



Preparing for Adulthood – a parents' guide

Thinking about and preparing for the future can be full of possibilities and new things for young people and their families.

This guide aims to help you to think about the different elements of transition that need to be planned for and to provide tips to help the process feel as smooth as possible.

Your child growing into a young adult can be a very worrying time for parents and carers. Your child will be expected to take on decision-making responsibility for themselves. This guide will help you support them through these big changes in their life.

Introduction

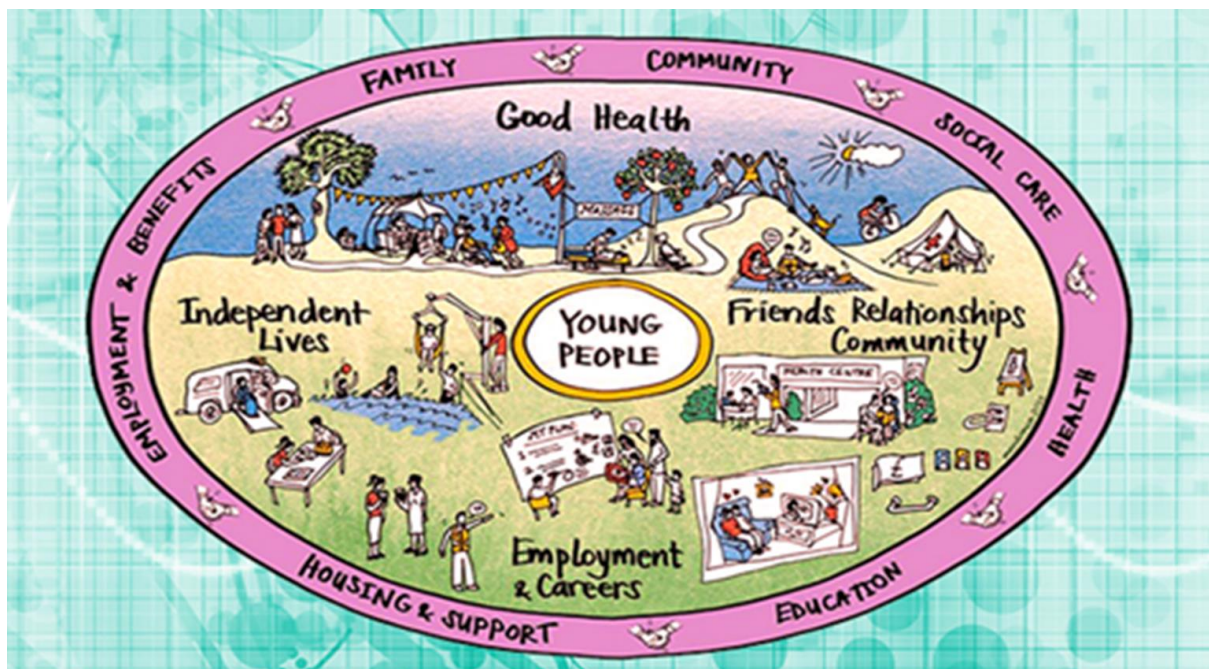
This guide is separated into different sections, so you can select the topics that are important to you.

There are some things that change such as:

- When someone turns 18 they legally become an adult
- Letters and other communications will be addressed to them – in fact this may have started before they were 18
- Money, including benefits, is their money
- They may have to contribute financially to some services or support they receive and this will be based on their income
- Parents no longer have parental responsibility (legally speaking)

Most young people becoming adults continue to need the support (and guidance!) of parents and others with their education, learning, health, finances and day to day lives - some more so than others.

This guide is for parents and carers and gives you information about what to expect, things to do, what happens in Peterborough and how to get to grips with it.



This diagram shows the elements of Preparing for Adulthood, including Family, Community, Social Care, Health, Education, Housing and Support, Employment and Benefits.

