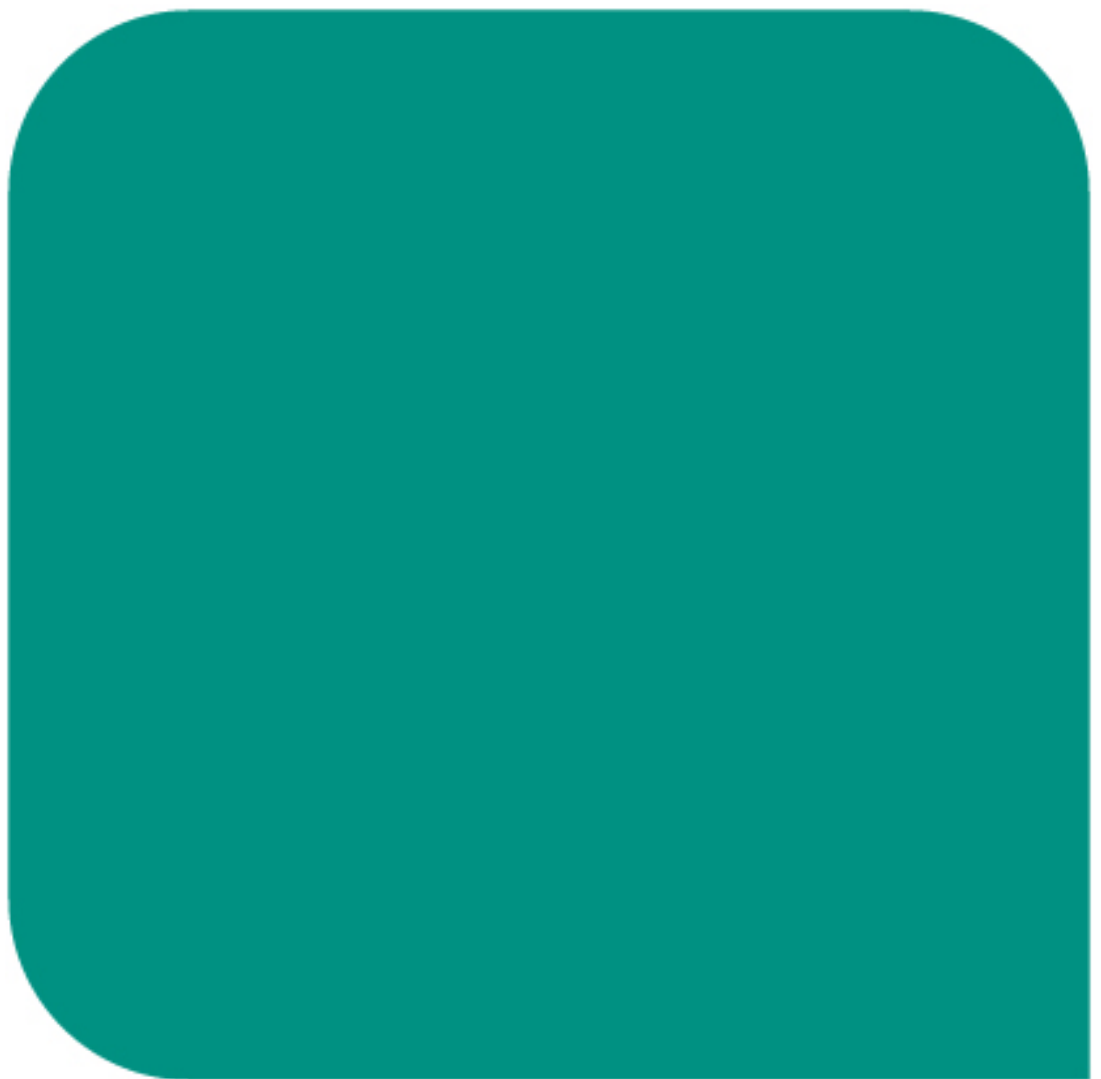




social care  
institute for excellence

# Care Act 2014: transition from children's to adults' services – key resources



Key resources to help you think about transition from children's to adults' services and the Care Act

The Social Care Institute for Excellence (SCIE) was established by Government in 2001 to improve social care services for adults and children in the United Kingdom.

