

Preparing for Adulthood / Transition



**An information guide
for young people, parents and carers**



West Berkshire
C O U N C I L

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Introduction

Preparing for adulthood is a time when young people and their families are thinking about their aspirations for the future. This can be a confusing time for a young person and their family. Starting early to plan and prepare for their transition into adulthood will build young people's confidence and help make this period in their lives a positive experience.

This guide is for parent(s)/carer(s) of young people with special educational needs and disabilities. It will provide useful information to support young people's plans for the future.

Some young people with special educational needs and disabilities will have an Education, Health and Care Plan (EHCP), some will have an allocated Social Worker from Children and Family Services, and some might be supported by health professionals e.g. a paediatrician. As young people are approaching adulthood, they may have concerns or questions about how their life might change. Some of the questions young people might have are around:

- Leaving school or starting college
- Training or work experience
- Finding a job
- Finding day time activities
- Benefits and money
- Where to live
- Short breaks/respite
- Health
- Paying for care and support
- Longer term plans
- Leisure and social activities
- Transport

This booklet aims to provide comprehensive information to cover many of these topics which we hope will be helpful as a guide and to refer to in the future. The transitions, health and education teams are happy to help give advice on individual's circumstances to help you as your young person makes the move into adulthood.



Different types of transition

Transition, and the support required, will mean different things to different people depending on their needs.

Some young people will only need education-based transition support, whilst others with health needs may need both health and education based support. Those with more complex needs may benefit from support the adult social care transitions team as well as education and health.

Education-based support example

Some young people preparing for adulthood may only need a small amount of support in school and college to help them learn and will go on to work and live their lives without any further support. Many of these young people will have no specific health needs and no need for care beyond what a family needs to provide for any child. These young people will not need/be eligible for social care support either from Children's or Adult services and their transition planning will be wholly education-based.

Case study (Sophie)

Sophie attended a mainstream school until the end of year 11. From Year 9 onwards, there were discussions at each of Sophie's EHCP annual reviews around career options and independent living. An outcome was written into Sophie's EHCP regarding career options. Sophie received career guidance in school and attended any careers events and work experience opportunities arranged by the school. Sophie decided to transition to college at the end of Year 11. College were consulted by the Local Authority and agreed they could meet Sophie's needs. The college was invited to her Year 11 annual review (sometimes this takes the form of a transition meeting if the review was prior to Sophie's decision to move onto college). Sophie attended college and at each of her annual reviews her choice of career was discussed alongside her academic progress. College provided career guidance and some work experience. At the end of Sophie's course at college, Sophie successfully moved into employment.

Education and health based support example

Other young people may need help in school and also from health services because of the impact their particular health condition may have on their daily lives. It should be noted that if a young person is being seen by a paediatrician, it is anticipated that as an adult, they will be referred to and supported by a relevant specialist adult consultant. Again, with health support provided, this group of young people may well go on to live independent lives, may not need social care support either as a child or an adult and their transition planning will be education and health based.

Case study (Zac)

Zac attended a mainstream school with a Unit that supported him with his health disabilities. He was supported by staff in the school and health professionals, such as physiotherapists and occupational therapists, as needed. From year 9 his progression to higher education, training and employment was discussed at the annual reviews of his EHCP. Health professionals supported by attending the reviews or submitting reports with advice. Some health professionals delivered programmes of intervention based on assessments of Zac's needs. Zac progressed into sixth form at the school. At the end of Year 13, Zac transitioned to college and there was a meeting between Zac, his parents, school staff and college staff. Whilst attending college, career options were discussed at Zac's annual reviews and career support was provided by the college. Zac moved into employment at the end of his college course.

Complex needs support example

Finally, there is a group of young people whose needs are either so complex or intense that their family needs help with their day to day care. These young people tend to have several areas of need. This could include severe physical and/or learning disability, sensory needs, challenging behaviour that puts themselves or others at risk, unpredictable health conditions and some other conditions. These young people are most likely to need ongoing social care support as adults and will need transition planning that involves, education, health and social care.

Case study (Gail)

Gail attended a specialist school that supported her with her learning difficulties, and health problems. Gail received the support of a Personal Assistant outside of school, and spent two weekends at the local respite setting for children and young people. Children's Services, Adult Social Care and health professionals (OTs and Physiotherapists) were invited to Gail's EHCP reviews before and after Gail turned 18. When Gail finished her education at the specialist school, she transitioned to a local college where she successfully enrolled on a 3 day course. Adult social care worked with Gail and her family to learn about her interests and needs, and identified day activities that Gail enjoyed, and subsequently attended for the two days when she was not in college. Adult social care also supported Gail with her transition from the children's respite setting to the adult respite setting. Part of Gail's course included work experience, in which Gail eagerly took part. When she finished her education at college, Gail volunteered at a local charity shop 2 days a week, and attended day activities 3 times a week.

Section 1

Education in transition planning

Education (and employment based transition support)

SEN (Special Educational Needs) Team

The SEN Assessment team The SEN Assessment Team consists of a Principal SEN Manager, SEN Managers allocated to different age ranges or key stages, Assessment Coordinators, SEN Officers, Assistant SEN Officers and SEN Admin staff. The staff in the team have a wealth of education experience and are friendly and approachable. Caseloads are split according to a child/young person's age/key stage to ensure consistency of staff and so children, young people, parents and professionals know who to approach.

The Education, Health and Care Plan

If a young person has or may have special educational needs and may need special educational provision to be made through an EHCP, then an Education, Health and Care Needs Assessment may be needed. This is a formal process with procedures and a timetable, set out in the Special Educational Needs and Disability Code of Practice. An Education, Health and Care Needs Assessment is carried out by the Local Authority in partnership with parents and will include advice from all relevant professionals, each with specialist skills, to determine what a young person's SEN are and what help will be needed to meet those.

The SEN Team has responsibility for managing the Education, Health and Care Needs Assessment process, for issuing EHCPs where appropriate, identifying suitable schools and supporting schools to arrange educational provision. The team is also responsible for maintaining EHCPs and making any changes which may be needed following Annual Reviews.

The SEN Team also:

- Offer a point of contact for parents, pre-schools, schools, colleges and professionals
- Advise professionals and parents and carers of statutory requirements for SEN and Disability
- Provides support to schools and colleges
- Attends Education, Health and Care Panel meetings. The Panel meets to consider a range of topics, including determining whether Education, Health and Care requests meet the criteria for an assessment, setting budgets for EHCPs and considering requests for changes to funding or placement
- Has responsibility for the appropriate delegation of resources to support SEN
- Supports young people with the transition from school to further education and training

Role of education in transition planning

For young people with EHCP, the annual review in year 9 will include a focus on transition into higher education, training or employment. Everyone who is important to the young person should be at this meeting.

Those present will include:

- The young person
- Parents/carers
- School/college staff

Other professionals working with the young person may be present or reports they have written since the previous review will be discussed.

Examples of professionals that may be invited:

- Social worker from Children and Family Services (if relevant)
- Health professionals e.g. occupational therapist (if relevant)
- Social worker/social care practitioner from adult social care (if relevant)
- An advocate (if needed)

The level of needs of the young person and the EHCP should determine whether specific health practitioners or a social worker from Children's and Adult services need to be included in the planning. However parents/carers can ask for any relevant professional or significant person to attend these meetings.