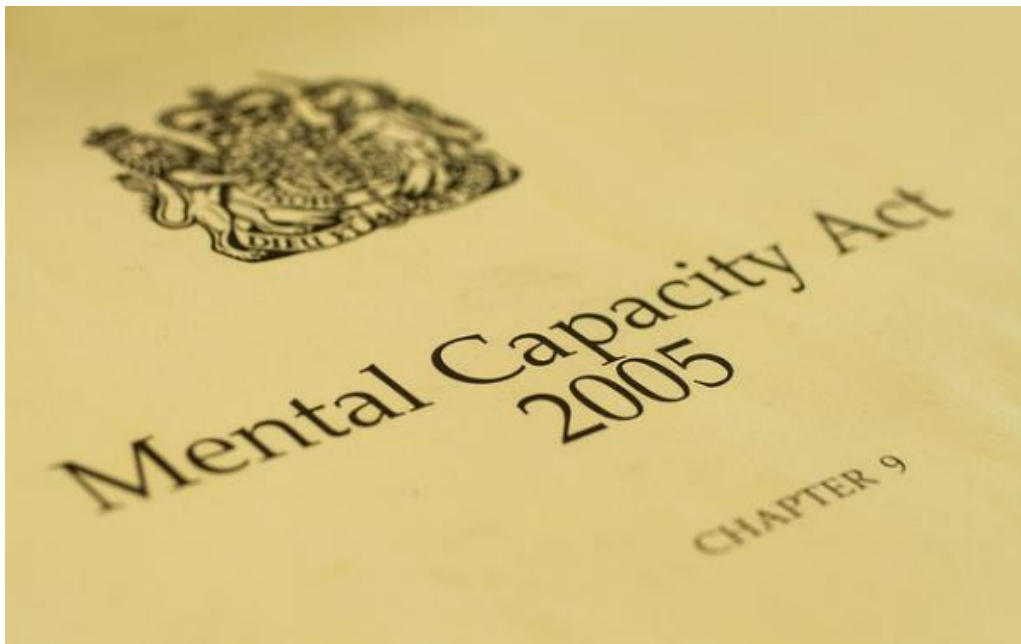
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Section One – Independent Lives

Change of Legal Status and Decision Making



The **Mental Capacity Act (MCA)** is designed to protect and empower people who may lack the mental capacity to make their own decisions about their care and treatment. It applies to people aged 16 and over.

It covers decisions about day-to-day things like what to wear or what to buy for the weekly shop, or serious life-changing decisions like whether to move into a care home or have major surgery. Examples of people who may lack capacity include those with:

- Dementia
- A severe learning disability
- A brain injury
- A mental health illness
- A stroke
- Unconsciousness caused by an anaesthetic or sudden accident

[Find out more about how capacity is assessed and the role of carers in the process](#)

Someone can lack capacity to make some decisions (for example, to decide on complex financial issues) but still have the capacity to make other decisions (for example, to decide what items to buy at the local shop).

The Mental Capacity Act says:

- assume a person has the capacity to make a decision themselves, unless it's proved otherwise
- wherever possible, help people to make their own decisions
- don't treat a person as lacking the capacity to make a decision just because they make an unwise decision
- if you make a decision for someone who doesn't have capacity, it must be in their best interests
- treatment and care provided to someone who lacks capacity should be the least restrictive of their basic rights and freedoms

[Mental Capacity Act - NHS](#)

You can find out more about the Mental Capacity Act, how we meet the requirements in Peterborough and local support on the [adults and older people section](#) of the Peterborough Information Network.

Becoming an appointee for someone receiving benefits

If someone who is over 16 lacks capacity to manage their finances, you can apply for the right to deal with their benefits for them. This is called **appointeeship**.

Only one appointee can act on behalf of someone who is entitled to benefits (the claimant) from the Department for Work and Pensions (DWP). An appointee can be:

- individual appointees, such as a friend or relative
- corporate appointees, such as a solicitor or local council

You can find out more on www.gov.uk/become-appointee-for-someone-claiming-benefits

Power of attorney

A lasting power of attorney is a legal document that lets your young person appoint people to make decisions on their behalf if they became unable to make their own decisions. It can be about finances or about health and social care.

Your young person must be 18 or over and have the ability to make their own decisions when they make the lasting power of attorney. If they do not have mental capacity you may need a court-appointed deputy.

A deputy is someone appointed by the Court of Protection to make decisions for someone who is unable to do so alone. They are responsible for doing so until the person they are acting for dies or is able to make decisions on their own again.

