

So I can be
me



Preparing for Your Child's
**Transition to
Adulthood**

Better Lives for More People



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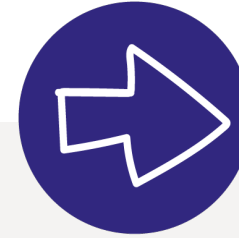
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#BetterTransitions

Before we begin...

- The chat is open! Please introduce yourselves.
- Your microphones and cameras will be switched off.
- We are **recording** today's webinar. This will be available and shared after the webinar with the information pack.
- We will be using the **Q&A box** to take questions. We'll aim to answer as many questions as possible after the presentation. If we cannot answer your question live today, we will include and answer it in our Q&A Sheet in your information pack.
- If you'd like to get in touch after the webinar, you can reach us by emailing **enquires@dimensions-uk.org**

Agenda



- The Family and Lived Experience with Martin Boniface
- A Guide To A Good Transition with Jessica Heslop
- Choosing a Provider
- Q&A Session

The Family and Lived Experience

with Martin Boniface



Martin Boniface

Assistant Family Consultant

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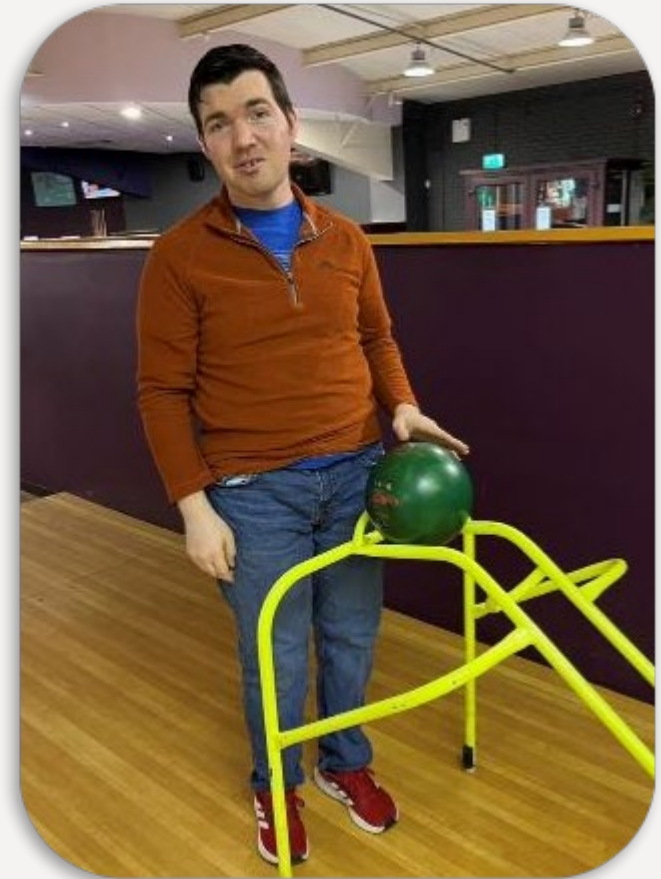
Don't fall off the cliff!

”



Meet Harry

- Lived away from home since age 8
- Supported by Dimensions since age 18
- Now in supported living
- Lives in own rented flat with 24/7, 1:1 support
- Lives an active and meaningful life



Family Experience

- Transition felt like falling off a cliff
- Lack of preparation
- Child and Adult services not talking or sharing information
- Pressure to accept a solution
- Unsuitable options are often presented
- Change can be difficult and hard for all involved
- Starting early and a lot of preparation can make this process more like a stroll along the beach

“

Falling down a cliff, or
strolling down the beach?

”



Hindsight: What Would I Do Differently?

- Start the process early
- More detailed research
- EHCP (Education, health and care plan) accurate and up to date
- Know what we want
- Be heard
- Be ambitious
- Don't be bullied
- Push for funding to support needs
- Work together
- Get to know people
- Be prepared to fight

A Guide to a Good Transition

with Jessica Heslop



Jessica Heslop

Family Consultant



A Good Transition



Understand Your Legal Rights

- Learn about the laws and regulations that govern transitions, such as the Children and Families Act 2014 and the Care Act 2014.