We achieve this by identifying good practice and helping to embed it in everyday social care provision.

SCIE works to:

- disseminate knowledge-based good practice guidance
- involve people who use services, carers, practitioners, providers and policy makers in advancing and promoting good practice in social care
- enhance the skills and professionalism of social care workers through our tailored, targeted and user-friendly resources.

First published in Great Britain in September 2014  
by the Social Care Institute for Excellence

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## Introduction

This resource pulls together all the existing resources, policy documents and initiatives that relate to transition from children's to adult services.

There are three cross-cutting themes:

- becoming an adult and achieving independence
- changes in the actual services used
- explicit duties in relation to the Care Act 2014 and the Children & Families Act 2014.

Please note the NICE Collaborating Centre for Social Care has published its scope on this topic and it can be viewed at:

**Transition from children's to adult services for young people using health or social care services: guideline scope.**

## Relevant policy and legislation documents

Care Act 2014, s58-66

The Care and Support (Children's Carers) Regulations 2014 (draft)

Carers and Disabled Children Act 2000, s 2

Children and Families Act 2014, Part 3

Children Act 1989, s 17

Children Act 2004, s 10-11

Children (Leaving Care) Act 2000

Chronically Sick and Disabled Persons Act (CSDPA) 1970, s 2

Education Act 1996, s 323

NHS Act 2006, s82

SEND code of practice: 0 to 25:

All-Party Parliamentary Group on Autism (2009) *Transition to adulthood: Inquiry into transition to adulthood for young people with autism*

Care Quality Commission (2014) *From the pond into the sea: Children's transition to adult health services*

Department for Education (2010) *The Children Act 1989. Guidance and Regulations Volume 3: Planning Transition to Adulthood for Care Leavers*

Department for Education (2012) *Care leavers in England: data pack*

Department for Education (2013) *Care leaver strategy: a cross-departmental strategy for young people leaving care*

Department of Health (2013) *Code of Practice for Children with Special Educational Needs*

Department of Health (2014) *Care Act 2014: Draft Guidance. Chapter 16 - Transition to adult care and support*

Department of Health (2014) *Transition to adult care and support*

**Getting a Life** The Getting a Life programme ran from 2008 to 2011, as part of the Valuing People Now strategy. It was set up to drive the changes needed to ensure young people with severe learning disabilities achieve paid employment and full lives when they leave education.

HM Government (2014) *Disabled Students' Allowances (DSAs)*

HM Government (2013) *Staying put: arrangements for care leavers aged 18 years and above*

**Preparing for adulthood** A programme funded by the Department for Education as part of the delivery support for the SEN and disability reforms.

## Carers

Carers Support Centre Bristol and Gloucestershire **Transition**

**National Carers' Strategy**

Carers' Trust **Carers' stories**

**Examples of practice** in supporting young carers including **Tiered support for young carers**

**Matter for Young Adult Carers** Matter gives young adult carers in the UK a space to connect, share advice and access trusted support.

NIACE (2010) ***We are carers and we want to learn! Easy Read***

NHS ***Parent caring***

Young Minds (2011) ***Guide to transition for parents and carers***

## Young carers

ADAS, ADCS, Children's Society (2012) ***Working together to support young carers and their families***

Channel 4 (2014) ***Britain's youngest carers***

Young carers tell their story.