You can find out more at www.gov.uk/power-of-attorney



Mental Health Act (MHA)

The Mental Health Act is a law that can be used to provide support and treatment to people with a diagnosed mental illness.

Being detained (also known as sectioned) under the Mental Health Act is a legal process that starts when an approved mental health practitioner has assessed that someone is not safe to be at home and needs to be kept safe while they are being assessed/treated. This law protects people's rights.

[You can find out more on the NHS Easy Read guide to the Mental Health Act.](#)

Wills and Trusts

Your will lets you decide what happens to your money, property and possessions after your death. If you make a will you can also make sure your beneficiaries don't pay more Inheritance Tax than they need to.

You can write your will yourself, but you should get advice if your will isn't straightforward.



You need to get your will formally witnessed and signed to make it legally valid. If you want to update your will, you need to make an official alteration (called a 'codicil') or make a new will.

It is always best to seek independent advice as the best course of action for you and your family will vary depending on your circumstances.

If you die without a will, the law says who gets what.

You can find out more at www.gov.uk/make-will

Money and Benefits

Benefits at 16+

As your young person approaches 16 there will be some changes to the benefits they receive.

If your young person receives benefits they will receive a letter from the Department for Work and Pensions (DWP) a few months before they turn 16 inviting them to apply for Personal Independence Payment (PIP). It is not a transfer process. PIP is a new benefit and must be applied for. To be eligible for PIP your young person must be aged 16 to 64 and have a health condition or disability where they:

- have had difficulties with daily living or getting around (or both) for three months
- expect these difficulties to continue for at least nine months (unless they are terminally ill with less than six months to live)

You can find out more at: www.gov.uk/pip

[Turn2US](#) has advice about all benefits and a [benefits calculator](#) that you can use to see what benefits your young person (and anyone else in your household) may be entitled to.

Benefits at 18

When your young person becomes 18 and they no longer receive Disability Living Allowance (DLA) if you (or other people in your household) are in receipt of benefits, there may be some implications for you as a household. It is a good idea to contact the Department of Work and Pensions and/or Peterborough City Council to check your entitlement. The telephone numbers are shown below.

Benefit	Telephone number
Disability Living Allowance	0800 121 4600
Carer's Allowance	0800 731 0297
Personal Independence Payments	0800 917 2222
Universal Credit	0800 328 5644
Housing and Council Tax Benefit	01733 452241

Personal Independence Payment (PIP)

Most young people have to have a face to face assessment as part of the Personal Independence Payment (PIP) application process. It's an opportunity for your young person to talk about how their condition affects them.

It's important you prepare - the DWP will use evidence from the assessment to decide whether your young person can get PIP. A health professional will carry out the assessment - they'll write a report and send it to the DWP.



If the young person has a terminal illness, they normally don't have to have the face to face assessment.

Make sure that when you and your young person are answering the questions that you think about all the support needed on 'bad' day. Don't let the assessor rush you and try not to just answer 'yes' or 'no'.

It's a good idea to take a copy of your PIP claim form with you. That way you can refer to it in the assessment and make sure you tell the assessor everything you want them to know about your condition.

[More information can be found on the Citizens Advice website](#)

Bank accounts and learning about money

When your young person is growing up it's a good idea for them to start managing their own money by having pocket money, learning how to pay for things and having a savings account.

When they are approaching 16, they should open a bank account if they haven't already got one. There are many different options available depending on your young person's circumstances and needs.

A good option is a fee free Basic Bank Account. Most major banks and building societies offer Basic Bank Accounts, but because these accounts do not have an overdraft facility (which is how the banks make their money) they are not widely advertised. These accounts are good for people on a low income with no credit history.

Banks have information about the accounts they offer but you can find independent info and advice about this at Citizens Advice ([getting a bank account](#)) and [Money Helper \(fee free bank accounts\)](#).



Personal Budgets and Direct Payments

You might have been offered a Personal Budget or Direct Payment for your young person. A Personal Budget is money identified to pay for support in the EHC Plan.

You can opt to have some of the money as a Direct Payment. With a Direct Payment you can source and pay the care providers yourself. A Personal Budget is not additional funding, it is about using existing funding in a way that suits your young person's needs better.

