

## Transitions: Family Check list from Child to Adult Services

	Things to do	Done
13 - 14 years	Check out my council's "Local Offer" on their website (see what's on offer for 16+ years)	
	Know the main provisions of the Children's & Families Act 2014	
	Support my child to open a bank account before they turn 16	
	Begin thinking about what support my child will need when they're an adult at the year 9 Education, Health and Care Plan (EHCP) annual review	
	Meet Transition social worker (if they have them in my area)	
	Find out my, and my child's, rights - The Care Act 2014	
	Consider getting a carers assessments (especially if my child doesn't have a social worker)	
14 - 16 years	Learn about the different models of support – care homes, supported living, outreach, personal assistants – and begin to think about what might be best for my child	
	Learn about different housing arrangements, and begin to think about what might work best for my child	
	Ask for my Local Authority's Approved Provider List and take a look at the Care Quality Commission (CQC) website to find out how some of these are currently rated	
	Check out benefits. Learn what these are, and how entitlements differ depending on what model of support my child might receive	
	Learn about the difference between Direct Payments and a Personal Budget, and think about what is going to work best for me and my child.	
	Know the difference between being a Court-Appointed Deputy, Power of Attorney for Health and/or Finance and an Appointee; think about what is might work best for me and my child	
	Learn about my, and my child's, rights and responsibilities under the Care Act	
Understand how the Mental Capacity Act applies to me and my child		

	Things to do	Done
16 - 18 years	Add my child's name to the local council's housing list (this is done in the same way for everyone)	
	Check the local eligibility criteria for adult support, then arrange for a social care assessment from local authority for my child (around their 17th birthday) with my council.	
	Research adult short breaks (Children's short breaks aren't always available to over 18s)	
	During the last two years of education: ensure that a social worker is working with us to lever the right support (Ideally this would be a Transition social worker)	
	Schedule the final Education Health and Care Plan review for first term of my child's last year of education.	
	Find out what adult services are available in my area: <ul style="list-style-type: none"> <li>• Meet care and support providers</li> <li>• Outreach (regular day support) starts at 18yrs to ensure a consistent approach</li> <li>• Employment/Supported employment</li> <li>• Supported Living</li> <li>• Further educational options and opportunities</li> </ul>	
	Learn about the appeals process in case we don't agree with the funding allocated	
	Maintain contact with my social worker. Make sure that all the right people are at any transition/school meeting	
	Consider transport costs and arrangements in all plans	

## Further information:

- **Preparing for Adulthood – information and guidance:** <https://www.preparingforadulthood.org.uk/>
- **Contact – support & benefits advice service for families with disabled children:** <https://www.preparingforadulthood.org.uk/>
- **hft – Family Carer Support Service:** <https://www.hft.org.uk/our-services/family-carer-support-service/>
- **Dimensions Transition Resources:** <https://dimensions-uk.org/what-we-do/transition/>
- **Dimensions transitions guide:** <https://dimensions-uk.org/wp-content/uploads/Transition-your-childs-journey-into-adult-services.pdf>

Find us at [www.dimensions-uk.org](http://www.dimensions-uk.org), or on social media @DimensionsUK

Dimensions (UK) is a charitable registered society number 31129R. 2nd Floor, Building 1430, Arlington Business Park, Theale, Reading, RG7 4SA June 2022.