Carer's Trust (2014) ***Time to be heard***

Children's Society (2013) ***Hidden from view: the experiences of young carers in England***

Children's Society (2008) ***Young carers, parents and their families: key principles of practice. Supportive practice guidance for those who work directly with, or commission services for, young carers and their families***

Children's Society (2014) ***Include Programme: supporting young carers and their families***

NHS (2014) ***Young carers hub***

NIACE (2014) ***The really useful book of learning and earning (RUBLE) for young adult carers***

SCIE (2005) ***Research Briefing 11: The health & wellbeing of young carers***

SCIE (2008) ***Research briefing 24: Experiences of children and young people caring for a parent with a mental health problem***

SCIE (2010) ***Recognising young carers: See me, hear me, talk to me***

SCIE ***Young Carers Assessment Protocol***

The Site (2014) ***Support for young carers***

## Disability

Action for Children (2009) *The transition to adulthood: keeping disabled young people at the centre*

Association for Real Change (2011) *ARC guide for services: supporting disabled young people from black and minority ethnic communities through the transition to adulthood*

Association for Real Change Scotland (2014) *Principles of Transition 2*

Cerebra (2013) *Transition to adulthood: a guide for practitioners working with disabled young people and their families*

*Transition to adulthood: a guide for parents*

Change *Making transition work: Supporting young people with learning disabilities to get on the ladder of work*

Contact a family (2014) *Preparing for adult life and transition: information for families*

Council for Disabled Children *Disabled children: a legal handbook* (Chapter 10: 'Transition to adulthood')

Croydon Borough Council *A guide to transition planning: transition guide for parents/carers of disabled young people*

DH (2007) archived *Good practice guidance on working with parents with a learning disability*

Dimensions *Transition: How to find your way through*

**Disability Talk:** a website for disabled people offering help, guidance and advice

foundation for people with learning disabilities (2009) *Prepared for the future? Information to prepare families when a young person with a learning disability is leaving school or college*

foundation for people with learning disabilities (2013) *Thinking ahead: a planning guide for families*

foundation for people with learning disabilities (2005) *We are the strongest link*

Gloucestershire Youth Support Team (2013) *Forward: information for parents and carers on opportunities for young people with learning difficulties and disabilities*

Hampshire County Council (2011) *The Hampshire transition handbook for families and carers*

Hertfordshire County Council, Ideas 4 Life and Youth Connexions (2013) *Thinking about the future: a transition guide for parents and carers of young people with additional needs*

IRISS (2010) *Transition to adulthood for young people with autistic spectrum disorder (ASD)*

Mencap (2009) *Your guide to transition*



Moving on up (2007) *Moving on up: a guide for professionals about transition for people with learning disabilities from ethnic minorities*

National Autistic Society *Parents of adults with autism: your rights*

National Autistic Society *Transition to adulthood*

National Deaf Children's Society (2011) *Transition from paediatric to adult audiology services: guidelines for professionals working with deaf children and young people*

NHS East Midlands (2010) *Principles for transition: guidance materials to improve transition into adult life for young people with additional needs Based upon a Young People's Charter*

NHS Kensington and Chelsea, Royal Borough of Kensington and Chelsea (2006) *In transition to adult life: information for parents and carers of young people with a learning disability*

National Transition Support Team (2011) *Person-centred approaches in transition planning*

Next Steps *Next steps: a guide to transition planning*

**Preparing for adulthood** A programme funded by the Department for Education as part of the delivery support for the SEN and disability reforms.

Preparing for Adulthood (sample transition plan) *My transition plan: achieving a successful move into adulthood*

**Delivering Support and Aspiration for disabled young people**

**Factsheet: The Links between the Children and Families Act and the Car Act.**

Revolving Doors Agency *Aiming higher – Transition to adulthood: a good practice guide*

RNIB (2013) *Your future, your choice: bridging the gap. Supporting your transition from school to college, university or work*

SCIE (2004) *The road ahead: information for young people with learning difficulties, their families and supporters at transition*

SCIE (2007) *Community-based day activities and supports for people with learning disabilities- transition planning*

SCIE (2009) *Making choice a reality: the impact of the mental Capacity Act on Young People in Transition to Adulthood*

SCIE (2011) *Guide 43: Improving access to social care for adults with autism*

Sense *Getting a result! Information and ideas to help young people who are multi-sensory-impaired and their families understand and participate more fully in the transition planning process*