The SEN Team will support young people who have an EHCP with the transition to college including:

- Naming the preferred college/training provider on the EHCP
- Establishing whether the preferred college/training provider can meet the young person's needs
- Working with the college/training provider on the package of support required
- Monitoring the young person's progress through Annual Reviews
- Supporting colleges/training providers to develop and improve their provision
- Updating the EHCP as required

The SEN Team works collaboratively with a variety of professionals and in addition to facilitating regular multi professional information sharing events/meetings professionals from the team are part of the Headteacher's Forum, the SENCO Network, the Virtual School/Life Chances meetings and termly meetings with Adult Social Care focusing on transition age students.





Colleges, internships, apprenticeships, access to work, transport

Colleges

There are a number of colleges that young people living in West Berkshire can access. General colleges offer a wide range of courses that help young people gain the skills and qualifications to enter a wide range of careers. There are also a range of more specialist colleges and independent training providers nearby who offer courses specific to a young person's interests. These include agricultural colleges for young people interested in farming, working with animals, horticulture/gardening or outdoors work, through to technical colleges which help young people explore careers and qualifications in science, technology, engineering, computers and arts.

Most colleges offer several types of course. There are mainstream courses, which are open to every student, and are often offered at Level 2 (GCSE Grade 4 and above) and Level 3 (A Level equivalent). Some of these courses have exams, and some are very practical courses.

In addition to these courses, college also offer courses at Level 1 (GCSE Grade 1- 3 equivalent), sometimes known as Foundation Level. These courses are designed for young people who need to build on their skills, or who don't have the qualifications to start higher level courses. Foundation courses usually include English and Maths qualifications as well as the main area of study, which is often practical. There are also private training providers that offer Foundation Level courses- these often have a focus on work experience and preparing for working life rather than specific career areas. Training providers are often small sites and can be a good education option for young people who have had bad experiences in large learning environments. All young people up to the age of 19 are expected to study English and maths at the relevant level unless they have achieved a Level 2 in each.

Colleges also offer more specialist courses for students with SEN. The SEN courses vary by college but they tend to focus on one of two areas. The first type of course focuses on supporting young people to develop life skills- telling the time, using money, personal care routines and preparing simple snacks/meals. The second type of course extends these skills

e.g. travelling independently, managing a budget but these courses also focus on employment. These courses will cover some of the skills related to getting a job (writing a CV, job interviews, choosing a career) as well as work experience. Most of these courses are accredited, so the young people work towards a qualification during their course. The teachers on the different SEN courses are experienced in supporting young people with additional needs and the classes tend to be smaller in size (around 8 students) than on mainstream courses. Some young people may spend their first year at college on one of the SEN courses, but then move onto a Foundational Level course when they feel more confident.

The support available at college depends on the needs of the young person. Support can include additional classroom support, teaching support with English and Maths, support to access work experience, adaptive equipment, sign language support, special/access arrangements for exams, mentoring, and visual timetables. The support package will be outlined on the young person's EHCP, so it is important that families talk to the SEN Team in advance of the young person moving to college.

Apprenticeships

Apprenticeships are another way to gain skills and qualifications. Apprenticeships are offered at Level 2 (GCSE A-C grade equivalent) and above, are an 'on the job' training programme where young people study for a qualification as well as work in a workplace. The apprentice is paid a wage for the work that they do and the training is free of charge to the apprentice.

Apprenticeships can be very demanding as the young person needs to balance their job alongside studying for their formal qualifications. At least 20% of their time will be spent undertaking off-the-job training; this can be at a College, an independent training provider, home - study or work shadowing within the business.

If a young person has not achieved their English and Maths qualifications, then they can re-sit these as part of the apprenticeship pathway. There are flexibilities within this for EHCP holders; young people are encouraged to speak to a careers adviser or training provider about this.

There is support available for EHCP holders entering apprenticeships which can include reasonable adjustments in the workplace, Access to Work to support the business in recruiting a young person with SEN or Disabilities and the business and training provider can also claim additional funding to help meet the young person's needs in the workplace as well as training.



Supported Internships

Supported internships are aimed at young people who are not quite ready for an Apprenticeship – they are a structured programme of learning based with an employer whilst still enrolled in education. They achieve excellent employment outcomes for young people aged 16-24 with an EHCP to achieve sustainable paid employment by equipping them with the skills they need for work, through learning in the workplace. They are essentially a study programme where 3 or 4 days a week are spent in the work-place and one day a week in the classroom generally focusing on English and Maths and other topics related to their work placement.

Supported internships are unpaid, and last for a minimum of six months but generally the whole of the academic year from September to July. Young people and their employer are supported by a qualified Job Coach. Wherever possible, the Job Coach supports the young person to move into paid employment at the end of the programme either at the host employer (if they have a vacancy or elsewhere).



West Berkshire Council is working with partner organisations and local colleges on an ongoing basis to ensure that Supported Internship opportunities are available to young people in West Berkshire.

You can read more about supported internships on the British Association for Supported Employment's (BASE) website.

Traineeships

A traineeship is a skills development programme that includes a work placement. It can last from 6 weeks up to 1 year (although most will last for less than 6 months). Traineeships help 16 to 24 year olds get ready for an apprenticeship or job if they don't have the appropriate skills or experience. It includes high quality work experience alongside qualifications in employability, work related skills as well as English and Maths is necessary.



Supported Employment

Supported Employment is the only evidence-based model for getting people with a disability into employment, whilst treating the employer as a customer too. It achieves excellent outcomes and involves matching the needs of a business to an individual's skills and aspirations and providing on-going support from a Job Coach. The process includes:

- Getting to know the job seeker.
- Identifying job aspiration and agreeing the steps to take, to up skill if necessary.
- Understanding employers' needs and identifying vacancies.
- Getting to know the job, working environment and team.
- Matching job opportunities to suitable applicants.
- Supporting the recruitment process.
- Supporting employers and employees in the workplace.
- Promoting personal development and career progression.

Whilst 'Supported Employment' is not a statutory service West Berkshire Council recognise the merits of offering some supported employment services to residents, as follows:-

Supported Employment Service for young people aged 16 to 25

The service West Berkshire Council currently commissions is aimed at supporting young people age 16 to 25.

- who have an EHCP
- who require support in order to gain and sustain paid employment
- who are not in employment, education or training (NEET) or in danger of becoming NEET

The programme is run by Ways into Work, a community interest company who specialise in this field and whose mission is 'Changing Lives, One Job at a Time'.

Supported Employment ASCEND for residents aged 18 and over

The ASCEND project has a simple goal - to provide a tailored and accessible service to vulnerable residents in West Berkshire who want support moving towards working. This may be those with learning difficulties or disabilities. The project will provide the following:

- Information, Advice and Guidance for those who want to move towards work whether that is volunteering, part time work or full time work.
- Bespoke and flexible one to one support to help build self-confidence, overcome barriers and fears and help people to navigate getting work.
- Employment skills and signposting to support individuals transitioning towards employment including for those who may have very limited experience of the work place.
- Tailored small workshop style learning to encourage confidence, self-esteem, working with others and awareness and self-awareness in social situations.
- Engagement with local employers and organisations to encourage individuals into suitable work placements, volunteer roles and employment opportunities.

