

My Journey to Adulthood

Information Pack





Introduction

Leaving school and becoming an adult is a time for celebration and change but may also present you with some questions. When we talk about your journey to adulthood we mean all of the things that will change in your life as you move from being a teenager to an adult when you're 18.

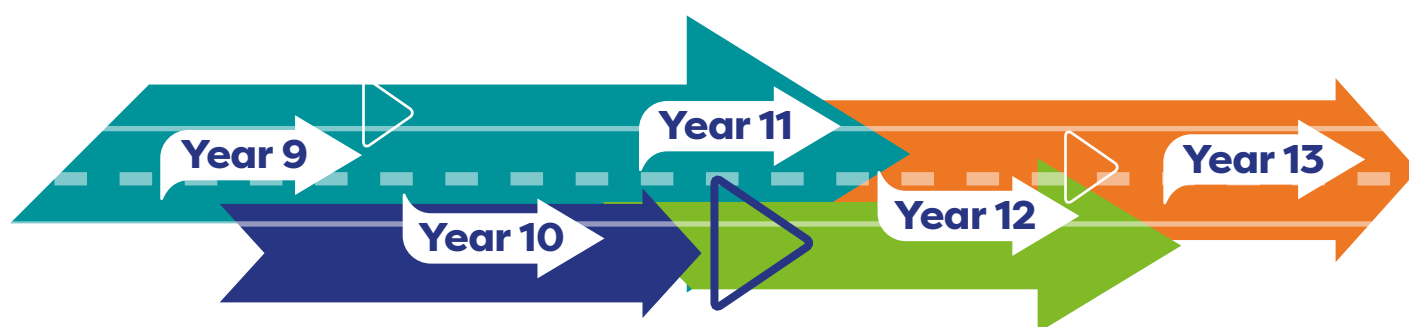
Good preparation for adult life needs to start early and high hopes are crucial to success. The focus should be on your strengths and skills and the outcomes you want to achieve. To plan successfully, all services involved in your life need to actively engage and support the planning for adulthood.

This pack aims to provide you with useful information and to answer some of the questions you and your family may have about this important stage of your life and the role of Adult Social Care on your journey to becoming an adult.



Planning for Adulthood Road Map

The road map shows what needs to happen to ensure a smooth transition to adulthood



Year 9

Preparing for adulthood begins

Advice and information sets clear expectations of what can be realistically achieved

Individuals have a SMART plan for the year ahead working towards mini goals

Information on adult life and options to support independent living

Link workers (Adult services) will attend education roadshows, parents events and provide information