Transition Information Network (2009) *TransMap: from theory to practice: the underlying principles in supporting disabled young people in transition to adulthood*

### **About Transition Information Network**

Transition Pathways (2005) *The big picture: your guide to transition. For young people aged 13–25*

TTRB3 *Transition pathway: guidance and tools to support person-centred planning for young disabled people aged 13–25*

Wandsworth Borough Council (2011) *Moving on: a guide to transition in Wandsworth for young people with disabilities and special needs*

Warwickshire County Council *Transition information pack for parents and carers*

Working Families (2011) *From child to adult: a guide to disability, transition and family finance*

Young People's Support Services (2013) *Transition planning information for young people from year 9*

## Long-term conditions, Life-limiting conditions

CQC (2014) **From the pond into the sea: transition resources for young people with complex health needs from children's to adult services.** 40,000+ YP with a life-threatening condition in England.

Department of Health (2012) ***National framework for NHS continuing healthcare***

Gloucestershire County Council (2011) ***Transitions: a step in the right direction***

Marie Curie (2012) ***Don't let me down: ensuring a good transition for young people with palliative care needs***

National Parent Partnership Network (2012) ***Transition resources – social care. A briefing for parent partnership services***

Royal College of Nursing ***Lost in transition: moving young people between child and adult health services***

SCIE (2004) ***Research briefing 4: transition of young people with physical disabilities or chronic illnesses from children's to adults' services***

Together for short lives (2007) ***The transition care pathway***

**Transition Taskforce** which leads the development of a coordinated strategic approach to providing care and support to young people with life-limiting or life-threatening conditions. Resources:

- **The STEPP Project**
- **The study on the prevalence of life-limiting and life-threatening conditions in young adults in England 2000–2010**
- **Briefing on the implications of the Fraser report 2014**

Youth Health Talk (2012) ***Transition from children's to adult services/clinics***

## Mental health

Royal College of Psychiatrists (2008) **Working at the CAMHS/adult services interface: good practice guidelines for the provision of psychiatric services to adolescents/young adults**

SCIE (2011) ***Mental health service transitions for young people***

**SCIE (2011) *Research briefing 37: Mental health service transitions for young people***

SCIE (2011) ***Social Care TV: Transitions 1*** Four young people talk about their own transition from child and adolescent mental health services

SCIE (2012) ***Social Care TV: Transitions 2*** Staff and young people in Sheffield discuss how transitions in mental health services are being improved by integrated working in the health and social care trust

SCIE (2011) ***Supporting effective transitions in mental health services for young adults***

Young Minds ***Transitions in mental health care: a guide for health and social care professionals on the legal framework for the care, treatment and support of young people with emotional and psychological problems during their transition years***

Young Minds ***Young people's guide to transition***

## Looked after children

Care Leavers' Association (2013) *Leaving care*

Care Leavers' Foundation, Catch 22, A National Voice, NCAS, Prince's Trust (2012)  
*Access all areas: action for government departments to support young people's journey from care to adulthood*

National Centre for Excellence in Residential Childcare (2009) *Rough guide to leaving residential care: an exploration of the process of leaving residential child care with good practice tips and pointers to further resources*

National Children's Bureau (2011) *Accommodating looked after young people: a briefing for housing providers about understanding and working effectively with children's services*

SCIE (2010) *Guide 40: SCIE/NICE recommendations on looked after children: promoting the quality of life of looked after children and young people (Preparing for independence)*

SCIE (2011) *Social Care TV: Working together to promote independence*

SCIE (2013) *Guide 33. Fair access to care services (FACS): prioritising eligibility for care and support FACS and transitions from children's to adult services*

TACT *Leaving care*

## Organisations and their websites

### Action for Children

Action for Children provide targeted support to vulnerable and socially excluded young people right across the UK. They also produce research and practice resources to support professionals.