The project can also provide support and guidance to those who are in work but who may be struggling – for instance with an employer who is not fully supportive and not making reasonable adjustments.

The referral process is simple! Please call Isabel King on Tel: **07718 043213** for a first conversation or email on Isabel.king@groundwork.org.uk

More information on supported employment can be found here www.base-uk.org/about-supported-employment

Access to Work

Access to Work is a publicly funded employment support programme from the Department of Work and Pensions that aims to help more disabled people start or stay in work. It seeks to level the playing field and can provide practical and financial support if you have a disability or long term physical or mental health condition.

An Access to Work grant can pay for practical support to help you:

- start working
- stay in work
- move into self-employment or start a business

The grant is not for business start-up costs. How much you get depends on your circumstances. The money does not have to be paid back and will not affect your other benefits.

Access to Work can help pay for support you may need because of your disability or long term health condition, for example:

- aid and equipment in your workplace
- adapting equipment to make it easier for you to use
- money towards any extra travel costs to and from work if you can't use available public transport, or if you need help to adapt your vehicle
- an interpreter or other support at a job interview if you have difficulty communicating
- other practical help at work, such as a job coach or a note taker or lip speaker

You may need to give us some proof of costs, for example for taxi fares.

If you have a mental health condition, you will be offered assistance to develop a support plan. This may include steps to support you going in to, remaining in or returning to work and suggestions for reasonable adjustments in the workplace.

Examples of assistance to develop a support plan:

- flexible working patterns to accommodate changes in mood and impact of medication
- providing a mentor to give you additional support at work
- giving you additional time to complete certain tasks
- providing you with additional training
- regular meetings between you and your manager to talk about your concerns
- a phased return to work, such as reduced hours or fewer days

Access to Work partners will also work with your employer to advise them how best they can support you in the workplace.

Transport

Wherever possible we will help people to be able to travel independently. Schools can provide some support with training young people to travel independently. Being able to travel independently is a skill that will enable young people to get much out of life on their own. It can be a big advantage in being able to work.

For those who cannot travel independently and who attend college, transport can be applied for, but there is a parental contribution towards costs for all post-16 students.

For those who cannot travel independently and are using day activities funded by adult social care, transport may be provided by adult social care following a Care Act 2014 assessment.

More information on the post 16 SEN home to school transport is available here

www.westberks.gov.uk/post-16-sen

More information on different employment routes/options is available here

www.gov.uk/access-to-work/apply

www.ndti.org.uk/resources/change-development-project/routes-into-work

www.berkshireopportunities.co.uk/find-my-apprenticeship/

<https://amazingapprenticeships.com/>

www.apprenticeships.gov.uk/#

Education, Health and Care Plans and Higher Education

Higher Education (HE) refers to all courses delivered at 'post-secondary or tertiary institutes of learning' - this can be degrees, diplomas, higher national diplomas and higher education certificates. They can be delivered at universities and some colleges as well as at specialist institutions (e.g. art colleges) as well as remotely (e.g. the Open University). They can be full time, or part time but all Higher Education courses are Level 4 and above.

Moving to University/into HE is a big change and a huge transition for any young person. It is the opportunity for a new level of independence in all areas of life and for most young people it is the first time they live away from home if they choose to study away from their local area. Whilst this is really exciting, it can also be a worrying time for parents who are also adjusting to this change and it is important that both young people and their families are aware of the support that is available to them. For students with SEN and Disabilities, there are additional things to think about when planning a move to HE. There are some important differences between Higher Education and Further Education (e.g. courses studied at sixth forms, colleges and training providers) - one of the important differences is that EHCPs do not apply to HE study and the Local Authority ceases to become responsible for the young person (Section 9.201 of the SEND Code of Practice). A young person's EHCP will cease once they have started a programme of HE study. This does not mean that there is not support in place, but it does mean that it is arranged differently and comes from central funding sources in line with student loans and other finance rather than from the Local Authority. More information about this is below.

Support at HE level can be provided for young people who have a disability, ongoing health condition, mental health condition or learning difficulty. Young people do not have to have had an EHCP to apply for support with an HE course. There are requirements for the Local Authority in terms of planning social care support, including transferring support between areas if the young person is moving away for their studies

West Berkshire has produced a separate factsheet about Higher Education and SEND/EHCPs and this is available on the Local Offer to read online, or download as a PDF.

Local Offer's online links are

<https://directory.westberks.gov.uk/kb5/westberkshire/directory/home.page>

www.westberks.gov.uk/about-send-local-offer



Section 2

Health-based services in transition planning

Some young people may transition from paediatric healthcare to adult healthcare between the ages of 16-19. This process may begin at the age of 14. The exact timing of transition from children to adult services varies from person to person. For those young people who are going to need ongoing health care as adults, a health transition process will be followed.

Health Services

Most people use primary health care i.e. their GP, district nurse or dentist. Some people may be referred by their GP to hospital or other specialist medical services if they need treatment for an illness that cannot be treated by a GP. Most of these interventions are short term and for specific illnesses.

However people with disabilities may have long term health conditions that require the input from specialist nurses or practitioners such as Community Nurses for people with Learning Disabilities, Specialist Physiotherapists, Occupational Therapists, Speech and Language Therapists, Community Dentists, Specialist Doctors, Mental Health Nurses, Psychiatrists, Psychologists, Psychotherapists and/or Mental Health Practitioners. Whilst these professionals can improve the functioning and/or health needs of an individual they may only work with the person for short periods of time. These individuals are highly likely to require ongoing support to manage throughout their lives.

Many young people with serious or complex disabilities will have been managed by their paediatrician or have input for Children Community Nurse and Special school nursing teams. This care generally comes to an end at age 18 at which time it should be transferred to Adult Care Services. The GP will become the main point of contact for the individuals care and will refer on to specific health services if required.

If a young person is already attending the Community Dentist service, this can continue into adulthood.

Continence pads supplied by the NHS Continence Service will also continue into adulthood.

Health Services for people with learning disabilities

Annual Health Checks

There is a requirement on the part of GP practices to carry out an Annual Health Check for those on the GP Learning Disability Register who are 14 and over. There is a Health Action Plan that should be given upon completion of the Annual Health Check. This is so that any developing health problems can be picked up and monitored and any potential previously undiagnosed health conditions can be investigated. All the GP practices in the West Berkshire area have agreed to do this.

Further information regarding Annual Health Checks can be found at www.nhs.uk/conditions/learning-disabilities/annual-health-checks/

Community Team for People with Learning Disabilities (CTPLD)

The team consists of Community Learning Disability Nurses, Psychiatrists, Psychologists, Occupational Therapists, Speech and Language Therapists, Physiotherapists and Specialist Dietitians and is an NHS service. The main objective of the team is to meet the health needs of people diagnosed with a Learning Disability.

