

Transition from Children to Adult Services

Poor transition planning from children to adult services can contribute to families and their relatives ending up in crisis (mental health and/or an increase in behaviour described as challenging) resulting in admission to a mental health service. For some families and their relatives, admission to an adult mental health service is suggested as a way of establishing what type of care and support is required. However, discussions and planning should have started in school year 9 (aged 13–14 years old), long before they reach adulthood.

10 things family carers and their relative need to think about

1. Will your relative continue to remain in education?

Read this information from Contact about your relative's rights to further education and training, including retaining their EHC plan until aged 25 years old:

[Click here to read more](#)



This link from Mencap provides information about your relative's options if they decide to remain in education:

[Click here to read more](#)



2. Will your relative take up employment (paid or voluntary)?

Visit the British Association for Supported Employment (BASE) website which aims to improve the employment rates of disabled people:

[Click here to go to the BASE website](#)



3. If education, training or employment are not appropriate what will your relative do instead?

4. Who will commission and fund any services and support?

5. Where is your relative going to live e.g. remain in the family home, residential school/college, supported living?

6. How will your relative's health needs be met? Your relative will no longer have a paediatrician coordinating their medical needs. Who will do this instead? How will their mental health be maintained? What alternative will be offered instead of CAMHS, child psychologist?

Read these top tips for professionals about supporting transition from CAMHS to adult services:



[Click here to read the top tips](#)

Family Carer Advocacy Resource

7. What financial changes will take place for your relative and you (family carer) e.g. change in entitlement to child benefit if your relative leaves full time education)?

8. Is there sufficient, up to date information, recorded about what your relative needs to live a good quality of life as an adult, e.g. person centred plan including their likes, dislikes, wishes, feelings, values, beliefs and ambitions, communication passport, health action plan?

9. If your relative requires specialist equipment, e.g. communication aid, mobility equipment who will continue to provide these?

10. If you have not already addressed this when your relative reached 16 years old have you thought about deputyship depending on your relative's level of capacity to ensure that you are still able to be legally involved in decisions affecting your relative?

Watch this video from family carer Jenny about what she has learned from her son's transition:

[Click here to watch the video](#)



Read these 5 quality statements from NICE which should be followed to ensure a successful transition for your relative from children to adult services:

Statement 1 Young people who will move from children's to adults' services start planning their transition with health and social care practitioners by school year 9 (aged 13 to 14 years), or immediately if they enter children's services after school year 9.

Statement 2 Young people who will move from children to adults' services have an annual meeting to review transition planning.

Statement 3 Young people who are moving from children to adults' services have a named worker to coordinate care and support before, during and after transfer.

Statement 4 Young people who will move from children to adults' services meet a practitioner from each adults' service they will move to before they transfer.

Statement 5 Young people who have moved from children to adults' services but do not attend their first meeting or appointment are contacted by adults' services and given further opportunities to engage.



[Read the full guidance here which explains how each quality statement translates into outcomes](#)

The Children and Families and the Care Act places a statutory (legal) responsibility on local authorities to ensure a successful transition from children to adult services for your relative:



[Read more here](#)

Key message:

There should be no gap in services during your relative's transition between children and adult services. The local authority must continue to provide any children services until adult services are in place or it is established that your relative's needs have changed, and some services are no longer applicable or new needs have been identified and it is clear how these will be met.

Follow these links from the Challenging Behaviour Foundation:

[Click here for a factsheet](#)



[Click here for more information about planning for the future](#)



The Transition Information Network (hosted by the Council for Disabled Children) publishes an online magazine, My Future Choices, which is for family carers, their relatives and professionals. It includes articles about personal experiences of transition, information and transition projects, the latest policy and charity news and resources.

[Click here to find out more about the Transition Information Network](#)



[Click here to read the My Future Choices magazine](#)



NTDi has a number of tools and resources including:

- Person-centred planning
- Employment
- Independent living
- Friends, relationships and community
- Education, Care and Health planning
- Case studies and stories

The National Autistic Society operates a transition helpline which provides information, advice and support by phone or email about:

- rights and entitlements in relation to transition planning, including education, social security benefits and community care
- how to request assessments and access support within the community
- what options are available to help make informed decisions
- guidance and support on specific issues such as engaging young people, finding suitable provision
- resolving disagreements



[Read more about the NAS transition support helpline](#)

Until your relative reaches 16 years old you can advocate on their behalf when planning for their future, but they should be supported to be involved as much as possible. Post 16 years old the Mental Capacity Act will apply. When your relative goes through a Care Act assessment, they can represent themselves or do this in partnership with you (family carer), another family member or a friend. If they have been assessed as not having capacity, they should still be supported to be involved in as much of the process as possible and if there is nobody available to represent them they have a statutory (legal) entitlement to a professional independent advocate

Key message:

Your relative's rights to a successful and seamless transition from children to adult services still apply and should not be affected if they are detained under the Mental Health Act.

Family Carer Advocacy Resource

Further information:

Visit Contact's preparing for adult life section on their website for information about topics such as planning, making decisions, benefits and money, education health and social care:



[Click read more on the Contact website](#)