



**Information
Advisory
Service**

**Advice for
young people
from Bolton
with SEND 14-25**

Introduction

This booklet has been written to support young people, aged 14-25, from Bolton who have special educational needs and/or disabilities.

Special Educational Needs and Disabilities is often shortened to SEND

As you grow older, there may be changes in your life - leaving school, new friends, managing money and socialising and new professionals supporting you. We hope that this booklet will explain some of these things for you.

There are lots of people who can help you on your journey, these are some of them...

- ★ **Parents or Carers**
- ★ **Siblings**
- ★ **School or College**
- ★ **Social Worker**
- ★ **Local Organisations**
- ★ **Doctor/GP**

Information Advisory Service

The Information Advisory Service, also known as IAS can support young people who have special educational needs and disabilities. We can give you advice, help you find information and support you in making decisions

We have a website: www.iasbolton.com

Our email address is: iasoutofhours@outlook.com

Our telephone number is: 01204 848722

NOTES:

Preparing for Adulthood

what does it mean?

There is a law called the Children's & Families Act that means that if you have special educational needs and/or disabilities, you and your family will:

- ★ get the support you need to help you learn and be healthy
- ★ be more involved in making decisions about your life and the support you need
- ★ be able to find information easily
- ★ get help to prepare for your future, including getting a job, choosing where to live and getting involved in your community.



When you are in school, your SENCO, or maybe your TA will start talking about these things from when you are in Year 9, we call it **preparing for adulthood** this just means that everyone who is working with you will start to help you to think about your future and what you want to do. What are you going to do?

- ★ Do you want a job?
- ★ Do you want to stay in education?
- ★ Are you unsure what to do?

You should have a connections worker from Year 11, who can help you to make informed choices about what you can do after school/ college.

In this booklet we have covered some of the main things you might be thinking about, these can be found on the following pages:

Education and EHC Plans **Page 4**

- ★ How your plan might change

Wellbeing & Adulthood **Page 6**

- ★ Moving to adult services

Independent Living & Money **Page 7**

- ★ Moving to adult services

Social Care & Short Breaks **Page 8**

- ★ Gaining independence

The Local Offer **Page 10**

- ★ What is it and where to find it

Jargon Buster **Page 11**

- ★ Help with some of the jargon words you might hear

Education

If you go to school or college, you may have an Education, Health & Care Plan - An EHCP. Having an EHC plan means the different agencies that provide your education, health and social care support work closely together to help you achieve your goals and make sure you are supported in the best way possible.

You should be included in making decisions about your EHCP, especially each year when you have an annual review.



WHAT'S IN YOUR EHC PLAN...

Your EHC plan has been tailored to meet your particular needs so everyone's plan is different. Your EHC plan includes information about you, how you like to communicate, what support you need and what you would like to achieve. All the people who support can see the information in your plan.

The support you receive from age 16 will encourage you to make decisions, and develop skills and qualifications that will enable you to achieve your aspirations and move into adulthood with confidence.



WHAT HAPPENS AFTER SCHOOL?

There are lots of options once you leave school and your school or college has a responsibility to work with you to find out your aspirations and help you achieve the goals set in your EHC plan.

From Year 9, your annual review will include talking about your next steps. School and college must make sure you can access impartial careers guidance and help you to move on to the next stage in achieving your goals.

This support should include:

- ★ Information about college and qualifications
- ★ Information about study programmes, including apprenticeships or supported internships
- ★ Applying to university and finding out what support you are entitled to.



EHC PLANS CAN CONTINUE UNTIL YOU ARE 25, BUT WILL STOP IF YOU:

Your EHC Plan is mainly about helping your progress in education, so it may stop before you are 25 if:

- ★ Go to university
- ★ Get a job
- ★ Tell your local authority you no longer want your EHC plan, or
- ★ The local authority thinks you no longer need it. For example, following a review, because you have achieved the educational goals written in the plan and no longer need additional special educational help.



WHAT IF I DON'T HAVE AN EHC PLAN?

If you need help in school or college, you can still get it even without an EHC plan. There are laws that schools and colleges must follow to get you the help you might need. This legal framework is called 'SEN Support'.

If you have special education needs and/or a disability, but don't have an EHC plan, you'll probably be supported by SEN support instead. You'll be assessed to see what you need, and schools and colleges must provide you with the support you need to help you achieve.