- The Learning Disability Nurse can talk to you about your health, help you to get the health care you need and help you if you need to go to hospital.
- The Occupational Therapist can help you develop life skills, help you to live independently and support health and well-being and advice about equipment to support independence and care needs.
- The Speech and Language Therapist can support you with your communication, help you if you cough or choke when you eat and drink and work with you and your staff and carry out training so they can help you.
- The Physiotherapist can help you move and keep active, help you to be comfortable and help you if you have breathing problems.
- The Dietitian can give you advice about your diet and healthy eating and support you with food fortification and tube feeding if needed.
- The Psychiatrist can help you with mental health problems by talking with you, talking to your GP and making sure that you are taking the right tablets.
- The Psychologist can talk to you about your feelings and behaviour if you are sad, worried, angry and/or frightened.

Getting help from CTPLD: You, or someone who knows you well, will tell the CTPLD. Someone will talk with you and decide if this team is the right team to help you. We may see you on your own, or with your family or in a group.

You can self-refer to CTPLD or make a referral on behalf of someone else by visiting

www.berkshirehealthcare.nhs.uk/our-services/mental-health-and-wellbeing/learning-disabilities-ctpld/

As part of your Care Act Assessment, completed by your social worker or social care practitioner, consideration will also be made as to whether a referral to CTPLD is required. With your consent this will be completed by your social worker or social care practitioner.

Moving to Adult Continuing Healthcare

Some people have such complex, intense or unpredictable conditions that they meet the criteria for Continuing Healthcare (CHC). This means that they are deemed to have a Primary Health Need and the NHS accepts full responsibility for meeting all their care needs. There may also be occasions where, if full CHC criteria is not met, health may assess that a contribution known as 'shared funding' is agreed. This is for health tasks that cannot be provided, or funded by Community Nursing services, nor by the Local Authority.

The criteria for NHS Continuing Healthcare are nationally set and can be found for Adults in the National Framework for NHS Continuing Healthcare and NHS Funded Nursing Care. For Children we are governed by the National Framework for Children and Young People Continuing Care.

Referrals to Children and Young People's Continuing Health Care can be submitted by professionals working with the child or young person. This may be their GP, Nurse, Social Worker or Social Care Practitioner. Referrals can also come from Carers.

Consideration of whether a young person may be eligible for CHC forms part of the assessment process of both children's and adult social care services. Planning for transition into Adult Services should begin at the age of 14 and an assessment takes place after the young persons 17th birthday. The National Framework for NHS Continuing Healthcare and NHS Funded Nursing Care would apply to determine CHC eligibility. Any services required through the CHC route should be considered at an early stage of your Care Act Assessment and your social worker or social care practitioner will be able to discuss this with you and identify if and/or when the CHC process may need to be started.

For more information about CHC funding please see www.nhs.uk/conditions/social-care-and-support-guide/money-work-and-benefits/nhs-continuing-healthcare/

Mental Health Services

Looking after our health and wellbeing is really important. Mental health is just another way to describe our general wellbeing – it's about how we are thinking, feeling and behaving and it changes daily, weekly and even monthly depending on our mood and feelings.

Mental health problems are widespread and common, and people can and do recover from them. Sometimes however, these feelings stay with us for longer periods of time and develop into more serious problems. Some people are more anxious than others about their health. Sometimes, it is difficult to cope with feeling anxious, sad, angry or grumpy, and it helps to talk to others.

Some young people might want to access local mental health support services.

If you need to contact us urgently

If you have urgent/significant concerns about your child's mental health, between 8am to 8pm (Mon-Fri excluding Bank Holidays) please contact CAMHS CPE on 0300 365 1234.

Outside of these hours, please contact the Crisis Team on freephone 0800 129 9999. This number is for the 24 hours Berkshire Adults Mental Health Crisis Team. This team supports adults in mental health crisis but are able to take calls from young people and parents/carers, and offer advice and direction to support you and your child.

Emotional Health Triage (EHT)

Emotional Health Triage is a free service open to children and young people in West Berkshire and is a gateway to early help support options around emotional and mental health difficulties. Referrals are usually made by family members, schools, or GPs. Young people are also able to self-refer.

When a young person is referred, contact will be made with the family to discuss the young person's needs. The referral will then be discussed by the multiagency EHT panel who will advise and recommend appropriate support services.

Emotional Health Triage can be contacted by email Emotional.Health.Triage@westberks.gov.uk or by phone on **01635 519 018** | www.westberks.gov.uk/emotional-health-academy

Please note this service is mainly available to young people under the age of 18.

Emotional Health Academy (EHA)

The EHA team offers support with low to moderate mental health difficulties and works one-to-one with young people up to 18, as well as offering group sessions for parents to help them better understand and support their primary aged child. A primarily Cognitive Behavioural Therapy approach is used in both instances.

Young people and their families can access these services through a referral to and recommendation from the Emotional Health Triage Service.

West Berkshire Mental Health Support Team (MHST)

The team consists of a number of different professionals who are friendly and easy to engage with. The West Berkshire MHST provides early intervention, evidence-based treatments within schools and the wider local community for mental health concerns including anxiety and low-mood. Interventions could include:

- Individual face-to-face work.
- Group work.
- Parent and school staff support.

Referrals can be made by talking to a staff member at school, or via the West Berkshire Emotional Health Triage.

Please note that the MHST does not operate in every West Berkshire School – it is best to check with your school to see if it has access to the MHST.

Children and Adolescent Mental Health Service (CAMHS)

Children and Adolescent Mental Health Service (CAMHS) works with young people who are experiencing significant, severe and complex difficulties with their mental health. These difficulties range from feeling low a lot of the time and worrying about lots of things to finding and fitting in with friends, hearing voices, having significant difficulties around eating and self-harming.

Referrals to CAMHS can be made by completing the online referral form. More information on the CAMHS referral process is available here <https://cypf.berkshirehealthcare.nhs.uk/referrals/>

More information on CAMHS is available here www.berkshirehealthcare.nhs.uk/6349

Please note that support from CAMHS is usually available to young people under the age of 18.

At a certain age, usually around the young person's 18th birthday, some of the young people getting help from CAMHS will need to move onto Adult Mental Health Services. This is called transition and can be a big change. If the plan is for a young person to move onto Adult Mental Health Services, a member of the CAMHS service will seek to speak to the young person and their family, where possible and offer information on what the transition process might entail.

Accessing Adult Mental Health Services

Referrals to Adult Mental Health Services can be made by contacting CPE (Common Point of Entry) on 0300 365 2000. This Gateway provides a single referral pathway for adult mental health referrals across Berkshire, which helps offer the most appropriate mental health treatment for patients, at the earliest time.

If appropriate, the **Crisis Resolution Home Treatment Team (CRHTT)** will respond. This is a specialist team of mental health professionals who provide crisis and home treatment support for adults who would otherwise be admitted to a psychiatric hospital. When needed they also help with admissions to inpatient care and support hospital discharge.

Sometimes support from the **Community Mental Health Team (CMHT)** may be needed. CMHT is a secondary service provided by Berkshire Healthcare NHS Foundation Trust which supports people with severe and enduring mental illness with a focus on recovery. Within the team are psychiatrists, psychologists, community psychiatric nurses and occupational therapists.