### British Institute for Learning Disabilities (BILD)

BILD '... want people with learning disabilities to be valued equally, participate fully in their communities and be treated with dignity and respect.' They provide information and advice for families and professionals.

### Care Leaver's Association

The CLA is a user-led charity. They provide advice and information to care leavers.

### Carers' Hub

The Carers' Hub is a resource for all those looking to commission and develop **personalised services** for carers. This site contains a **toolkit** to help commissioners engage carers in mapping and planning local services, as well as a variety of original and innovative **practice examples** to inspire ideas about creative and inventive ways to deliver services in your area. **Find carer services near you**

### Carers Lewisham

Provides support for young carers.

### Carers Trust

Carers Trust works to improve support, services and recognition for anyone (young carer, adult carer, parent carer) living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. Together with our Network Partners, we provide access to desperately needed breaks, information and advice, education, training and employment opportunities.

### Children's Society

Provides support for young carers.

### Contact a Family

Contact a Family is a national charity that exists to support the families of disabled children. It offers support, information and advice.

### Dimensions

Dimensions is a specialist provider of a wide range of services for people with learning disabilities and people who experience autism.

### Families Leading Planning

An online resource providing information regarding person-centred planning.

### **Independent Parental Special Education Advice (IPSEA)**

IPSEA is a national charity providing free advice to families who have children with special educational needs.

### **IRIS**

The IRIS Project is a one-stop shop offering information, advice and support to parents and carers of children and young people with disabilities based in Nottingham and Nottinghamshire.

### **Lawstuff**

Lawstuff is a website which helps young people to understand their legal rights.

### **Matter for young adult carers**

Matter gives young adult carers in the UK a space to connect, share advice and access trusted support.

### **Mencap**

Mencap works with people with a learning disability to '... change laws, challenge prejudice and support them to live their lives as they choose.' It provides advice and information for parents, carers and family members of people with a learning disability as well as best practice resources for professionals.

### **National Care Advisory Service (NCAS)**

NCAS is the national advice, support and development service focusing on young people's transition from care. NCAS supports young people in and from care aged 13–25, their corporate parents and those who work with them.

### **Netbuddy**

Netbuddy is a free online community which collects information and resources from parents, carers, teachers and therapists with experience of learning disability and autism.

### **Pinpoint Cambridgeshire**

Pinpoint is an independent information, support and parental involvement network run for parents by parents in Cambridgeshire.

### **Preparing for Adulthood**

A programme funded by the Department for Education as part of the delivery support for the SEN and disability reforms.

**Public Health England**, carries information on transitions from children to adult services in health

### **Saying it all**

Saying it all provides information for people with learning disabilities and their carers in North East Lincolnshire.

### **Shelter**

Shelter provides advice, information and advocacy to people in housing need. Its website includes a section dedicated to young people leaving care.

### **Together for Short Lives**

Together for Short Lives is a UK charity which supports children with life-threatening and life-limiting conditions and all those who support, love and care for them.

### **Transition Information Network**

Transition Information Network (TIN) is an alliance of organisations and individuals who come together with a common aim: to improve the experience of disabled young people's transition to adulthood. TIN is a source of information and good practice standards for disabled young people, families and professionals.

### **Who Cares? Trust**

The Who Cares? Trust directly supports young people in care and produces a range of publications to provide information and advice.

### **Young Carers**

Young Carers is an online support service for young people aged 18 and under in the UK, who help to look after someone in their family who has an illness, disability, drug/alcohol addiction or mental health condition. The organisation is part of the Carers Trust.



