-2014-part-1-factsheets/care-act-factsheets>

- **Hft Family Carer Support Service: Care Act 2014**

Hft has produced a guide to the Care Act 2014 for family carers of adults with learning disabilities and/or autism 'How to get the right support from your local authority'

<https://www.hft.org.uk/our-services/family-carer-support-service/fcss-updates/guide-care-act-2014/>



### Mental Capacity Act 2005 (MCA)

This legislation provides a legal framework for acting and making decisions on behalf of adults who lack the capacity to make particular decisions for themselves.



Mental Capacity Act 2005

- **Hft Family Carer Support Service: Mental Capacity Act 2005 (MCA)**

Hft has an excellent guide to explain how the Mental Capacity Act affects people with learning disabilities.

This legislation provides a legal framework for acting and making decisions on behalf of adults who lack the capacity to make particular decisions for themselves.

<https://www.hft.org.uk/our-services/family-carer-support-service/fcss-updates/mental-capacity-act/>

- **Ministry of Justice:**

Making Financial Decisions for Young People who Lack Capacity – A toolkit for parents and carers

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/1161642/making-financial-decisions-for-young-people-who-lack-capacity-parent-carer-toolkit.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1161642/making-financial-decisions-for-young-people-who-lack-capacity-parent-carer-toolkit.pdf)



Ministry of Justice

- **Paradigm: A Practical Guide to Supported Decision-Making**

[The Practical to Supported Decision-Making is now HERE! - Paradigm \(paradigm-uk.org\)](https://www.paradigm-uk.org/)



- **Hft Family Carer Support Service: Money Matters**

A guide about financial matters for family carers of adults with learning disabilities and/or autism

<https://www.hft.org.uk/our-services/family-carer-support-service/fcss-updates/money-matters/>

### Equality Act 2010

This legislation includes rights for disabled people to be protected from discrimination in education, employment and dealing with the police.

<https://www.gov.uk/rights-disabled-person>



# Preparing for Adulthood

## Legal Matters

- **Decision Making**

Once your child reaches 18, you lose legal Parental Responsibility for your child and the automatic right to make decisions for them. These decisions might include where they live, where they receive education, or which particular medical treatment they receive. You also lose automatic control of their money. You may be able to continue receiving and spending their benefits as an Appointee, but this responsibility is limited to their money received from the DWP only and would not give you any rights to managing their money in any other way.

This is where the Mental Capacity Act 2005 becomes important. If it is in your disabled child's best interests that you continue to make decisions about their health and wellbeing or finances, you will need to apply for either Lasting Power of Attorney or Deputyship under the Court of Protection.

- **Lasting Power of Attorney:**

This involves applying to the court to legally make decisions for someone. The young person would need to have the mental capacity to make the decision to appoint an Attorney, even if they may not have the mental capacity to manage their finances. The Lasting Power of Attorney (LPA) can be created using the online service at GOV.UK without involving a solicitor, but you can also employ a solicitor to help with the process if you wish. There are two types of LPA, Property and Financial Affairs LPA or Health and Welfare LPA. You can apply for one or both of these.

<https://www.gov.uk/power-of-attorney/make-lasting-power>

- **Deputyship under the Court of Protection (CoP)**

If your young person lacks the capacity to make a big decision independently when it needs to be made, you can apply to the court as a family carer for Deputyship. Again, there are two types of Deputyship, Personal Welfare or Property and Financial Affairs. You can apply for one or both of these.

Financial Deputyship may become necessary beyond Appointeeship if the young person accumulates any savings or moves into supported living and needs a Deputy to sign a tenancy agreement.

A Personal Welfare Deputy makes decisions about medical treatment and care and this can be harder to obtain from the court, as most decisions around a person's medical treatment and care can be made via the Best Interests decision-making process as outlined in the Mental Capacity Act 2005.

<https://www.gov.uk/become-deputy>

There are very helpful guides to Supported Decision-Making, including LPA and Deputyship in the Mental Capacity Act 2005 section above.



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# Preparing for Adulthood

## Legal Matters

- **Wills and Trusts**

Another legal consideration at this stage should be what will happen if you or another relative dies and leaves money directly to your disabled child.

This may cause unintended difficulties if they lack mental capacity, and they receive or are likely to receive means-tested benefits and a local authority support package. Ensuring that your child is only left money into a Discretionary Trust via a Will can ensure that the money may be made available to the beneficiary (your child) at the discretion of the appointed trustees, without affecting their means-tested benefits. It is essential that you seek legal guidance for Wills and Trusts advice.