Year 10

Review and plan for the year ahead, continue to work towards goals

Discuss Education and Career Aspirations with school

Allocated Disabled Children Services staff attend annual EHCP reviews

Year 11

Review and plan for the year ahead, continue to work towards goals

Support decision making under the Mental Capacity Act

Actively consider future accommodation needs

Young Adult Disabilities staff attend annual EHCP reviews

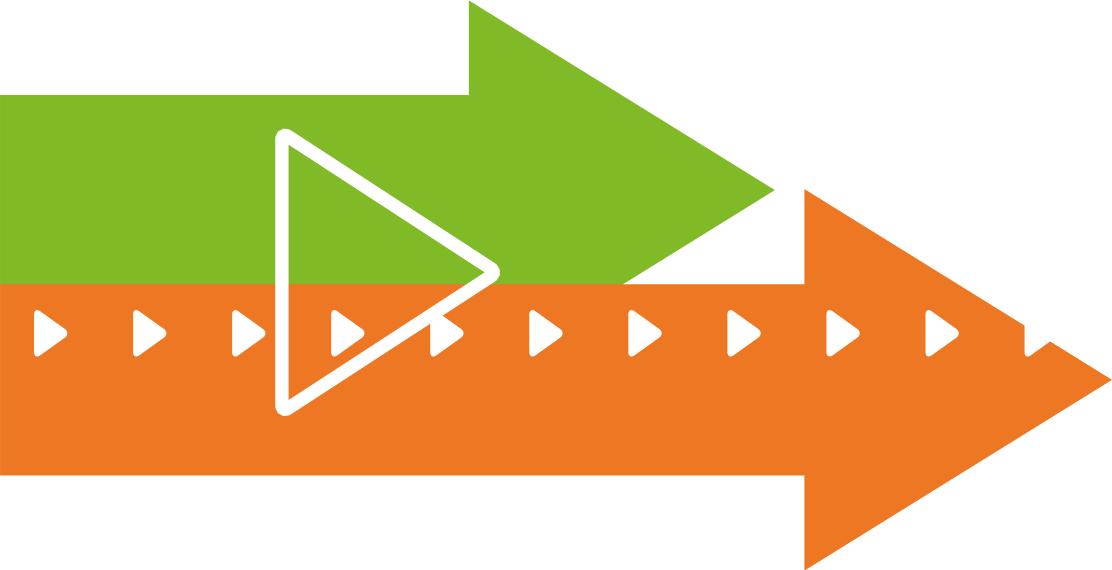
Year 12

Review and plan for the year ahead, continue to work towards goals

Year 13

Review and plan for the year ahead, continue to work towards goals

Eligibility for one to one support for 'Transition to adulthood' phase determined



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Young Adult Disabilities Team

The Young Adult Disabilities team support young people with an Education Health and Care Plan (EHCP), who are likely to have needs for care and support as an adult to ensure those eligible social care needs will be met when they become 18.

We will work in partnership with other agencies to ensure a robust plan is in place to make sure there is no gap in service during this period.

You may have already met a worker from the Young Adult Disabilities Team at your school. We work in partnership with local special education schools and aim to attend EHCP reviews from year 10, education roadshows and parents' evenings to provide information about Adult Social Care and your journey to adulthood.

You will be contacted from **year 11** by letter, inviting you to make contact with the team if you feel an assessment would be beneficial. In some instances, we may contact you directly by telephone to discuss your likely needs for care and support when you become 18.

Initial Contact

If you wish to proceed with a care and support assessment a worker from the team will be allocated to you at around 17½ . Your allocated worker will make contact with you to gather additional information such as the support you have now and what support you may need as an adult.

We will offer information, advice and guidance at this stage and agree next steps with you.

My Journey to adulthood plan

Your allocated worker may arrange to meet with you to discuss your journey to adulthood and will support you to make a plan.

Your plan will help you to prepare for your future. It lets people know what you want to achieve as you move into adulthood. This is sometimes called a transition plan.

Your plan will help you to think about how you can live as independently as possible as an adult and will cover important areas of your life which may include learning, work, where you will live, health and wellbeing, relationships, travel, money and hobbies.

Care and Support Assessment

A further meeting may be arranged with you to complete a care and support assessment. The purpose of a care and support assessment is to find out:

- ▶ What you can do for yourself (your strengths)
- ▶ What help and support you have or could have from the people in the community around you
- ▶ The things you may need some support with to keep you well and independent

It might be helpful to start having a think about what you do every day and who helps you at the moment so that you're prepared for the questions.





You can ask someone to be with you and support you during our conversation. This might be a family member, friend, or the person who looks after you.

If you have significant difficulties in understanding the assessment process and have no one suitable to help you, we can organise an independent advocate to speak for you, please let us know when we contact you if you require an advocate to be present.

We'll give you a copy of your assessment and a decision about whether you have eligible care and support needs or not.

You may be eligible for care and support from us if:

1. You have needs arising from a physical or mental impairment or illness.
2. You're unable to carry out two or more of the activities listed below:
 - ▶ managing and maintaining nutrition
 - ▶ maintaining personal hygiene
 - ▶ managing toilet needs
 - ▶ being appropriately clothed
 - ▶ being able to make use of all of your home safely
 - ▶ maintaining a habitable home environment
 - ▶ developing and maintaining family or other personal relationships
 - ▶ accessing and engaging in work, training education or volunteering
 - ▶ making use of necessary facilities or services in the local community including public transport, recreational facilities or services
 - ▶ carrying out any caring responsibilities you have for a child
3. As a result of not being able to carry out these tasks there is a significant impact on your wellbeing.

Not everyone who has a care and support assessment will be eligible for support however we will still provide advice and information to help you to stay well and independent.

If you are eligible, what happens next

If you're eligible your worker will have a conversation with you about your current situation and support you to find the right solutions for when you become an adult.