There are also personal budgets for Social Care and Health

Housing at 18



Moving home is a very big step for anyone. You and your young person will need to think about things like:

- Do they want to live alone or with other people?
- Will they be renting or buying their home?
- How will they pay for their home?
- What sort of support will they need?
- What Technology would help them to live independently?
- Will they move into a supported living scheme?
- What adaptations might they need to their home?

Find out more on the [Preparing for Adulthood pages on the SEND Information Hub \(Local Offer\)](#).

Section Two – Good Health



As young people become adults, they will move from child health services to adult health services.

Adult Health Services are not always organised in the same way as for children. For example, there is not the equivalent of a paediatrician for adults with complex needs.

The young person's GP will oversee their healthcare and can refer to adult clinics and services as needed.

Some young people will transition to a specialist adult health care team. The age this happens varies in different health teams and specialities. Your child's current health worker will let you know when this will be and begin discussions and planning with you and your young person at least six months in advance.

Did you know that from the age of 16, a young person can make their own decisions about their health?

Health at 16+

16 years plus

From age 16 and up young people will start to access some adults' services and take the lead in making decisions about their health.

Young people under 18 with a learning disability will still be able to access children's services but will also have more of a say about their care.

18 years plus

Once they reach the age of 18, young people will access adult health services.

The changing role of the parent carer or guardian

A parent carer or guardian's role changes as children and young people take legal responsibility for their health, but many will still need help and support to do so.

The section at the start of this booklet on decision making gives more information about this.

The legal rights of children, young people and adults

[Get Your Rights](#) is a new interactive website which helps to explain to children and young people their rights when using the NHS. It also has useful info about the role of parents and carers as young people get older.

The [Citizen's Advice Bureau](#) also provide wide ranging advice and support.

Mental Health

If a young person has support from Children and Adolescent Mental Health Services (CAMHS) and Neuro- developmental Services planning for the move to adult mental health services usually starts between the ages of 16½ and 17½. The team will discuss and plan this with your young person and you your child's transition about 6 months prior to transition.

Not all youngsters will need ongoing specialist adult mental health support and for some, their care will transfer back to their GP.

There is a range of support for mental health and wellbeing for young people and adults in Cambridgeshire and Peterborough.



[Keep Your Head](#) brings together reliable information on mental health and wellbeing for children, young people, adults, professionals, and schools across Cambridgeshire and Peterborough. It covers everything from how young people, and adults can help themselves, who else can help and getting immediate support if that's needed.

The First Response Service (FRS) supports people of any age who are experiencing a mental health crisis. It provides 24-hour access, seven days a week, 365 days a year, to mental health care, advice and support. [Find out more about the First Response Service.](#)

Prescriptions

Young people will receive free prescriptions until they are 16 (or 18 if they are in full time education). If they receive Universal Credit, this is extended to 20. Young people will continue to receive free prescriptions as an adult if they have the medical conditions listed below.

- a form of hypoadrenalism (for example, Addison's disease) for which specific substitution therapy is essential
- A permanent fistula (for example, a caecostomy, colostomy, laryngostomy or ileostomy) requiring continuous surgical dressing or requiring an appliance
- diabetes insipidus or other forms of hypopituitarism
- diabetes mellitus, except where treatment is by diet alone
- Hypoparathyroidism
- myasthenia gravis
- myxoedema (hypothyroidism requiring thyroid hormone replacement)
- epilepsy requiring continuous anticonvulsive therapy
- a continuing physical disability that means the person can't go out without the help of another person
- undergoing treatment for cancer, including the effects of cancer/treatments

They will need to apply for a [medical exemption certificate](#).

[Find out more about free prescriptions on this NHS page](#)

Learning Disability Annual Health Checks

Adults and young people aged 14 or over with a learning disability should have an annual health check at their GP surgery.

This is because people with a learning disability often have poorer physical and mental health than other people. This does not need to be the case.

Watch [a short film about learning disability health checks](#), find out what to expect and how to make sure your young person gets one.

