



Milton Keynes
City Council



Preparing for Adulthood

**Moving from children's
to adult's services**

May 2024

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To guide you through this document the acronyms section tells you what any abbreviated terms mean



Introduction

The transition from childhood to adulthood, typically begins around Year 9 (age 13/14) and continues until the age of 25.

During this period, young people and their families navigate changes in services, including health, social care, and education. Recognising that differences in approaches and service access can create challenges, Milton Keynes City Council aims to provide a clear pathway throughout a young person's life. Ensuring effective transition planning and support is crucial for positive outcomes during this phase.

Collaborative efforts to support young people in realising their ambitions are crucial. Strengthening the existing initiatives and expanding the offer can make a significant difference in their journey toward successful adulthood.

'With appropriate and the right support and high aspirations, young individuals can achieve successful long-term outcomes in adult life'



Preparation for adulthood

Preparation for adulthood means moving from children's to adult services. This can be an exciting or worrying time for you. Our vision is that all young people in Milton Keynes feel supported, informed and empowered with their preparation for adulthood. Our core principles to achieve this are:

Personalisation

You should have a plan that is personal to you and reflects your individual needs, aspirations and interests.

Preparation

By establishing a clear and flexible plan you and your family can effectively plan for the future and easily adapt to changing circumstances.

By keeping you and your family involved in the planning and preparation process, we can also manage expectations so you are aware of the care we can realistically deliver.

Transparency

You will have easy access to information. As part of our commitment to transparency, we aim to clearly lay out the options available to you, whether you are eligible for council support or not.

You should be included in your preparation for adulthood and have your opinions heard.

Independence

We want to support you to develop your own identities and abilities to live independently, where possible.

We will do this by having positive conversations about what you can do for yourself to realise your ambitions to live the best life you can. We call this, a strengths-based approach.

Partnership

Milton Keynes City Council aim to work with you, your family and our partners from health, education and the voluntary sector to ensure you are receiving the support you need to thrive and succeed, with or without the support of Adult Social Care.

“supported, informed and empowered”

Best Practice

To help you on your journey to adulthood Milton Keynes City Council will:

- ✓ Make sure our teams work to high standards, looking at your strengths and helping to achieve your goals and aspirations
- ✓ Identify if you need additional support with preparing for adulthood
- ✓ We will listen to your views and aspirations
- ✓ Make sure everything is done in good time
- ✓ Make sure our teams work together as well as with you, your family and other organisations involved
- ✓ Make sure we deliver the highest standard of care possible



National context

It's important that you know what the law tells us about how we must work with you.

Autism Act, 2009 makes provision about the needs of adults who have autistic spectrum disorders including autism and Asperger syndrome

Children and Families Act, 2014 reforms the services local authorities must deliver to vulnerable children in England. This has an impact across adoption, family justice, parents' working rights, as well as reforms for young people with SEN needs

Children Act, 1989 ensures care leavers have access to the same level of support and the same opportunities as their peers – including the provision of overnight respite and short breaks. All disabled children are identified as children in need

Children and Social Work Act, 2017 outlines the support available to looked after children and care leavers. The Act also expands the range of considerations the courts have when making decisions about long term placements and establishes a new regulatory regime for social workers

Homelessness Reduction Act, 2017 places a duty on local authorities to relieve and prevent homelessness. The Act places a responsibility on public bodies to carry out assessments and develop personalised housing plans as well as refer people at risk of homelessness

Care Act 2014 provides the legal framework for Adult Social Care and a duty on councils to support and promote the wellbeing and independence of working age disabled adults and older people, and their family carers

Immigration and Asylum Act, 1999 significantly reformed the conditions and entitlements for those claiming asylum in the UK. This includes welfare and housing benefits

Human Rights Act, 1998 enshrines the European Convention on Human Rights (ECHR) into British domestic law. By doing this the Act allows people whose human rights have been violated to seek justice in the British court system without having to take their case to the European Court

National context

Mental Health Act, 1983 (updated 2007)

this governs the assessment, treatment, and rights of individuals with mental health disorders. It allows for the detention of individuals who require urgent treatment for mental health issues and are considered a risk to themselves or others

Mental Capacity Act, 2005

Empowers people to make decisions for themselves and also allows people to plan ahead for when they may lack capacity.