You will also need to complete a financial assessment for care at home or a financial assessment for a care home to work out how much you'll need to pay towards your care and support.

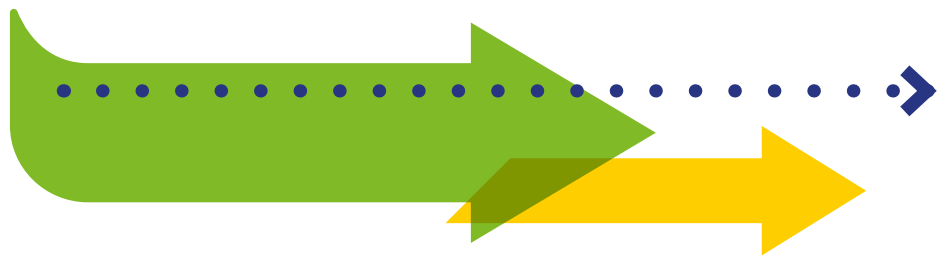
Adult Social Care is not free and most people have to pay something towards it.

You can find out more information here:

www.leicestershire.gov.uk/sites/default/files/field/pdf/2020/7/27/Care-and-Support-at-home-or-in-the-community-paying-for-your-care.pdf

www.leicestershire.gov.uk/sites/default/files/field/pdf/2020/7/27/Living-permanently-in-a-care-home-Paying-for-your-care.pdf





Care and support plan

Where we have identified you have eligible needs in your assessment, we'll work with you to develop a care and support plan. This sets out how your needs can be best met. We may meet your needs by recommending equipment, technology or a period of short term care known as enablement.

Before a final support plan is agreed your worker will use the information from your assessment to estimate how much your care and support needs will cost. This is called your estimated **personal budget**.

Personal budgets

Your personal budget is the total amount of money allocated to you to meet your care and support needs, as agreed in your support plan, following your care and support assessment.

Your personal budget includes the amount:

- ▶ we will pay towards your care, and
- ▶ the amount you might have to pay towards your care following your financial assessment

How the personal budget is paid

There are 3 different ways that you can have your personal budget. Your worker will talk to you about which is the best option for you.



Managed budget

You can have a managed budget which means the council manages the money and the support you receive. We'll send you an invoice every 4 weeks so that you can pay your contribution.

You don't need to worry about making payments for your care and support because we will do that for you. Your choice of provider however will be limited to the organisations we have contracts with or to the services that we provide directly.

Direct payment

A direct payment means the council will give you the money so that you can arrange your support directly with the person or organisation you want to use instead of the council arranging services for you and you will pay your contribution into your direct payment account.

Mix of direct payment and managed budget

You can also choose to combine a direct payment for some of your care and support needs with a managed budget for other care and support needs.

The support you get could look different to the support you may have in place as a child however your eligible needs will continue to be met as an adult.



Accommodation Options

Where will I live as an adult?

As part of your journey to adulthood you may have started to think about where you will live as an adult and who you will live with.

A home is much more than a physical building; having a home where you feel safe, comfortable, and close to the people and things you love and need are important to improving and maintaining independence.

Your home and living circumstances should enable you to have as much independence as you can, while ensuring you have the right support to make this happen.

There are lots of different options for you to consider when choosing where to live for example:

You may want to rent a home from your local Borough Council or housing association

You normally have to put your name on the housing register to get this type of housing. Check with your local Council to see what age you can register; it will be when you are either 16 or 18 years old. In some areas, Councils no longer provide any application forms to apply to go on the housing waiting list. Most applications can be assessed either over the phone or in person at Housing Office or department. You will have to tell them about yourself, what your needs are now and how you are living. When you make an application, make sure you tell them about your disability, because it might help you get on a priority list. It can take a while to get a home this way, so if you think you might like to rent from a Council or housing association it is best to register as soon as possible even if you don't want to move yet.



Advantages

- ▶ This can be a secure way of renting your own home
- ▶ The rent is more likely be more affordable if you rent through the Council



Disadvantages

- ▶ You may have to wait for a long time before you are housed
- ▶ There may not be many places to choose from



Renting from a private landlord or letting agent

You can rent from a private landlord. This means paying money to a person who owns a property so you can live there.