More information can be found on the **Mencap website**

<https://www.mencap.org.uk/advice-and-support/wills-and-trusts-service>



**Transitioning from Children's to Adult's Social Care and Health Services:**

<https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/moving-from-childrens-social-care-to-adults-social-care/>

**Essex County Council**

[Help with everyday tasks | Essex Local Offer](#)

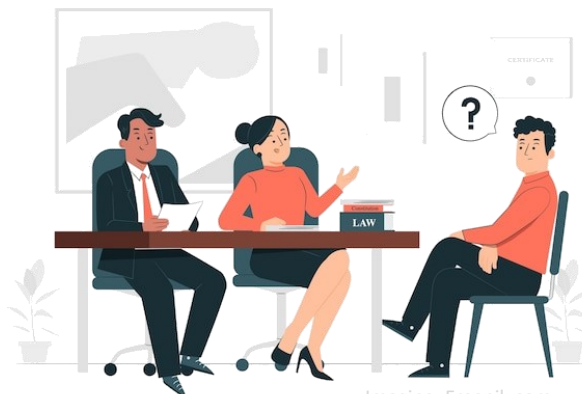
<https://www.essexsendiass.co.uk/parents-and-carers/education-health-and-care-needs-assessments/health-and-social-care-elements-of-an-ehc-needs-assessment/social-care/>

**Thurrock Council**

<https://www.thurrock.gov.uk/young-people-with-special-needs-preparing-for-adulthood/childhood-to-adulthood>

**Southend Council**

<https://www.livewellsouthend.com/preparing-adulthood/preparing-adulthood-transition>



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# Preparing for Adulthood

## Social Care



If your child is already known to the Children & Young People's Social Care service there will be a gradual introduction and handover to Adult Social Care when they are 18 or at some point before your young person reaches the age of 25. There will not be a break in provision during the handover.

If there is an EHCP, Social Care support as an adult will have been considered from the Year 9 Annual Review onwards.

- **Needs Assessment**

If your young person has never had an EHCP or any support from Social Care but you feel they will need support as an adult, you can contact Adult Social Care to arrange an assessment.

### Essex County Council

<https://www.essex.gov.uk/adult-social-care-and-health/get-social-care-help>

### Southend City Council

<https://www.southend.gov.uk/get-help-money-legal-matters/request-social-care-assessment/1>

### Thurrock Council

<https://www.thurrock.gov.uk/adult-social-care-help-and-advice/thurrock-first>

See the Legal Section (Page 7) for information on eligibility under the Care Act 2014

### Contact: Moving into Adult Services

<https://contact.org.uk/help-for-families/information-advice-services/social-care/moving-into-adult-services/>

Hft Family Carer Support Service resource: 'How to get the right support from your local authority'

<https://www.hft.org.uk/our-services/family-carer-support-service/fcss-updates/guide-care-act-2014/>

- **Carer's Assessment** – Under the Care Act 2014 you can request a Carer's Assessment if your young person is being or has been assessed. The assessment takes into account the carer's wellbeing, any outcomes they'd like to achieve, whether they are willing and able to care for the disabled adult and whether they would like to access work, education or training.



# Preparing for Adulthood

## Social Care

- **Personal budget**

This is the amount of money the council will pay towards the care and support a person needs.

<https://www.essex.gov.uk/adult-social-care-and-health/paying-care-and-support/personal-budgets>

- **Direct payment**

This is one way of receiving the personal budget which allows you to arrange the care and support yourself.

**Essex County Council:**

<https://www.essex.gov.uk/adult-social-care-and-health/paying-care-and-support/personal-budgets/direct-payments>

**Thurrock Council:**

<https://www.thurrock.gov.uk/paying-for-your-care-needs/direct-payments>

**Southend City Council:**

<https://www.southend.gov.uk/get-help-money-legal-matters/paying-care-personal-assistants>

- **Individual service funds** – This is when you give your personal budget to a provider of your choice to organise between you.
- **Managed funds** – This is when the council manages the personal budget for you and arranges and pays for the care directly.
- **Financial Assessment** – This is carried out for everyone with a social care support plan and decides how much the person can afford to pay towards their care and support.

**Essex County Council:**

<https://www.essex.gov.uk/adult-social-care-and-health/paying-care-and-support>

**Thurrock Council:**

<https://www.thurrock.gov.uk/paying-for-your-care-needs/what-you-can-afford>

**Southend City Council:**

<https://www.livewellsouthend.com/care-support-adults/paying-care/1>

- **Disability Related Expenditure (DRE)** - <https://www.scrapcarecharges.com/dreguide>

### Scrap Care Charges

Payroll services for using a Direct Payment – Penderels Trust -

<https://www.penderelstrust.org.uk/essex.php>



Employing Personal Assistants – Penderels Trust can help with this.

<https://www.penderelstrust.org.uk/beinganemployer.php>

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# Preparing for Adulthood

## Health



- **Annual Health Checks** are available for anyone with a learning disability who is 14 years and over.