Collaborate with Local Authorities

- Work closely with your local council to ensure a smooth transition, including meeting with a Transition Social Worker.

Explore Housing and Independence Options

- Research different living arrangements and support models, such as supported living, outreach, and personal assistants.

Secure Continued Funding and Provision

- Understand the process for requesting a Care Act needs assessment and advocating for appropriate funding and services.

Involve the Young Person Fully

- Empower the young person to actively participate in the transition planning process and have their voice heard.

What to Think About and When



Age 13–14 **Year 9 EHCP Review**

Check the council's Local Offer, meet a Transition Social Worker, enable the young person to open a bank account, begin discussing adulthood, learn about the Care Act 2014 and Children and Families Act 2014, request a Carers Assessment



Age 14–16 **Exploration and Options**

Explore models of support, housing arrangements, Direct Payments vs Personal Budgets, differences between legal frameworks, benefits and entitlements, provider quality



Age 16–18 **Preparing the Handover**

Research adult short breaks, understand the Mental Capacity Act, check local Care Act eligibility, request a Care Act needs assessment, explore adult services, learn about appeal routes, add the young person to a housing list. (critical)

Useful Information and Resources

Dimensions Transition Support

- Provides guidance and resources for families navigating the transition process

Local Offer guidance

- Information on the services and support available in the local area

Care Act 2014

- Outlines the legal framework for adult social care in England (carers have rights)

Children and Families Act 2014

- Covers the legal requirements for Education, Health and Care Plans (EHCPs)

CQC / CIW for provider ratings

- Information on the quality and performance of service providers

- Charitable organisations, Sense, Down's Syndrome Association, SeeAbility, National Autistic Society, for example.

Choosing a Provider

from a family perspective



Choosing a Provider – a family perspective

- Funding – Local Authority, Direct Payments, Continual Health Care
- Support Hours – what's covered?
- Research – online and talking to families
- CQC/CIW ratings
- Positive Behaviour Support (PBS)
- Person Centred – **P**erson **C**entred **A**ctive **S**upport – "one size does not fit all"
- Communication – supporting a person and with families

How Providers Can Support Transition



Explore options

Work with families to understand their young person needs and goals, rather than imposing solutions.



Collaborate with local authorities

Work alongside the local authority to ensure a coordinated and seamless transition process.



Build a team around the young person

Recruit and train a dedicated support team to ensure continuity of care during the transition.



Assist with housing

Help families navigate the process of securing appropriate housing and support for the young person.

Good providers understand that their role is to partner with families and local authorities, not replace them. By taking a collaborative and person-centred approach, they can help ensure a smooth and successful transition to adulthood.

How Can Providers Help You?

- Explore the options
- Lead the process alongside the Local Authority
- Recruit support workers
- Work in partnership to source and secure housing (if needed)

For more information, please see page 9 of the Dimensions "*Your Child's Journey to Adult Services*" booklet, which will be included in your information pack

Q&A

Thank you for joining us today.

We will now answer your questions.



Q&A



We always welcome questions

We encourage the audience to submit any questions they may have.



If we cannot answer everything live

We will collect questions from the Q&A box and respond after the session



Answers will be included in the information pack

We will collect questions from the Q&A box and respond after the session

No family should leave transition planning feeling unsure or alone. We are here to provide the support and information needed for a smooth and successful transition.

Information Pack



- The recording of the webinar
- A Q&A sheet
- Dimensions Transitions "*Your Child's Journey to Adult Services*" booklet
- Transitions: Family Checklist "*From Child to Adult Services*"

Contact a Family Consultant



We have a dedicated helpline for families of the people we support. The helpline is open from 10am to 12pm, Monday to Friday.

Our family consultants – all of whom have children with support needs, many of whom are supported by Dimensions – are available to answer your questions and provide support.

Call us on 0300 303 9161 or email: Family.helpline@dimensions-uk.org

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Better Lives for More People

We're here, so that you can be you:

- You'll make more choices and so gain more control over your life.
- You'll have the support and the housing you need to lead a fun, safe, ordinary life.
- Your loved ones will be as much a part of your life as you both want.
- You'll take steps towards more independence, with the right sized support for you to really shine.
- You'll be at the centre of your own support plan. Everything about you, will involve you.



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