Many young people start their housing journey by renting a flat from a private landlord.



Advantages

- ▶ This can give you more choice about where you live and the type of property
- ▶ The wait is not usually too long
- ▶ There is usually a wider choice of housing available



Disadvantages

- ▶ The rents can be higher and there is a deposit to be paid in advance (sometimes 1-3 months' rent)
- ▶ Universal Credit or Housing Benefit may not award the full amount to cover the rent for the property even if you are in receipt of benefits
- ▶ The tenancy may not be long-term so it can be less secure
- ▶ Some landlords do not rent to people on benefits

Home Ownership

It is possible to buy your own home but you would need to speak to an organisation that specialises in home ownership for people with long-term disabilities



Advantages

- ▶ You will have a bigger choice of property
- ▶ Ownership offers long-term security
- ▶ Your family may be able to help you buy



Disadvantages

- ▶ You must have a deposit
- ▶ You will have to pay the costs involved such as valuation and legal fees, estate agent's fees, and removal costs
- ▶ It is not so easy to move on; for example, there will be costs involved if you want to move

You can find more information about housing options here

www.preparingforadulthood.org.uk/downloads/independent-living/housing-top-tips.htm



Supported Living

Supported living is:

- ▶ about having your own place to live, with the support you need.
- ▶ being independent with your own front door key.
- ▶ being able to live on your own or with friends
- ▶ choosing to rent a home or own your own home
- ▶ choosing where you live and who supports you
- ▶ Supported living enables you to live an ordinary life and contribute to your community.

There are 2 parts to supported living:

- ▶ Help to find the most suitable home, whether it's on your own or you share with other people.
- ▶ The support you need to do the things you want to do and to live independently.

The support you get builds on the things you can do and depends on what other support you have from your friends, family and the community.

How do I apply for supported living?

Following completion of your care and support assessment, if you have eligible care and support needs your worker can talk to you about all your options and agree if supported living is the best way to meet your care and support needs as an adult.



Advantages

- ▶ You can live near to other people with disabilities
- ▶ You have rights and choice and control on how you want to live your life
- ▶ You can still have your independence with a support network in place



Disadvantages

- ▶ This type of housing may feel different to other types of accommodation

More information can be found here:

www.leicestershire.gov.uk/supported-living



Shared Lives Placement

What is a Shared lives placement?

In a Shared lives placement, you live with a family and they share their home, lives, families, interests, experience and skills with you.

Support takes place in the home of a local family, who are approved to provide Shared lives support. It can be delivered in several different ways:

- ▶ Living in a carer's home: the person needing support may live in the carer's own home and be supported in their everyday life. Sharing a carer's home can be to cover a short-term need (such as providing a break for a person's main carer) or a longer-term situation.
- ▶ Day-time support: regular support sessions held in the carer's home.

If you are staying overnight:

- ▶ You will have your own room and can bring your own things.
- ▶ You will still be able to do the things you normally do.
- ▶ You will be able to see your friends and family, if you wish to

Shared lives is a service that is regulated and inspected by the Care Quality Commission (CQC), the social care regulator.

Shared lives might be suitable for you as an adult if you have eligible care and support needs following your care and support assessment.

More information can be found here

www.leicestershire.gov.uk/adult-social-care-and-health/supported-accommodation-and-care-homes/shared-lives-placement

Residential Care

Residential Care may be offered as a short term option to support you to gain skills to enable you to move on to a more independent setting in the future.

If you are offered a residential placement you will have regular reviews with your worker to ensure you are supported to move to a more independent setting.

Mental Capacity Act and Young People

What is the Mental Capacity Act 2005

The Mental Capacity Act 2005 is a law that protects vulnerable people over the age of 16 around decision-making. It says that:

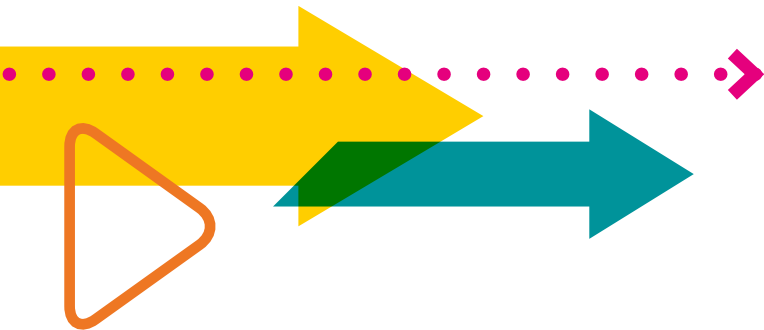
Every adult, whatever their disability, has the right to make their own decisions wherever possible.