<https://www.mencap.org.uk/advice-and-support/health/why-annual-health-checks-are-so-important-people-learning-disability>

- **Learning Disability Register** - <https://www.mencap.org.uk/advice-and-support/health/learning-disability-register>

- **Learning Disability Community Teams:**

**Mid & West Essex**

<https://www.eldp-hpftput.nhs.uk/services/mid-west-essex-learning-disability-service>

**South Essex**

<https://www.eldp-hpftput.nhs.uk/services/south-essex-learning-disability-service>

**North Essex**

<https://www.eldp-hpftput.nhs.uk/services/north-essex-learning-disability-service>

- **Learning disability hospital liaison nurse** - <https://www.essex.gov.uk/adult-social-care-and-health/disabilities-and-health-conditions/learning-disability/health-support>

- **Hospital passports** – A hospital passport is a document about someone and their health needs. It also has other useful information, such as interests, likes, dislikes, how they communicate and any reasonable adjustments that they might need.

<https://www.nhs.uk/conditions/learning-disabilities/going-into-hospital/>

- **Easy Read Guides** – support in health matters

<https://www.learningdisabilities.org.uk/learning-disabilities/our-work/health-well-being/easy-read>

- **Mental Health Support for young people** - <https://www.essex.gov.uk/adult-social-care-and-health/disabilities-and-health-conditions/mental-health>

<https://www.nhs.uk/mental-health/children-and-young-adults/mental-health-support/how-to-get-support/moving-on-to-adult-services/>



MENTAL HEALTH

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## Housing



As your young person moves into adulthood there are more options for where they will live other than staying in the family home - <https://send.essex.gov.uk/advice-young-people/help-deciding-where-live>

- **Supported Living** - <https://www.essex.gov.uk/adult-social-care-and-health/housing-options-and-care-homes/supported-living>

**Easy Read Guide to Supported Living** - [https://www.essex.gov.uk/sites/default/files/migration\\_data/files/assets.ctfassets.net/4knkzaf64jx5x/7myoUR2QyAve0IrdQCIXM9/9f174ecb8c8c43fe01db3000f66e4dc9/Supported\\_Living\\_Easy\\_Read\\_Guide.pdf](https://www.essex.gov.uk/sites/default/files/migration_data/files/assets.ctfassets.net/4knkzaf64jx5x/7myoUR2QyAve0IrdQCIXM9/9f174ecb8c8c43fe01db3000f66e4dc9/Supported_Living_Easy_Read_Guide.pdf)

- **Shared Lives** - <https://send.essex.gov.uk/search-support-groups-and-activities/shared-lives-service>

**Essex Shared Lives Introduction Guide** - [https://www.essex.gov.uk/sites/default/files/migration\\_data/files/assets.ctfassets.net/4knkzaf64jx5x/7gpQDYSXRdrthWnZ03RowF/c9628fb1cc5ab6d49dfe7f372e692fa0/Essex-Shared-Lives-Introduction-Guide.pdf](https://www.essex.gov.uk/sites/default/files/migration_data/files/assets.ctfassets.net/4knkzaf64jx5x/7gpQDYSXRdrthWnZ03RowF/c9628fb1cc5ab6d49dfe7f372e692fa0/Essex-Shared-Lives-Introduction-Guide.pdf)

- **Essex Carers Network** -

**A Place to Call Home: A Guide for Family Carers** - [A Place to Call Home - A Guide for Family Carers - Essex Carers Network](#)

This comprehensive guide is a useful tool when considering the accommodation opportunities that are right for your family member with a learning disability.

## Person-centred Planning

Preparing for Adulthood: Tools and Resources -

<https://www.ndti.org.uk/resources/preparing-for-adulthood-all-tools-resources>



Together Matters: I'm Thinking Ahead guides - <https://www.togethertomatters.org.uk/>

**TOGETHER  
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Shaping my Future: A guide for people with physical disabilities in Essex - <https://www.essex.gov.uk/adult-social-care-and-health/disabilities-and-health-conditions/planning>

## Finding Day Opportunities & Social Activities

If your young person struggles to join community activities with or without support, you may want to explore SEND and inclusive community opportunities in Essex. These are often listed in the Into Adulthood category of the SNAP Directory and on the Local Offers. We also list any activities and events we hear about on the Information Network on our website and via our Facebook Information Network.

<https://www.snapcharity.org/directory/?dir=61>

<https://www.facebook.com/SNAPCharityInfoNetwork>

<https://www.snapcharity.org/need-support/informing-you-online/information-network/>

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# Preparing for Adulthood

Preparing for Adulthood: Parents and carers guide to post-16 opportunities



The Preparing for Adulthood team at Essex County Council, together with the Essex Family Forum, have produced a comprehensive guide that brings together advice on education, work, travel, day opportunities and more.

<https://www.essexopportunities.co.uk/post-16-parents-carers-guide/post-16-parents-carers-guide/>

Please scan QR code or click on the link to access this and our other information sheets

[Downloadable Survival Guides, Information and Resources from SNAP](#)