[You can find out more on the NHS website.](#)

Keeping healthy

We all know keeping healthy is important, but it can be easier said than done for us and young people. There are lots of different types of support to help us do that and its worth exploring it to find something that might suit you or our young person.



[Everyone Health](#) is a free service for Peterborough residents who are looking to make changes to their lifestyle. Whether that's help to quit smoking, lead a more active lifestyle, lose some weight, or simply take advantage of the NHS Health Checks on offer, Everyone Health – alongside Peterborough City Council – can help.

Drugs, alcohol and substance abuse support is available for anyone with a drink or drug problem. If you need help, your GP is a good place to start. They can discuss your problems with you and get you into treatment. You can call your GP practice as usual for an appointment.

[This page on the Local Offer](#) has information that can help and links to other organisations that can help.



Puberty

Although many young people with special needs may experience delays in achieving developmental milestones, puberty usually occurs at the same age and involves the same changes as typically developing children. It is normal for all parents to feel anxious about this stage of their child's development. Parents may worry about hygiene, period management, emotional meltdowns, emerging sexuality, masturbation and inappropriate touching of others. They may also have fears about the increased risk of sexual abuse and the possibility of casual sexual relationships, pregnancy and STIs.

Parents may also be concerned about how their child will cope emotionally with puberty changes and their emerging sexuality, now and in the future. Parents and young people can investigate support from their local GP or the local sexual health service – [icash](#).

[Diverse](#) provide sexual health and relationship support, education and information for all including young people and adults with learning disabilities and autism

[Contact](#) have some useful articles and booklets for parents and young people about puberty and growing up.



Going into hospital

If your young person needs to go into hospital or has an outpatient appointment it may be a bit different from when they were a child. They will need to give their consent for parents or carers to be involved in conversations about their health and treatment and health care workers will assume they have the capacity to make their own decisions.

However, all hospitals value and welcome the support carers provide and recognise their contribution to getting things right for people. Find out more about carers at North West Anglia Healthcare Trust.



You can get a carers card from Caring Together. [Being recognised as a carer – carers card - Caring Together](#)

Ask your GP to record that you are a carer for your young person

Peterborough City Hospital, and the other hospitals in our region, have Learning Disability Nurses whose job it is to work with you and the staff in the hospital to make sure you get the care and treatment needed in a way that suits you.

[Find out more and how to contact them](#)

Section Three – Employment and Careers



Education after age 16

Your young person may choose to stay on at school or go to a school that has a sixth form or post-16 educational provision.

They may then wish to consolidate or finish their learning by going onto college, taking part in adult education, community learning or voluntary work.

Some young people will look for paid work or higher education.

You can find out what is available on the [Post 16 Offer](#) which is on the [Preparing for Adulthood page](#) on the SEND Information Hub. It is updated every year.

Education Health and Care Plans (EHCP)

If your young person has an Education Health and Care Plan (EHCP), every annual review from age 14 onwards will cover preparing for adulthood. This is a legal duty so you should expect it to happen.

[This is a useful checklist and guidance on things the review should cover](#)

Where to go to study

There are a number of options and your school will advise and support with exploring these. It is a good idea for parents/ carers and young people to visit schools and colleges to see what is available.

Open days are advertised and usually take place in the autumn term, but special arrangements for visits and taster sessions can be arranged if needed to support transition. You can then make a choice that is the right one for your young person.

Qualifications and study programmes

Different courses award different qualifications. Please check on your pre-visit on the qualifications offered and the nature of the course involved.

Going to college

Your young person might be offered a place at a local college. There are lots of different courses to choose from. The local college will be able to help you decide. They may have smaller classes or special equipment that can help your young person.

A full-time place may be over three to four days a week which may provide opportunities to explore other work experience or community activities during the week. Local colleges are:

City College Peterborough www.citycollegepeterborough.ac.uk

Peterborough College www.peterborough.ac.uk

Stamford College www.stamford.ac.uk/

Work experience and finding a job

There is a range of support available for your young person to help them find a job or voluntary position that meets their aspirations, skills and knowledge.

Options include:

- Supported Internship
- Apprenticeship
- Traineeship
- Voluntary placement
- Work experience placement
- Day support
- Paid job
- Volunteering

Supported Internships

To help prepare a young person with an EHCP for work, a Supported Internship is an option. It is a type of study programme. What makes it different is that most of the learning is done at work and some in college. This means your young person learns 'on the job'.