The Deprivation of Liberty Safeguards (DoLS) amendment ensures people who cannot consent to their care have protection if their care arrangements deprive them of liberty

National Framework for CHC 2018,

outlines the process and principles that must be followed when establishing adult CHC eligibility, and develops transparency and consistency within the assessment process

Special Educational Needs and Disability Code of Practice (2014)

The SEND code of practice explains in detail the practices that must be followed by local authorities, health services as well as education providers under part 3 of the Children and Families Act 2014

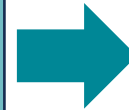
MKCC Preparing for Adulthood: if you have an Education Health Care Plan (EHCP)

EHCP Annual Review(s)

If you have an EHCP you will have a meeting to review the plan every year. From Year 9, there will be a focus on preparing you for adulthood and making sure you progress towards your goals.



Reviews should consider what is working well, what needs to change and what is important to you as you progress towards adult life.



The review should include support in the following areas;

- To explore suitable post-16 options that will allow you to progress in education, employment or training.
- To prepare for the future, including what support you will need. For example, this could be support with housing, your health and transport needs as well as making sure you know how to engage in your community



CAREERS GUIDANCE

Every school has a Careers team that will meet with you from Year 9 onwards. They will help you to make decisions about your future career by giving information, advice and guidance based on your interests and ideas.

They will explain the different options available to you and will produce an action plan to help you achieve your goals.

If you want to move to a different education setting, the EHCP will be shared with them to make sure they can meet your needs successfully.



Your EHCP can continue until you are 25 while you are making progress in education. When you are over 18, if you decide that you do not want to continue with education, then your EHCP will end. You will still be able to access careers advice to achieve your goals.



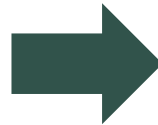
The EHCP will continue to be reviewed every year to make sure that you are getting the support you need to achieve your goals.

MKCC Preparing for Adulthood: Adult Social Care pathway

Age 14: If the child or young person is being supported by a care/support plan, they will have regular reviews, which will highlight if a referral to the Preparing for Adulthood (PFA) Team is required at the age of 16.
If a child or young person does not have a care/support plan they can be referred to the PFA Team by parents/carers, education/health professionals at the age of 16.



Age 15: Children and Young People who are likely to need support as adults are identified by Children's Social Care through the Children and Families Team (Early Help), the Family Support Team (FST), Children in Care and Children With Disabilities Team (CWD).



Age 16: Referrals for all young people should be completed by the end of the academic year to ensure they are known to the PFA Team.
Referrals, in which information on diagnosis and support needs indicate that the young person's needs are complex and require a multi-agency approach, need to be referred at an earlier stage.



MKCC Preparing for Adulthood: Adult Social Care pathway

Age 17: Young people are allocated to a worker in the PFA Team, within Working Age Adults to complete an Adult Social Care Assessment. It may be appropriate if a young person's needs are complex and require a multi-agency approach, they will be assessed at an earlier stage.

Young people with a suspected or diagnosed Learning Disability will be referred to the Community Team for Adults with Learning Disabilities. Those with mental health needs are referred to the Mental Health and Complex Needs Team. A Care and Support Plan will be developed, taking into account the young person's strengths, aspirations and wishes. A funding application is submitted, and a Final Assessment is carried out to decide how much the young person may need to contribute towards their care and support costs.

A mental capacity assessment may be required if there are concerns that a young person lacks capacity to make decisions about any aspect of their life, i.e. care and support needs, where they want to live, finances and signing a tenancy agreement.



Age 18: Prior to the young adult turning 18 years old, an Adult Social Care Assessment should be completed with a clear action plan for what will happen next.

If there is a delay in referring a young adult to the PFA Team, support from Children's Services should continue, to ensure continuity. If the pathway is followed, this should not be necessary. Once the care package is in place, this will be reviewed, initially within 8 weeks and then an annual review will be scheduled thereafter. Where a young adult does not have an identified care/support plan in place, they will be signposted to other services/agencies. The PFA Team will support with referrals.



Age 19: The young adult's care and support plan will be kept under annual review to ensure the person is supported to live as independently as possible. Should the young adult's needs change, they can request for a brought forward review. If there is no care/support plan in place and their needs change, the young adult can request for a worker to be re-allocated to re-assess their needs or explore a possible care/support plan to be implemented to meet their needs.

MKCC Preparing for Adulthood: if you are a MK Child In Care or care experienced

Age 14: If a young person is likely to need support from Adult Social Care later in life, then a referral will be made to the Adult Services team and a discussion will be held at transitions panel to track progress/transition.



Age 15: All children in care are given information about the 16-25 Team. A Pathway Plan (PWP) is completed with the young person by the allocated social worker at 15 years and 9 months old. This will include the young person's voice and input from other relevant services, including Adult Services, where appropriate. The PWP will be reviewed with the young person and relevant individuals at least every 6 months (or earlier if there is any change) until aged 25.