People should always support you to make your own decisions if you can. This might mean giving you information in a format that you can understand (for example this might be easy read information if you have a learning disability) or explaining something in a different way.

But if a decision is too big or complicated for you to make, even with appropriate information and support, then people supporting you must make a 'best interests' decision for you.

Sometimes decisions will be made by a person appointed by the court. For example, a deputy to manage your money or by a Court of Protection judge where an application has been made to the court of protection, however most decisions will not require a court decision.





Key principles of the Mental Capacity Act

The Mental Capacity Act sets out 5 key principles that promote supported decision-making, whether by you or should you lack the capacity to do so. These principles inform how caregivers and others who support and work with you:

- ▶ It should be assumed that everyone can make their own decisions unless it is proved otherwise.
- ▶ A person should have all the help and support possible to make and communicate their own decision before anyone decides that they lack capacity to make their own decision.
- ▶ A person should not be treated as lacking capacity just because they make an unwise decision.
- ▶ Actions or decisions carried out on behalf of someone who lacks capacity must be in their best interests.
- ▶ Actions or decisions carried out on behalf of someone who lacks capacity should limit their rights and freedom of action as little as possible.

It's also important to remember that you may have capacity for some decisions but not others, or you may not have capacity right now but may regain it in the future with support. This means all capacity decisions should be regularly reviewed to make sure they still reflect the your ability to make decisions.

Supporting you to make a decision

Before deciding that you lack the capacity to make a decision, all practical and appropriate steps must be taken to help you make the decision yourself.

The Mental Capacity Act Code of Practice includes four main points to help someone make a decision:

1. Provide relevant information

Does the person have all the relevant information they need to make a particular decision?

If they have a choice, have they been given information on all the alternatives?

2. Communicate in an appropriate way

Could information be explained or presented in a way that is easier for the person to understand (for example, by using simple language or visual aids)?

Have different methods of communication been explored if required, including non-verbal communication?

Could anyone else help with communication (for example, a family member, support worker, interpreter, speech and language therapist or advocate)?

3. Make the person feel at ease

Are there particular times of day when the person's understanding is better?

Are there particular locations where they may feel more at ease?

Could the decision be put off to see whether the person can make the decision at a later time when circumstances are right for them?

4. Support the person

Can anyone else help or support the person to make choices or express a view?

Making a best interest decision

After all steps have been taken to support you to make your own decision, if you are assessed as lacking capacity to make that particular decision, then a 'best interests' decision must be made.

The person who makes the 'best interests' decision is called the 'decision maker'. Who the decision maker is will depend on the situation and the type of decision.

For most day-to-day decisions the 'decision maker' is likely to be the person who is supporting you.

If it is a decision about healthcare it will be the relevant health professional.

Whoever is the decision maker, it is important they talk with others involved in your care, and involve the you as much as possible, to get a good understanding and therefore make the best decision they can.



Best interests checklist

The Mental Capacity Act sets out a best interests checklist, which must be followed when making a best interests decision:

- ▶ Will the person regain capacity?
- ▶ Involve the person.
- ▶ Consult all relevant people.
- ▶ Consider all the information.
- ▶ Do not make any assumptions.
- ▶ Consider past, present and future wishes.
- ▶ Always pick the very least restrictive option.

Involve the person you are making a best interests decision for

When a best interests decision is being made, you must still be involved as much as possible.

Independent Mental Capacity Advocate (IMCA)

If you have no family or friends for the decision-maker to ask about important decisions like serious medical treatment or changes of accommodation, then an Independent Mental Capacity Advocate must represent your views.

More information can be found here

www.mencap.org.uk/advice-and-support/mental-capacity-act



Managing your Money

As you start to prepare for adulthood it is important to think about how you manage your money, this is sometimes called your finances.