The work experience placement will be in a local organisation or supported enterprise to help the young person develop the skills and experience needed to gain sustainable employment. A mentor will support the young person throughout the work placement. As well as the supported work placement, maths, English and ICT skills will be developed at college.

Funding for travel and equipment may also be available via the [DWP Access To Work scheme](#).

[Preparing for Adulthood](#) have lots of information about Supported Internships

You can contact local colleges to find out more.

City College Peterborough www.citycollegepeterborough.ac.uk

Peterborough College www.peterborough.ac.uk

Stamford College www.stamford.ac.uk/

Apprenticeships and Traineeships

An apprenticeship provides on-the-job training and qualification with an employer alongside some study at a college. Options include Accessible Apprenticeships which help people with learning disabilities and difficulties to access apprenticeships.

A traineeship is a pre-apprenticeship programme combining education and training and is available for young people up to the age of 25.

You can find out more information on the [Preparing for Adulthood pages](#) on the SEND Information Hub.



Paid work

A paid job could be with a business or supported enterprise through a Supported Employment scheme. A job coach can provide support to develop a CV, learn interview and relevant work skills and apply for jobs. The job coach can also provide support to the young person and employer to help sustain employment.

Funding for travel and equipment may also be available via the [DWP Access To Work scheme](#).

A voluntary placement would be in a local charity organisation or supported enterprise to support development of independent living skills.

Day Opportunities

[Day Opportunities](#) maybe an option where employment or further education is not suitable for a young person. Day Opportunities providers enable young people and adults with learning disabilities and autism who are eligible for Adult Social Care support to participate in a wide range of activities in local communities and dedicated accessible sites.



Support may include therapies or sensory stimulation in specialist rooms to support people to maintain the health and wellbeing. It may also include cookery sessions, arranging social meetings with friends, arranging visits to café or places of interest or taking part in a supported enterprise.

Volunteering

Volunteering is a really good way to learn new skills, get experience in a workplace, meet people as well as doing something useful for others

It also looks very good on a CV!

Volunteering can be very flexible and there are lots of opportunities in Peterborough.

[Peterborough Council for Voluntary Services \(PCVS\)](#) is a registered charity set up to champion and support community and voluntary groups and promote volunteering across Peterborough.

Section Four – Friends, Relationships and Community



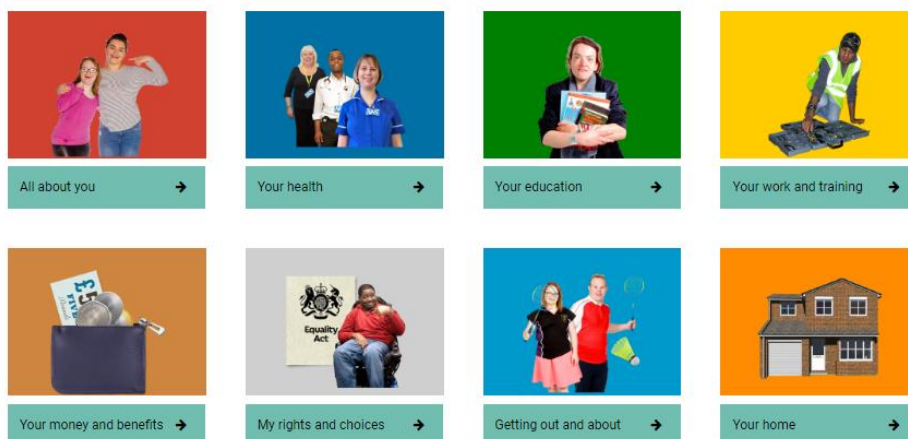
Getting out and about

There are lots of things that your young person can do as they get older.

You can search for leisure opportunities on the [SEND Information Hub](#) and the [Local Offer for Young People](#).