Schools and colleges do support a little differently, but the thing that doesn't change is that you'll be involved in all the discussions about you and your support. If you need any help to understand what support you're getting, or, if you are unhappy with the support you are getting because you feel you are struggling, you should always speak to school/ college first. If this doesn't help, there are services that can support you to do this.

Wellbeing & Adulthood

"The NHS is there to help you be healthy and live YOUR life as you get older, because life doesn't just happen in hospitals and clinics, it's everything else!"
Using health services shouldn't stop you getting on with education or having a life! So, what does that mean for you?....

SERVICES WORKING TOGETHER

The NHS should work with you, your parents and other professionals like teachers or social workers to make sure things are done in a way that works for you.

If you agree they can share your information with other services so you don't need to keep repeating yourself.

NHS services should work together to make sure you don't get stuck in the middle

GETTING READY FOR ADULT SERVICES

The way the NHS supports you will change as you get older, and the NHS will help you get ready for using adult services if you need them.

The health professionals working with you should explain what will change and what support will still be there for you

You should be involved in discussions about transition, starting when you are 14, in Year 9.

STAYING HEALTHY

The NHS is not just about treating you when you are ill, they can give you help and advice about how to stay healthy. You can ask professionals about the things that matter to you, like:

- ★ Healthy eating and keeping fit
- ★ Mental & emotional health & wellbeing
- ★ Drugs & alcohol
- ★ Help for being a carer
- ★ Giving up smoking
- ★ Sexual & reproductive health

Independent Living

In Bolton, there are lots of different options for you when we think about where you'll live when your older. This depends on lots of different things, but especially what you want, and what type of help you might need.

These can include

- ★ living at home with family
- ★ living on your own in a house or flat
- ★ living in a house or flat but having someone supporting you (supported living)
- ★ living with other young people who are similar to you (sharing)

If you have an EHC plan, these things should be discussed at your annual review when the time comes closer. You'll be able to discuss with your family and others who support you what support you'll need and what will work for you.

If you have a social worker, they will be able to help you understand what options are open to you. Whatever you decide, you won't be left without help if you need it. There are lots of support services who will be there for you.

You might also be able to get help to pay your rent.

Money Matters

Where you'll get your money from depends on your individual circumstances and your age. It's different for everyone. You might want to go straight into paid work, or you may stay in education. It might be that your needs make it difficult to go to work. There are certain benefits available for those who work and those who can't. You should speak to your parent/carer or whenever else supports you to discuss this.

i If you are disabled, and your disability has a significant effect on you day to day, you may be eligible to apply for DLA/ PIP. This is money to help you cover the extra costs of having a disability/ paying for support to help you do things.

Bolton council offer a welfare rights service. These people can help you/ your parent/ carer understand what benefits you can apply for, and can help you if things don't go to plan and you need to appeal.

Social Care Support

short breaks and other help in Bolton

In Bolton, there are lots of different ways to help you access social activities and the community, even if you need some help to do it. What you can access depends on what you might find difficult or what you need help with, and how much help you need.



The Government asks local councils to provide a range of **short breaks** for children with Special Educational Needs and/or Disabilities. This means council's arrange for services who work with young people to provide help to support young people with Special Educational Needs or Disabilities.



WHAT IS A SHORT BREAK?

A Short Break gives children and young people, who live in Bolton, are aged 0-25 and who have a special educational need or a disability, the opportunity to do activities with their family, or on their own. There are different types of short break which are explained on the next page.

WHY HAVE A SHORT BREAK?

It will give you the opportunity to visit places, do activities both indoors and outdoors, have FUN, develop confidence and help build your independence.

WHAT HAPPENS ON A SHORT BREAK?

You can take a short break with your family or on your own. It can last a few hours, be overnight, in or outside of your home and can be in the evening, at the weekend or during the school holidays.

WHO WILL I BE WITH?

It depends on the type of short break you are having. If you are not with a family member, you will be with an approved carer, someone who is trained to look after you. Your short break might be in your own home, an activity centre, or the home of an approved carer, or a residential setting - which is somewhere where you will sleep overnight but you will be well looked after. Being on your own will give you and your family the opportunity to have some time away from each other. This will have benefits for all of you.

CAN I BE INVOLVED WITH THE SUPPORT I AM GIVEN?

Of course! No one would make you do something you didn't want to do. Your views wishes and feelings are what everyone thinks about when helping you to make decisions.



WHICH TYPE OF SHORT BREAK IS FOR ME?