On other occasions, support may be offered by West Berkshire Council's **Specialist Mental Health Team (SMHT)**. SMHT provide a service which supports people with severe and enduring mental ill health with complex social care needs. The team comprises of Approved Mental Health Professionals, who offer a range of interventions to support people back to recovery. This team also carries out duties under the Mental Health Act 1983, which they prioritise.

Support from **Talking Therapies** is also available to young people in the West Berkshire Area. Talking Therapies is a friendly and approachable NHS service that treats common issues like depression, stress, anxiety or phobias. If you're aged 17 and over and living in Berkshire, Talking Therapies can help you overcome the mental health and emotional wellbeing problems you're facing. More information on Talking Therapies is available here <https://talkingtherapies.berkshirehealthcare.nhs.uk/>

There are other mental health services available to young people living in the West Berkshire Area. Here are some of them

- Young Minds www.youngminds.org.uk/
- Specialist Community Teams www.berkshirehealthcare.nhs.uk/5896
- Anxiety and Depression Team www.berkshirehealthcare.nhs.uk/5889

- Berkshire Eating Disorder Service www.berkshirehealthcare.nhs.uk/5342
- Willow House www.berkshirehealthcare.nhs.uk/3357
- Andy Research Clinic <https://research.reading.ac.uk/andy/>
- Autism Berkshire www.autismberkshire.org.uk/
- Adult Autism Assessment Team www.berkshirehealthcare.nhs.uk/our-services/mental-health-and-wellbeing/adult-autism-assessment-team/
- Other mental health and wellbeing services www.berkshirehealthcare.nhs.uk/our-services/mental-health-and-wellbeing/
- Eight bells for mental health <https://eightbellsnewbury.co.uk/about>

Mental Health Support after hospital stay

Some people who have been detained in hospital under the Mental Health Act 1983 are entitled to free help and support after they leave hospital. The law that gives this right is section 117 of the Mental Health Act 1983, and it is often referred to as 'section 117 aftercare'.

You may get free aftercare under section 117 if you have been detained:

- for treatment under section 3
- under a hospital order under section 37
- following transfer from prison under section 47 or 48
- under a hospital direction under section 45A

Section 117 aftercare services are available regardless of a person's immigration status or their nationality.

Section 117 aftercare services will be provided until the Clinical Commissioning Group and the Local Authority are satisfied that the service is no longer required.

Adult Social Care have a section 117 specialist manager who provides support and guidance to those who have been detained and helps to navigate the process of organising the section 117 aftercare.

More detailed information on section 117 aftercare is available here

www.rethink.org/advice-and-information/rights-restrictions/mental-health-laws/section-117-aftercare



Section 3

Adult Social Care transition planning

If the family of a young person with disabilities needs support in the day to day care of their child then it is likely that they will be referred to Children and Family Services for assessment. If they meet the eligibility criteria they may then be provided with a package of care. This could be respite care to give the family a break or paid carers coming into the home or day time activities during school holidays.

As part of the transition planning, consideration will be given to whether the young person is going to need social care support as an adult. This is generally done via a Single Assessment in Children and Family Services and Adult Social Care may be asked for their input when the young person is between sixteen and eighteen years old. Adult Social Care might be invited to attend one of the meetings held by Children and Family services e.g. Child in Need reviews.

However not all the young people who may be eligible for support from Adult Social Care will be known to Children and Family services. Some will be picked up via the SEN reviewing process in schools, and some by EHA or CAMHS. Some young people will be referred to Adult Social Care by their family members/carers or other professionals.

Adult Social Care will begin by carrying out their statutory assessment which is currently known as the transition Care Act assessment.

The transition assessment should support the young person and their family to plan for the future, by providing them with information about what they can expect. Transition assessments can in themselves be of benefit in providing solutions that do not necessarily involve the provision of services, and which may aid planning that helps to prevent, reduce or delay the development of needs for care or support.

All transition assessments include an assessment of:

- current needs for care and support and how these impact on wellbeing
- whether the child/young person or carer is likely to have needs for care and support after the child/young person in question becomes 18
- if so, what those needs are likely to be, and which are likely to be eligible needs
- the outcomes that the young person or carer wishes to achieve in day-to-day life and how care and support (and other matters) can contribute to achieving them

During the transition assessment, the Local Authority will also consider how the needs of carers, young carers and other family members might change. Carers Assessments are a part of the discussion and can be offered to family members/carers. The carers' assessment will consider whether the carer:

- is able to care now and after the child/young person in question turns 18
- is willing to care now and will continue to after 18

- works or wishes to do so
- is or wishes to participate in education, training or recreation

The young person or carer in question must be involved in the assessment for it to be person centered and reflect their views and wishes. The assessment must also involve anyone else who the young person or carer wants to involve in the assessment. For example, many young people will want their parents involved in their process.

Transition assessment often involves professionals from different agencies, families, friends and the wider community working together in a coordinated manner around each young person or carer, to help raise their aspirations and achieve the outcomes that matter to them. The local authority can combine their transition assessment with other assessments that are being carried out (provided all parties agree), or carry out the transition assessment jointly with other organisation. This allows for flexible combinations of assessments, which is usually in everyone's interest. Transition assessments could also potentially become part of a child or young person's EHCP, or contribute to the CHC Assessments.

To be eligible for support from the Transitions Team, the young person/carers must meet at least 2 of the support needs from the Care Act 2014.

More information on the eligibility criteria is available here
www.legislation.gov.uk/ukdsi/2014/9780111124185

When does the transition assessment take place?

Most transition assessments will take place before a young person turns 18 or around their 18th birthday. However, this can vary and is dependent on individual circumstances.

The Local Authority will consider the circumstances of the young person or carer, and whether it is an appropriate time for the young person or carer to undertake an assessment which helps them to prepare for adulthood. These considerations are often not related to the level of a young person or carer's needs, but rather to the timing of the transition assessment. When considering whether it is of significant benefit to assess, a local authority will consider factors which may contribute to establishing the right time to assess (including but not limited to the following):

- the stage they have reached at school and any upcoming exams
- whether the young person or carer wishes to enter further/higher education or training
- whether the young person or carer wishes to get a job when they become a young adult
- whether the young person is planning to move out of their parental home into their own accommodation
- whether the young person will have care leaver status when they become 18
- whether the carer of a young person wishes to remain in or return to employment when the young person leaves full time education
- the time it may take to carry out an assessment
- the time it may take to plan and put in place the adult care and support
- any relevant family circumstances
- any planned medical treatment

ASC Transitions Team

ASC Transitions is a small team that supports young people with their transition to Adult Social Care. As part of the transition assessment process, a number of conversations usually take place, which provides an opportunity for young people and their families to reflect on their strengths, needs and desired outcomes, and to plan ahead for how they will achieve their goals. The wellbeing of each young person or carer is taken into account so that assessment and planning is based around the individual's needs, wishes, and outcomes which matter to that person.