Age 19: PWP reviews will continue and there will be an annual review of a young person's care package overseen by Adult Social Care. Both children's and Adult Social Care will continue to be aspirational for all young people and support them in reaching their potential.



Age 18: The young person transfers to a Personal Advisor and, if eligible, will be supported to apply for Universal Credit 28 days prior to their 18th birthday. If appropriate, a Social Worker from Adult Social Care will also be allocated.



Age 16: Young people will be allocated a Personal Advisor (PA) who will work with them alongside their Social Worker. Young people will be supported to access the Local Offer, finance policy and encouraged to attend the Next Steps programme. Permanency Planning meetings continue for each young person in care and focus on the staying put arrangements, which includes Shared Lives. If the young person is not in foster care, then permanency planning meetings will focus on gaining independent living skills in a residential or regulated supported living accommodation.



Age 17: Between ages 16-18, six-monthly Child Care Reviews take place with an independent reviewing officer. Following the referral to Adult Social Care, a Care Act assessment may be completed by a practitioner from the adults' team to establish what level of support the young person may need in the future. Adult Social Care should be involved in all Child Care Reviews. It is within the reviews that any future accommodation/care plans should be made clear.

MKCC Preparing for Adulthood: **if you have a Learning Disability**

Milton Keynes Community Team for Adults with Learning Disabilities (MK CTALD) provides specialist health services to people in Milton Keynes that have an intellectual disability and are over the age of eighteen. The team also supports young people with the transition from Children's Services. The team includes psychiatry, psychology, occupational therapy, physiotherapy, speech and language therapy, dietetics and community nursing.

The team works to help people achieve optimal physical, psychological and social health and wellbeing and promotes independence, rights, choice, and inclusion through support, education, and therapy.

Working closely with the person, their families and providers, the team aims to prevent hospital admission and when admission is unavoidable, to support reasonable adjustments and timely discharges.

The team provides support to adult social care colleagues with Continuing Health Care applications and reviews and will participate in joint visits and assessments if required, helping to identify achievable goals and outcomes with the person and this will lead to improved physical health and wellbeing, increased independence, effective care and support and improved quality of life.

If a young person with a learning disability requires CTALD input, then a referral will be made by the Children With Disabilities team during their transition to adulthood.

From age 14, young people with a learning disability are entitled to a free Health Check with their G.P. once per year.

MKCC Preparing for Adulthood: CAMHS

For young people requiring ongoing support (whether due to mental health needs, a learning disability, an eating disorder or a personality disorder) a CAMHS Care Coordinator will begin discussions with the relevant adult services team when the young person turns 17 years and 6 months old, and make referrals as needed.

Referrals will include information on current medication, relevant health assessments, Education Health & Care Plans, risk assessments, and key contacts in the network.

Some young people supported by CAMHS may not meet the criteria for adult services.

In such cases, CAMHS may explore referrals to other organisations/agencies. This work will take place when the young person is 17 years and 6 months old.

CAMHS may arrange the handover of treatments to the Adult Early Intervention Service for young adults aged 17+ who are diagnosed with psychosis and require support in their recovery.

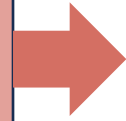
Young people who are an in-patient on a CAMHS ward may need to transition to an adult ward when they turn 18. Preparation for this should begin as early as possible and be in place by the time the person is 18. The CAMHS key worker will refer to the relevant adult ward and/or community team.

MKCC Preparing for Adulthood: **Transport**

Age 14: Young people likely to need transport support are flagged up on the transport tracker by Achieving for Children (AFC).

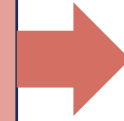
Travel training is available from AFC to those with the potential to achieve independence. Travel training support is provided by Balance.

We expect young people to travel independently when they have the skills to do so and will support those who don't to develop them wherever possible.



Age 15: Referrals to Balance may still occur, and ongoing support with independent travel training can be provided to young people already referred to Balance.

We expect young people to travel independently when they have the skills to do so and will support those who don't to develop them wherever possible.



Age 16: All young people in Year 11 will be asked to re-apply for travel support from AFC for Year 12. This is the opportunity to assess whether transport needs have changed based on independence and plans post-Year 11. This decision will be based on AFC's post-16 policy. Young people with significant SEND may continue to receive some form of travel assistance post-16, (based on AFC's post-16 policy).

Travel assistance may take a different form than provided previously. For those with significant SEND, travel assistance provided by AFC may continue for the duration of their school or college placement.