UNIVERSAL SERVICES

These are services available to all children and young people and cover educational or leisure activities for disabled children and children and young people with identified special educational needs and those who don't have any needs. Anyone can attend these. Different settings have different age groups so you may need to check your the right age to attend.

What are they like?

They include activities at youth clubs, sports and leisure centres and after school clubs. Universal services will be the first point of contact for many young people and you can find them by searching Bolton councils Local Offer.

TARGETED SERVICES

These services aim to offer support to encourage children and young people to try new things and offer a short break without the need for a formal assessment. Different settings have different age groups so you may need to check you are the right age.

What are they like?

Examples of targeted services include youth clubs, Saturday clubs and holiday clubs that are run to support the needs of disabled young people. Staff are usually well trained to understand your needs so they can help you. Sometimes you will go to these places on your own, other times, parents and carers can stay. They can be found on Bolton Councils Local Offer.

ASSESSED SHORT BREAK

To access this, you'll need to have a social worker do an assessment. You'll need to be under 18. Your parent/carer can contact the children with disabilities social care team for more information on 01204 337108. When you are over 18, you can still get help from social care if you need it, but it is different from this support. You, or your parent/carer would need to contact the adult Social care team on 01204 337860.

Who can help me find a short break?

In Bolton we have lots of different groups and services that can help you with your social and support needs. If you feel you want to look at what is available to you in more detail, you could;

1. Speak to your parent/carer and ask them to help you with this.
2. Contact Bolton IAS for help. You can call 01204 848722, or email: iasoutofhours@outlook.com
3. You could speak to your school/ college about it.
4. You can have a look at the local offer online and search independently.
5. Your parent/carer can ask for a visit from Elaine Nuttall. She works for Bolton council and can tell you all about this leaflet in more detail. She can help you find a group or break that is right for you and your needs. You can call Elaine on 01204 337108

Local Offer

WHAT IS THE LOCAL OFFER?



A Local Offer gives children and young people with special educational needs or disabilities and their families information about what support services the local authority think will be available in their local area. Every local authority is responsible for writing a Local Offer and making sure it is available for everyone to see.

Every local authority must have a Local Offer that is available on the internet and must make sure that people without access to the internet can also see it. The local authority must tell children and young people and their families how they can find out more about the Local Offer. In Bolton you can find the local offer by visiting www.mylifeinbolton.org.uk/send.aspx



The council must talk with children and young people with SEND and their families to find out what sort of support and services they need. There will be many different types of services that children and young people may need, including support services in school and specialist health services. Children, young people and their families may also have ideas about what leisure activities should be available, and what services are needed to help young people move towards independence in adulthood.

Jargon Buster

Apprenticeships, traineeships and supported internships are types of training for young people who are 16 years old or over. They help young people to learn skills to get a job. Young people doing these types of training do some learning in a classroom and some learning at work.

Children are aged between 0 and 16.

College is where young people go to learn skills that they might need when they are older. If someone is aged between 16 and 25 years old, then they can go to a college.

An **education, health and care plan** says what support a child or young person who has special educational needs must get.

Health support can help someone to stay healthy, like having physiotherapy.

An **information, advice and support service** is where children, young people and parents can go to find out more information about special educational needs and disabilities and how to get the support they need.

A **local council** is the group of people who look after things in your local area, including services to support children and young people who have SEND.

A **local offer** is information about the support and services that children and young people who have SEND, and their families, can get.

Mediation is a meeting to help people who disagree about something, like the support someone gets. They meet to try and find a way of agreeing about it. There is usually someone else there to help them do this. This person is called a mediator.

A **review** is a meeting where you, a local council, a school or a college, and some other people look at the support a child or young person gets and if it is right for you.

A **SENCO** is the special educational needs coordinator is a teacher at a school, or college, who is in charge of making sure students who have SEND get the support they need.

Social care support is the support someone gets to help them do things like washing, cooking and meeting up with friends.

A **social worker** is someone who works with families to help make sure they get the support they need.

Training can help someone get the skills they need for things like getting a job, looking after their money, and getting on with their life. There are lots of types of training that support someone to do these things.

Young people are aged between 16 and 25

Notes:

Useful Websites

Information Advisory Service

www.iasbolton.com

Preparing for Adulthood

www.preparingforadulthood.org.uk

Contact

www.contact.org.uk

Bolton Council

www.bolton.gov.uk

Council for Disabled Children

www.councilfordisabledchildren.org.uk

Bolton Local Offer

www.mylifeinbolton.org.uk/send.aspx

Thank you for the information...

**Bolton
Council**