The Mental Capacity Act (2005) states anyone over 16 must be presumed able to make decisions for themselves, with support if needed, unless it can be shown otherwise. This includes decisions about managing money and bank accounts.

If you have capacity to manage your money you will need consider opening a bank account if you do not already have one. This will help you to pay for things in shops and to set up payments for bills if you decide to live more independently.

Banks should offer you support to access your money if you need it. This might include:

- ▶ providing information and letters in easy to read formats
- ▶ allowing different forms of ID if you do not, for example, receive bills in your name
- ▶ allowing you to bank in a branch rather than only offering online or telephone banking
- ▶ using a chip and signature card if you have difficulty recalling your PIN number

Banks can offer different types of accounts if you have capacity to make decisions about your money. You can also ask somebody, such as a family member, to help you to manage your finances if you find this difficult. You should talk to your bank about your options to help you to decide which bank account is right for you.

If you do not have mental capacity to manage your finances with support, a family member or friend can arrange to manage your finances on your behalf. This will be carefully monitored to make sure the person managing your finances is always acting in your best interests.



If your family member or friend wants to manage your finances on your behalf because you lack mental capacity, they will need to make an application to the Court of Protection for deputyship for property and financial affairs. The Court of Protection handles decisions about people who may or may not lack mental capacity. The Court decides what decisions the deputy can make on your behalf. Deputyship is a big decision and is usually not the first option and does have a cost implication, both for applying and processing your application.

You can find more information about money and finances here:

www.mencap.org.uk/advice-and-support/benefits/money-and-benefits

www.downs-syndrome.org.uk/for-families-and-carers/adulthood/banking-managing-money-and-mental-capacity/

www.dosh.org

www.moneyadviceservice.org.uk/en/articles/help-manage-the-money-of-someone-youre-caring-for

Benefits

If you have a disability you may be able to get financial support as an adult to support you but this will be dependent on your circumstances.

You can find more information about financial support here:

www.gov.uk/financial-help-disabled

www.leicestershire.gov.uk/adult-social-care-and-health/paying-for-care/benefits-for-adults

Managing benefits

Managing benefits for someone who does not have mental capacity is slightly different to savings and bank accounts. When you turn 16, the Department of Work and Pensions (DWP) should deal directly with you about your benefits. If you are unable to manage your own benefits, a family member or friend can ask the DWP to appoint them as an appointee to handle your benefits on your behalf.

An appointee must be over 18 years old.

You can find more information about becoming an appointee here:

www.gov.uk/become-appointee-for-someone-claiming-benefits

Carer Support

If you look after someone who lives in Leicestershire and you're both over 18, you may be entitled to some support with your caring role through a carer's assessment.

A carer's assessment will look at your existing support network, for example, family or friends. It considers the things that you want or need to achieve outside of your caring role and the impact this has on your ability to carry out those activities and how this affects your wellbeing.

www.leicestershire.gov.uk/what-is-a-carers-assessment





Useful Information and Links

How to contact Adult Social Care:

Telephone: 0116 305 0004

Deaf or hard of hearing: text 07949 633 788 instead

Monday to Thursday, 8.30am to 5pm

Friday, 8.30am to 4.30pm

Emergencies / out of hours

Telephone the Emergency Duty team on 0116 255 1606 if you need to speak to adult social care outside of normal office hours.

www.leicestershire.gov.uk/contact-adult-social-care

Leicestershire Learning Disabilities Partnership Board

The Leicestershire Learning Disabilities Partnership Board is a group of people who meet and listen to what people with learning disabilities say. They talk about the things that are important to you and the people who support you. They also have local groups that meet regularly.

Find out more about them and how you can get involved at

www.betterlives.org.uk

Buses

You can get a bus pass to travel for free or at a reduced rate.

Find out how you can get, renew and use a disabled bus pass if you live in Leicestershire.

www.leicestershire.gov.uk/roads-and-travel/buses-and-public-transport/apply-for-a-disabled-persons-bus-pass

Keep Safe Places

You can go to a Keep Safe Place if you're out and about and need to go somewhere to feel safe or get help for a few minutes. Find a keep safe place in Leicester city or Leicestershire.

www.leicestershire.gov.uk/find-a-keep-safe-place