How to make a referral to ASC Transitions Team

Referral to ASC Transitions Team can be made:

- internally via the Single Assessment (when a young person has a social worker from Children's Services)
- by completing the Referral Form and emailing it to asctransitions@westberks.gov.uk
- by using the online Adult Social Care contact form www.westberks.gov.uk/adultenquiry
- by ringing the contact centre for Adult Social Care on **01635 503050**

ASC Transitions Team accepts referrals from professionals as well as parents, carers or self-referrals.

ASC Transitions Team will make contact with the referring person to confirm that the referral has been received. ASC Transitions Team will also advise if a young person has been placed on the waiting/monitoring list or allocated a worker.

ASC Transitions Team contact information

Address: West Berkshire Council, Market Street, Newbury, RG14 5LD

Email: asctransitions@westberks.gov.uk

Contact number: **01635 503185**

How does access to Adult Social Care work?

Adult Social Care is not a universal service available to all like education or health. The Care Act 2014 guides the Local Authority around the eligibility criteria. The Local Authority is obliged to meet the social care needs of those assessed as being eligible if those needs are not being met by other means. This means that social care will provide services to meet the specific social care needs identified in the assessment if those needs are not already being met.

For example, if someone is assessed as needing help or supervision to get washed and dressed and that is already being willingly provided by their family then social care would not provide outside carers to do this. Funding for social care is limited, and local authorities can take their resources into account when meeting assessed need. This means that the cost of services is part of the decision making process for adult social care and that if a need can be met by a service that is less expensive than the one that is the preferred option of the young person or their family then the Local Authority can decide to use the more cost effective option. It must be stressed, however, that the Local Authority is required to meet assessed need and that this is the first priority in any decisions about care packages.

Decisions about funding are made by the Local Authority's Good Practice Forum. The Forum comprises of a number of senior managers. The purpose of the Forum is to ensure that resources are allocated equitably across all the people who need social care services. Adult social care services are also chargeable and so a financial assessment of the young person's finances (not those of the parents) will be carried out as part of the care planning process.

Financial Assessment and Charging

West Berkshire Council reserves the right to charge people over the age of eighteen to pay some of their own money from their personal funds as a contribution towards the cost of the social care support they receive. Social care isn't automatically provided for free, unlike health care. Following your Care Act Assessment, you'll be offered a financial assessment along with advice about any welfare benefits that could be available to you to help pay for your care.

How much you have to pay towards the cost depends upon your personal financial circumstances. Some people pay the standard charge for the service they receive, whilst others pay a part of the cost, and some make no financial contribution at all. Your Accessible Income and Capital will be taken into consideration.

Capital Thresholds levels are set by government and reviewed annually. A person with capital above the upper threshold will be deemed to be able to afford the full cost of their care. Any capital below the lower threshold will be disregarded. The current (2021) upper Capital Threshold is £23,250 and the lower Capital Threshold is £14,250. For those that fall in between the two thresholds a contribution towards the services you receive will be calculated.

If you have assets in excess of £23,250.00 (Upper Capital Threshold) and you would like the Local Authority to organise and arrange care and support services for you, alongside paying the full cost of your care you will be charged an annual administration fee.

To find out how much you might have to pay you may wish to try our online calculator. This is a rough guide only. The online calculator can be found at <https://westberks.mycostofcare.com/OFA>

Your actual contribution can only be calculated after a Financial Assessment, The Financial Assessment and Charging Team will let you know if you need to contribute towards your care and how they have worked this out.

You'll need to be reassessed if:

- your care needs change
- your circumstances or your income change

If you choose not to complete a financial assessment, we will charge you the full contribution.

Further information regarding charges for your care can be found at <https://www.westberks.gov.uk/chargesforyourcare> here you will also find West Berkshire Council's charging policy and guidance documents in relation to residential and non-residential charging.

Services available in adult social care

If a young person is assessed as being eligible for adult social care then adult services will take over responsibility and funding for their care from children's services from the date of their eighteenth birthday. They may still be at school or later in college which will continue to be funded by education, but from their eighteenth birthday all their assessed social care needs will become the responsibility of adult services.

A leaflet providing details of day services available to young people in West Berkshire is being developed and will be published in due course.

Personal Budgets, Direct Payments and Commissioned Services

A Personal Budget is defined as the total cost assessed to meet an individual's eligible care needs. As part of the completion of a Care Act assessment and when care and support needs have been evidenced your Social Worker or Social Care Practitioner will complete eligibility criteria and an Indicative Budget Tool. This tool, along with the completed assessment, will establish an approximate financial figure to ensure care and support needs can be met.

West Berkshire Council encourage and promote people, where appropriate, to take a Direct Payment in order to purchase and arrange support themselves or with the support of an appropriate other. Direct Payments are ordinarily paid directly to you or an appropriate other and allow you to coordinate and purchase services, with a degree of flexibility, to meet your eligible care and support needs. Direct Payments also allow you to employ an individual of your choice, this is called a Personal Assistant. On some occasions people may choose to receive a Direct Payment but wish that West Berkshire Council manage the account and make payments on their behalf.

Where a person chooses not to receive a Direct Payment or Direct Payments are not deemed appropriate, the services you receive will be commissioned by West Berkshire Council. This means that your Social Worker or Social Care Practitioner will ensure that services are set up and will make arrangements for West Berkshire Council to make the payments directly to the provider of the service.

You may choose to receive a proportion of your Personal Budget through a combination of Direct Payments and Commissioned services.

West Berkshire Council Adult Social Care has a designated Direct Payment and Financial Reviewing Team that can provide you with assistance should you receive your support by Direct Payments.

Further information regarding Direct Payments and a Direct Payment guide can be found at <https://www.westberks.gov.uk/directpayments>

Leaving Care Team

The 16+ and Care Leavers Team is a friendly team that consists of social workers, and personal advisors. This team supports young people (in care or leaving care) aged between 16 and 21 years, and up to 24 years if you remain in higher education or for short term interventions should your situation change and you need assistance. This is based on an assessment of need. Social workers from the 16+ and Care Leavers Team support young people by putting arrangements in place to help prepare them for leaving care when they turn 18. Social workers do this by listening to what young people want for their future and helping young people each step of the way – this can be practically, financially and emotionally. At 18 young people are usually allocated a Personal Adviser, who will support them to develop skills to become as independent as possible. Leaving care can be a challenging as well as an exciting time, so it is important that young people get the help and support necessary to make sure they know what happens next.

Those care leavers who have EHCPs or who are supported by specialist health professionals might need a referral to Adult Social Care for a Care Act Assessment. Social workers from the 16+ and Care Leavers Team will usually, after consultation with the young person or/and their family/carers, refer a young person for a Care Act assessment, if needed. If a young person is assessed as eligible for support from Adult Social Care, they might be supported by both the 16+ and Care Leavers Team for pathway planning as well as one of the Adult Social Care Teams.

All young people supported by the 16+ and Care Leavers Team have a Pathway Plan in place. The plan is based on and includes a young person's care plan and any personal education plans, or careers advice. Each young person is central to drawing up their own Pathway Plan, setting the goals and identifying how the local authority will help meet them. Pathway Plans are written in a way that captures young people's aspirations and key messages.

West Berkshire Council have consulted care leavers about the care leaving process/transition, and [developed a handbook](#).