## Local authority strategy/frameworks

Hertfordshire County Council (2013) *Preparing for Adulthood: Young Person's Transition Plan (14-25)*

Leeds City Council *Children and young people social care and adult social care: transitions procedure*

Plymouth City Council (2008) *A natural journey into adult life Plymouth's multi-agency transition pathway for young people with additional needs*

Shropshire County Council (2013) *The Mental Capacity Act and planning for transition (Information to be read in conjunction with Shropshire Council's transition protocol)*

Shropshire County Council & Shropshire Community Health NHS Trust (2012) *Shropshire multi-agency transition protocol for young people from year 8 to adulthood who have additional needs*

South Tyneside Council (2013) *South Tyneside multi-agency transition into adulthood protocol & pathway for young people with learning difficulties and/or learning disabilities (LLDD)*

Waltham Forest Council *Person-centred transition planning: guidance for schools and other services*

Worcestershire Adult Learning Disability Service & Worcestershire Children's Services (2007) *Transition process for young people with learning disabilities (Age 14–25)*

## Research

Barron D., & Hassiotis A. (2008) 'Good practice in transition services for young people with learning disabilities: a review', *Advances in Mental Health and Learning Disabilities*, 2(3), pp.18–22

Becker and Becker (2008) *Young adult carers in the UK, experiences, needs and services for carers aged 16–24*

Berni, K. (2013) *Don't box me in – disability, identity and transitions to young adult life*

Bhaumik, S., Watson, J., Barrett, M., Raju, B., Burton, T. and Forte, J. (2011) Transition for teenagers with intellectual disability: Carers' Perspectives. *Journal of Policy and Practice in Intellectual Disabilities*, 8: 53–61

Carers Trust (2014) *Transition to adulthood*

Children's Workforce Development Council (2010) *Do young people experiencing the transition from Children's Services to Adult Services understand the process and what their choices are?*

Council for Disabled Children National Transition Support Team (2011) *Information and learning from the Aiming High for Disabled Children Transition Support Programme*

Cowen, IBK. (2010) *Personalised transition: innovations in health, education and support*

Duffy, S., & Murray P. (2013) 'Transition and integration – changing our starting point', *Journal of Integrated Care*, 21(6), pp 306–314.

Everson-Hock, E. S., Jones, R., Guillaume, L., et al (2011), "Supporting the transition of looked-after young people to independent living: a systematic review of interventions and adult outcomes." *Child: Care, Health and Development*, 37: pp 767–779.

Kaehne, A. (2011) 'Transition from children and adolescent to adult mental health services for young people with intellectual disabilities: a scoping study of service organisation problems', *Advances in Mental Health and Intellectual Disabilities*, 5(1), pp 9–16

Kaehne, A. (2013) 'Partnerships in Local Government: the case of transition support services for young people with learning disabilities', *Public Management Review*, 15(5)

Mitchell, F. (2012) 'Self-directed support and disabled young people in transition (part 1)', *Journal of Integrated Care*, Vol. 20 Iss: 1, pp 51–61

LGA, NFER (2011) *Young people with special educational needs/learning difficulties and disabilities: research into planning for adult life and services*

Northern Ireland. Commissioner for Children and Young People (2012) *Review of transitions to adult services for young people with learning disabilities*

Office for Disability Issues (2009) *Access to independent advocacy: an evidence review: executive summary*

Ofsted (2010) *Moving through the system – information, advice and guidance*

Paul, M., Street, C., Wheeler, N., Singh, S.P. (2014) 'Transition to adult services for young people with mental health needs: A systematic review'. Clin Child Psychol Psychiatry. 2014 Apr 7.

Sloper, P., Beecham, J., Clarke, S., Franklin, A., Moran, N., Cusworth, L. (2011) *Transition to adult services for disabled young people and those with complex health needs*, Research Works, 2011–02, Social Policy Research Unit, University of York, York.

Swift K.D., Syal, K., Hollis, C. (2013) 'ADHD and transitions to adult mental health services: a scoping review.' Child: Care, Health and Development.

Watson, R., et al. (2011) 'Models of transitional care for young people with complex health needs: a scoping review'. Child Care Health and Development, 37(6), November 2011, pp 780–791.

Wilson, S., et al (2008) "'Joined up' thinking? Unsupported 'fast-track' transitions in the context of parental substance use". *Journal of Youth Studies* 11(3)

## Case studies/current initiatives

Barnardo's (2011) *Indigo Service – Transitions*

The Indigo Service provides support for young adults age 18+ to develop independence skills, to enjoy community activities and maintain supportive friendships.