Age 19: For those with significant SEND, travel assistance provided by AFC may continue for the duration of their school or college placement.

Young people receiving support from Adult Social Care may be able to get travel support to go to college and access the community. There will be a continued effort to work with young people to make independent travel achievable.



Age 18: Young people eligible for support from ASC, who have had a change of placement and have moved on to a college, may be able to get travel support as part of their care package, assuming they cannot do so independently. For more information, please see the Social Care Pathway. The aim will be to ensure young people can travel independently when they have the skills to do so and to support those who don't to develop them wherever possible.



Age 17: For those with significant SEND, travel assistance provided by AFC may continue for the duration of their school or college placement.

MKCC Preparing for Adulthood: Education, Employment and Training

Young people must stay in education or training until their 18th birthday – see below some of the pathways and choices open to you

Full time education

Sixth Form College
Higher Education (over 18)

Study programmes

12 months vocational training course with work experience
Includes Maths and English study

Apprenticeships

12 months paid employment programme
Available at different levels. Can lead to full employment
Various occupations

Supported Internships

Train with an employer for a year supported by a Job Coach
Gain work-based skills and experience

Employment with Training

Full time work with study to gain job qualifications

Work Programmes 18+

Funded courses through MK Job Centre for those on benefits

Access to Work

Funding to support you in work. This could include specialist equipment, a support worker, travel etc

Teams within the council that can help you with this

The 16-19 team
Supported Employment
Community Employment Service
See CLMK link below

www.gov.uk/apply-apprenticeship

www.milton-keynes.gov.uk/schools-and-lifelong-learning/clmk

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

SEND Local Offer

What is a Local Offer?

The Local Offer provides information, support and signposting for children and young people with special educational needs and disabilities (SEND) and their families.

What can I find on the Local Offer?

- A calendar with information on clubs, activities and events in the local area for children and young people with special educational needs or disabilities (SEND) and their families
- Information for young people in our [Support for young people and Preparation for Adulthood | Milton Keynes City Council \(mksendlocaloffer.co.uk\)](https://www.mksendlocaloffer.co.uk) coproduced with our SEND Youth Council
- A mental health and wellbeing hub, coproduced with our health colleagues
- Information about Short Breaks and how to apply
- SEND Support advice and information for parents, carers, schools and settings
- Information on EHCPs, including information on processes and how to make an application
- A directory of services in and around Milton Keynes

AND MUCH MORE!!!!

For more information, please visit our website

<https://www.mksendlocaloffer.co.uk/>



Key contacts

Milton Keynes Autism: enquiries@autism-mk.org

Milton Keynes City Council's Short Breaks service for children with additional needs and who meet the eligibility criteria: cwdshortbreaks@milton-keynes.gov.uk



Organisations and teams

Supporting transitions

[Supporting your transitions | Milton Keynes City Council \(mksendlocaloffer.co.uk\)](#)

[Children with Disabilities team | Milton Keynes City Council \(mksendlocaloffer.co.uk\)](#)

[Children's Social Care | Milton Keynes City Council \(milton-keynes.gov.uk\)](#)

[Adult Social Care | Milton Keynes City Council \(milton-keynes.gov.uk\)](#)

[Specialist Assessment and Intervention Team | Milton Keynes City Council \(milton-keynes.gov.uk\)](#)

[Adult Mental Health Service | Milton Keynes City Council \(mksendlocaloffer.co.uk\)](#)

[The FAST Team | Milton Keynes City Council \(milton-keynes.gov.uk\)](#)

[Milton Keynes Multi Agency Safeguarding Hub \(MASH\) | Milton Keynes City Council \(milton-keynes.gov.uk\)](#)

[Children in need of support and protection | Milton Keynes City Council \(milton-keynes.gov.uk\)](#)

[Community Team for Adults with a Learning Disability \(CTALD\) | Milton Keynes City Council \(milton-keynes.gov.uk\)](#)

[Educational Psychology Service | Milton Keynes City Council \(mksendlocaloffer.co.uk\)](#)

Acronyms

- AFC Achieving for Children
- ASC Adult Social Care
- CAMHS Child and Adolescent Mental Health Services
- CHC Continuing Healthcare
- CLMK Community Learning Milton Keynes
- CTALD Community Team for Adults with a Learning Disability
- CWD Children With Disabilities
- DoLS Deprivation of Liberty Safeguards
- EHCP Education Health Care Plan
- FST Family Support Team
- MKCC Milton Keynes City Council
- PA Personal Advisor
- PFA Preparing for Adulthood
- PWP Pathway Plan
- SEND Special Education Needs and Disabilities