Housing

Sometimes young people might want to consider applying for social housing. First step is to register at www.homechoicewestberks.org.uk

HomeChoice is the register for people who want to be considered for social housing.

If you need help registering then please contact the Housing Allocations Team at housingallocations@westberks.gov.uk or 01635 519 530 (select option 1).

Once your application has been accepted on to the Housing Register you will be sent information about how housing is allocated. We use a Choice Based Lettings system, this means you are able to see all properties that are available each week and then give a preference for which one(s) you would like to be considered for. Please do use the contact details above should you wish to talk through your application or housing situation with a member of the team.

You can also look for accommodation in the private rented sector, the Council are able to provide assistance in the form of a deposit and rent in advance. If you find a property to rent, the Council will undertake a financial assessment to firstly confirm affordability and ensure that the property is suitable for your needs, as well as ensuring the property meets any legal requirements. We can also provide support with looking for a property to rent. To find out if you may be eligible for any financial support to secure a property please get in touch with the Housing Options Team housing@westberks.gov.uk or 01635 519 530 (select option 2).

Benefits, appointees, deputies and Lasting Power of Attorney

When someone becomes 16 the benefits they receive may change considerably.

The Local Authority has a Benefits team that provide general advice regarding the claim process for Housing Benefit and Council Tax Reduction, which includes young people and families.

General advice regarding Benefits is available via West Berkshire Council's web pages:

www.westberks.gov.uk/housing-benefit-about

www.westberks.gov.uk/universal-credit

www.westberks.gov.uk/council-tax-reduction-discounts-exemptions

www.westberks.gov.uk/benefits-calculator

You can get additional benefits advice and support from Citizens Advice West Berkshire - <https://citizensadvicewestberkshire.org.uk/>

Information on who is eligible for Universal Credit and how to make a claim can be found on the Universal Credit webpage: Eligibility - GOV.UK www.gov.uk

Usually you need to be 18 to apply for a Universal Credit, but there are some exceptions where you can apply if you are 16 or 17. More details on the above mentioned webpage.

Appointees

If someone is unable to manage their benefits themselves then someone else such as a parent, relative or carer can ask the Department of Work and Pensions (DWP) to become an "Appointee" and manage the benefits on their behalf when they become 16. More information on this process is available here

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

Deputies

For those people over the age of 18 years, who do not have mental capacity to manage their money, and have assets above a certain limit, the council has deputyship officers. Deputies are appointed via the Court of Protection. Having mental capacity about a particular question just means that a person is able to make an informed decision at a particular time. So in this case it means that they understand enough about their money to think about their finances and make informed decisions. There is more about mental capacity in the following sections.

Sometimes, a family member or a carer could apply to become a young person's deputy.

More information on this process is available here www.gov.uk/become-deputy

Staff in West Berkshire Council's Deputyship Team can offer support to complete the Deputyship application forms, if family members/carers are unable to complete the forms themselves. There is a fee for this service. For more information, speak to your social worker, social care practitioner or a duty worker from adult social care. Solicitors will also give advice and assistance in this area.

It is also possible to apply to the Court of Protection to be a Health and Welfare Deputy for someone over the age of 18. If appointed the Deputy is responsible for making certain health and welfare decisions for the person, in areas that they lack capacity. This might include in relation to medical treatment or provision of social care services. Advice is available on the same government website.

Power of Attorney

A person can choose for themselves who they give authority to carry out certain decisions on their behalf.

- now - for example, while they're on holiday
- in the future - for example, if they lose the mental capacity to make their own decisions

The person must be 18 years of age or over and have mental capacity when they choose to give someone authority to make short-term or long-term help with decisions.

They can appoint:

- a lasting power of attorney for 'property and financial affairs'
- a lasting power of attorney for 'health and welfare'
- an 'ordinary power of attorney' – this can only be used while they have mental capacity

Someone appointed as enduring power of attorney made before 1 October 2007 can assist a person with financial decisions, although it has not been possible to make these since 2007 and so will not be relevant to young people. This type of authority was replaced by the lasting power of attorney.

More information on power of attorney is available here www.gov.uk/power-of-attorney

Mental Capacity

The Mental Capacity Act 2005 ('MCA 2005') came into place in 2007 and almost all its provisions apply from the age of 16 (specific exceptions being the decision making authorities above and the DoLS framework below). The following makes reference to the 'young person' as a means of making the different parties involved clearer. In practice this applies to anyone 16 years old or above. The fundamental principle the MCA 2005 relies on is that people have the right to make their own decisions unless it is shown that they lack mental capacity in this area. The presumption is that everyone has capacity in every respect unless shown otherwise. As above having mental capacity just means that the person has enough understanding to think through a decision, and to make it in an informed way. There is a specific test to check whether this is the case. Mental capacity is question and time specific. Someone may have good understanding in one area but not another. Their ability to make decisions might vary over time. The principle is that the person must be supported to make the decisions that they can, including waiting for them to regain capacity if that is likely to happen and safe. For decisions where they lack capacity they must be involved in the decision making process as far as is possible for that person.

Many young people in the process of transition will have the mental capacity to make decisions for themselves and will be able to take part freely in discussions about their future. However, there will be a number of young people in the transition process who, as a result of a cognitive impairment or mental health difficulty are assessed to lack capacity to make decisions about their care. Up until the age of 16 their parents have parental responsibility and can make decisions on behalf of their child. However, once the young person reaches 16 the MCA 2005 will apply.

The MCA 2005 starts from the presumption that everyone has capacity in relation to every question. For most young people this is not in question and so care planning would carry on as described in previous sections. For young people who are assessed to lack the mental capacity to make decisions about their care arrangements, these decisions are made in their best interests. Other situations where this formal approach to decision making would be taken for the young person would include going into a formal care environment, admission to hospital or for particular medical treatment.

If the young person has a relevant authority (usually either a Deputy or Lasting Power of Attorney, but either specifically for Health and Welfare), they may have the authority to make the decision on the young person's behalf. However, they will only be able to select from options that are both available and viable, and the decision must still be made according to the principles of best interests as set out in the MCA 2005. Lacking capacity does not give the young person access to things they would not have had if they did not lack capacity. The decision made still has to meet the young person's needs.

A capacity assessment can be carried out by anyone with knowledge of the individual, but where professionals are leading on this they will generally have received training to understand how to do this. For significant decisions, the Local Authority and the health services are likely to lead for social and health care decisions respectively, unless there is a relevant formal decision making authority in place.

There is a formal process to be followed in making a best interests decision. We sometimes think of this as trying to understand the decision that the young person would make for themselves if they could understand it. Therefore we think about the things that are important to the young person. The process includes consulting with other people interested in the young person's welfare, including family and care givers, but also health and social care professionals, and any formal decision making authorities even if they are for finances. There is not a specific requirement to hold a meeting to make a decision but the social care team will often arrange one for a significant decision as it can help to get everyone together at once. It can particularly help if there is any difference of opinion. At other times the relevant people might be consulted separately depending on the situation.

