

# The move to adulthood

The time when a young person is preparing for adulthood can be particularly difficult for parent carers.

We recognise that this stage of their child's life also brings about change for the parent themselves as they adjust from one system of support to another as well as changes around things such as education and housing.

Having worked together with parent carers and partners, including Pinpoint Cambridgeshire and Family Voice Peterborough, to develop support for parents who are at this stage, we are now able to offer a parent carer transition plan to parent carers in Cambridgeshire and Peterborough.

This is a conversation about your own needs as a parent carer - how you are feeling, changes that lie ahead for you and what support is available to you in caring for an adult. This is an opportunity for you to reflect on your own needs and take time to think about you and your own future. We will also ensure you are linked in with the appropriate support services available for their child, as they approach adulthood.

If you would like further information on how a parent carer transition plan could help your family or to make a referral, please telephone our helpline on 01480 499090 or email [hello@caringtogether.org](mailto:hello@caringtogether.org)



## Other ways we can help parent carers

Caring Together offer a range of support for parent carers and those they look after including:

- A carer helpline providing information, advice and guidance to help you at every stage of your caring journey.
- Dedicated staff to identify and arrange support for you.
- Carer's card showing you are a carer.
- Emotional support including listening ear and counselling.
- Care in your home and community for adults and children.
- Help to plan for the unexpected.
- Specific support for young carers and siblings.
- Carers magazine and regular e-newsletters.

**Contact us to find out how**

**we can help you**

**Call 01480 499090**

**Email [hello@caringtogether.org](mailto:hello@caringtogether.org)**

**Visit [caringtogether.org](http://caringtogether.org)**