Northumberland County Council (2012) *The Joint Person-centred Transitions Project*

Richardson, A. (2007) *Islington Young Adult Carers Group: progress report & discussion paper*

SCIE *My Way* My Way is a project to support the transition of young disabled people from children and young people's services to adult services. It is run by MacIntyre, a national charity that supports people with learning disabilities.

Youth Access (2011) *A proven early intervention model: the evidence for the effectiveness of Youth Information Advice Counselling and Support services (YIACS)*

See SEN Code of Practice 'Preparing for Adulthood' Chapter when published

**SEND Information Packs**

**Local Government Association care and support reform**

**BILD Personal Budgets and Supported Employment**

**Transition Information Network**

**Council for Disabled Children - Strategic Reform Partner:**

## Pending resources 2014 that align to the Care Act

### Preparing for Adulthood (PfA)

Topic	Brief description
Personal budgets	Factsheet to support FE colleges to implement personal budgets. Developed with AOC, Natspec and in Control
Mental Capacity Act and decision-making	Factsheet for all audiences to explain the Mental Capacity Act and good practice in supported decision-making. Jointly authored with TIN and MOH.
Person-centred practice in converting statements and LDA's	Factsheet to explore how person-centred practice can be used to support the conversion of statements and LDAs to EHC Plans.
TBC	Factsheet likely to be on 19-25 year olds
Supported internships	Guidance for Employers on Supported Internships
Workforce development	Workforce guidance around transition to adulthood is available to employers – endorsed by key sector skills organisations
Joint Commissioning	Literature review and report on key issues around how joint commissioning can improve outcomes for 14–25 year olds.
TBC	Nine case studies of Further Faster and Innovation project learning examples.
Mental health and employment	Summary of evidence around effective strategies to support young people with mental health needs into employment with examples of good practice
PfA readiness checklist	Checklist that helps LAs check they have covered all aspects of preparing for adulthood when implementing the SEN reforms

Progress tool	Quality improvement tool around PfA 5 key messages developed with pathfinders
ebulletin	PfA ebulletin published 6 times and year. Learning from the programme

## Skills for Care

### Learning modules covering seven areas of the Care Act:

Skills for Care will be developing learning modules for the social care workforce in relation to the Care Act, across seven areas, including transition. Transition resources include a multi-purpose presentation explaining the Care Act, a list of commonly used terms with definitions, a list of resources and a training module.

## Children Society and Carers Trust

### Carer's Trust

#### The Care Act 2014: Key points for Carers and Carers' Organisations

#### Time to be heard

#### Young adult carers in the UK: experience needs and services

### The Children's Society Include Programme

1. **The Children's Society Include Programme** is a website for all practitioners in a position to support young carers and their families.
2. The **website** includes a specific resources for multi-agency professionals and a page which includes leaflets and booklets for adult services, children's services, health professional and others.
3. **The Whole Family Pathway** is an online resource for all practitioners to encourage and support the effective implementation of interagency, whole family assessments and service delivery at local practice levels and to promote joint working between adults and children's services. This resource is not 'Guidance' but a map for practitioners to follow to enable to consider the needs of the whole family and work with other agencies.
4. **Makewaves online** is an online social media platform that provides an online learning environment for schools and youth groups. Young Carers in Focus has a dedicated network on Makewaves for young carers that enables them to communicate, network, share stories and advocate for the things that matter to them the most.

## Social Care Institute for Excellence

Resource 1: Principles and practice in Identifying young people who are not receiving children's services who are likely to have care and support needs as an adult. (October 2014)

Resource 2: Transition from children to adult services for carers, frequently asked questions (November 2014)

## NICE Collaborating Centre for Social Care

Guidelines on Transition from Children's to adult services (February 2016)

Implementation tools – September 2017.

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