Deprivation of Liberty

As set out in the previous section, sometimes people other than the young person make decisions about what care and accommodation a young person needs. Young people with a high level of need naturally often also require a high level of support, with sometimes specialist accommodation that may be away from the family home. If a young person needs a high level of supervision and support in all areas of their life, and also needs other people to make these decisions for them, it may be that they are deprived of their liberty (DoL). This sounds frightening but it is not because it should only happen when it is in the young person's best interests, and it is what they need. If these circumstances apply the young person is viewed to be deprived, even if they are completely happy about all of the care and accommodation arrangements made for them.

The European Convention of Human Rights (ECHR) gives the right to liberty. This says that you can only deprive someone of this if it is set down in law in that country, and if they have access to review. Access to this right to review is a human right. If the young person has a formal welfare decision making authority in place (deputy or lasting power of attorney), this authority still cannot give consent to the DoL themselves. The Local Authority's opinions will need to be given weight in thinking about what is in the young person's best interests.

There are currently two ways of authorising a young person's DoL as set out below, and therefore recognising their human rights in this area. A change in these systems is planned for the future.

The Deprivation of Liberty Safeguards

In the UK there is legislation called the Deprivation of Liberty Safeguards (DoLS) that applies to registered care homes and hospitals for anyone 18 years of age or older. If a young person is DoL in a care home or hospital particular professionals will visit the person to assess under the DoLS framework. The assessors will look at the situation for the young person to see if there is anything that could be done in a less restrictive way. They will talk to family and other people to get their views as part of a Best Interests Assessment, which is the biggest part of the process. Generally this leads to an authorisation of the young person's DoL. The young

person still has the right to a review in the courts if they are not happy with the care and accommodation arrangements made for them. The DoLS framework ensures that they have an advocate that can help them with this if needed. Sometimes this is a friend or family member but sometimes it is someone independent.

Court of Protection applications

The Court of Protection was set up to deal with questions relating to people lacking capacity to make the decision. An example of this is in relation to DoL. The Local Authority recognise that there are a number of individuals living in settings, the circumstances of which may also constitute a deprivation of their liberty, but who do not fall under the strict criteria set out above. The DoLS regime only applies in registered care homes and hospitals to young people aged over 18s. Therefore a deprivation of liberty in any other setting or involving someone who is 16 or 17 years old can only be authorised by the Court of Protection. A member of the Adult Social Care teams with relevant skills and experience would speak to the young person and/or their family about the court referral process as appropriate. This is sometimes referred to as 'community DoLS' or as the COPDOL process, but this all relates to this system of referral to court to authorise deprivation.

The Court of Protection also considers other matters where it is believed that the young person lacks capacity. Examples are if the question is particularly complicated or there are different views of what should happen, so the Local Authority is looking to the Court for some direction. As set out above it is the Court of Protection that appoints Deputies to make certain decisions on the young person's behalf.

Support for Carers

West Berkshire values the support that family carers and friends give to people who use adult social care services and encourage those who have a carer's role to ask for an assessment of their needs as a carer. Full information about support for carers in West Berkshire is available here: www.westberks.gov.uk/carerssupport including a comprehensive 'Information for Carers' booklet.

Carers assessments and working out what support you need

Adult carers who provide necessary unpaid care or support to an adult family member, friend or partner, who lives within West Berkshire can request a carer's assessment by:

- completing our online enquiry form available here www.westberks.gov.uk/adultenquiry
- completing the [Carers 'Understanding your Needs' Information Gathering Form](#) - a document which provides a range of questions and prompts that may help you consider your caring role.
- speaking to the allocated worker of the person they care for

If you need help with completing your carers assessment please contact Adult Social Care, and we will provide advice on how to fill it out.

What is a carer's assessment?

A carer's assessment is a series of questions designed to help you think about the different ways that caring affects your life. It helps you work out how you can carry on doing the things that are important to you and your family, as well as meeting your responsibilities as a carer and looking after your own wellbeing.

If you are willing and able to continue caring for the person you look after, we will take account of the support you provide when we work out what services they need. This will also help us work out if you are eligible for support funded by West Berkshire Council.

Even if you are not eligible, we can still help you find advice and support from other organisations.

The Reading & West Berkshire Carers Partnership

The Reading & West Berkshire Carers Partnership provide support and information to carers and run support groups locally. If you would like further information please complete the Referral Form.

Details and referral form are here www.westberks.gov.uk/carerssupport

Caring for someone under the age of 18

If you are looking after a child who needs more help than other children of their age because of an illness or disability, you should initially contact the West Berkshire Contact Advice and Assessment Service (CAAS).

West Berkshire Parents and Carer Forum

West Berkshire SEND Parents Carer Forum (WBSSENDPCF) aims to support parent carers to participate and have a voice in how services for children and young people with additional needs (e.g. autism, learning disability, physical needs, communication needs) are commissioned, shaped and delivered locally in the Local Authority, health, and community and voluntary services.

There are lots of ways to get involved with the forum. By joining our mailing list you will receive updates on things happening locally. You can share your views and experiences by contacting us, filling in one of our surveys, or take a poll or vote for making changes to a service.

The forum is run by a Steering Group of local parent carers. As a steering group member you could become involved in attending meetings, supporting us in holding local events, visiting schools, and collecting experiences of other parent carers. You can be at the forefront of the changes whilst they are happening.

You can give as much or as little time as you want to, we are all parent carers of children with additional needs too, and we appreciate how hectic life can be. When you join the Forum, we are also immediately part of the National Network of Parent carer Forums (NNPCF) which puts us in touch with approximate 110,000 other families with like minds.

Together, our collective voice can become stronger, and we can influence the changes we want to see...

How we do it

- Provide 'Updates' to keep you updated and informed about current developments and activities through newsletters and social media
- Provide a website
- Provide a central number and email
- Provide events for parent carers
- Recruit and provide training for parent/carers who wish to become more involved in the Forum in many areas

Contact Us

Contact us now, we value your call. We are here for you and your family. We are all volunteers, and we will reply to your calls and queries as quickly as possible.

Phone: 07860 942280

Email: admin@westberkssendpcf.co.uk

Advocacy

There are different types of advocacy services available to young people in West Berkshire. Advocacy is about getting support from others to help you express your views and wishes, and help you stand up for your rights.

Children and Young People

Children and young people are able to request an independent advocate for support with complaints and within meetings and should speak to their allocated social worker who can make a referral for them. 01635 551111

Adults

SWAN (South West Advocacy Network) is a service in West Berkshire available to you if you are a carer, a person with a disability, a person with a mental health illness or an older person.

The quickest and easiest way to make referrals and enquiries is to email email: WestBerks@swanadvocacy.org.uk or visit their website <https://swanadvocacy.org.uk/services-near-you/westberks/>

West Berkshire Mencap: General Family Advice/Support provide advocacy for both people with learning disabilities and their carers to help them achieve the services and support that they are entitled to. This could include benefits, respite care, transport, social and leisure opportunities, transition, moving out of home and finding suitable employment.

More information on this service is available on their website www.wbmencap.org/our-services/family-advisor-service/

Acknowledgments

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We are committed to being accessible to everyone. If you require this document in an alternative format or translation, please call Adult Social Care on Telephone 01635 503050

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