[t Back](#)

Welcome to the **SEND Local Offer** for young people



Clubs and activities

There is a wide range of activities available to your young person. You can find out more by looking on the SEND Information Hub (Local Offer) www.peterborough.gov.uk/localoffer and on the Youth Inspired Facebook page www.facebook.com/YouthInspiredPeterborough/

Staying safe and supported in the community – Safe Place Scheme



A safe place is a shop or building in Peterborough that people with learning disabilities can go to, if they feel they are in an unsafe situation.

Your young person can apply for membership by completing and returning the application form

This provides them with a personal membership card and includes a choice of emergency contact.

You can find out more on the [Safe Place Scheme information sheet and application form.](#)

Friends and community

The importance of friendships

Friendship is as important to wellbeing as eating right and exercising. The friends your young person meets in school teach them how to be patient, wait their turn, reach out, and try new hobbies. When they move into young adulthood they learn more about taking responsibility, finding a career path, and seeking out people as mentors.

The Access Champions

The Access Champions are a group of young adults who are passionate about improving access for the disabled community in and around Peterborough.

Website: www.accesschampions.weebly.com

Website: www.citycollegepeterborough.ac.uk/about-us/access-champions/

Twitter: @AccessChamps Facebook: Access Champions

Email: ACHampion@citycollegepeterborough.ac.uk

We asked the Access Champions some questions about the importance of friendship and they said this:

Why do you like having friends?

“It is nice to have someone to talk to and have a laugh with”.

“They make you laugh and make you smile”.

“They are fun to have around and are always there to keep you company”.

Is it easy to make new friends?

“Sometimes, because my shyness can stop me from talking to people”.

“Not always, because if you don’t know them that well, it can be hard to talk to them”.

How do you make new friends?

“Polite conversation, I’m not sure where I would meet new people”.

How do you feel if you don't have any friends?

“I wouldn’t feel that bad if I didn’t have any friends as at least I have my family”.

“Down, upset, crying, alone and no one there if you are really upset”.

Sexuality and relationships

People with learning disabilities want to love and be loved. They are often denied their right to sexual relationships.

You can find out how to support your young person with relationships on the Mencap website: www.mencap.org.uk/advice-and-support/relationships-and-sex

Bullying

Your young person may experience bullying, as they may be perceived as ‘different’.

There is a lot of useful advice and support on bullying and cyber bullying on the NSPCC website:

www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/

Speaking up

There are lots of ways your young person can get their voice heard.

- Peterborough Youth Council
- Preparing for Adulthood consultation
- National SEND Youth Voice (Council for Disabled Children)
- Network Team at Enabling Independence

The Network Team at Enabling Independence can help young people and adults get their voice heard. They talk about things such as social care, health, housing, college, work opportunities, clubs and council services.

You can find out more on their website: www.enabling-independence.co.uk/learning-disability-network-team-in-peterborough/

Telephone: Amanda on 01733 530062

Email: Amanda.Preston@enabling-independence.co.uk

You can find out more on the [Preparing for Adulthood Friends, Relationships and Community page on the SEND Information Hub](#)

Social Care at 18

Social Care support for people over 18 is organised by Adult Social Care.

If your young person has support from social care as a child, they will plan for adulthood with you and your young person, alongside adult social care teams. They will make sure that the adult Care Act assessment is completed in advance of the young person's 18th birthday and, if they are eligible for support, plan it with you.

If your young person does not have support from social care as a child and you, or they, feel they may need it as an adult you can call 01733 747474

Or email adultsocialcare@peterborough.gov.uk

The Care Act 2014

When your young person reaches 18, they are no longer eligible for Children's Social Care. Although they are still covered by the SEND regulations, the social care element, for those eligible, will now be provided by Adult Social Care.

Adults who meet the Care Act 2014 eligibility criteria for support are defined as having needs caused by physical or mental impairment or illness.

As a consequence, there is or is likely to be, a significant impact on their wellbeing. The result of these needs are that they are either unable to achieve two or more specified outcomes.

The outcomes are:

- managing and maintaining nutrition
- maintaining personal hygiene
- managing toilet needs
- being appropriately clothed
- being able to make use of the home safely
- maintaining a habitable home environment
- developing and maintaining family or other personal relationships
- accessing and engaging in work, training, education or volunteering
- making use of necessary facilities or services in the local community including public transport and recreational facilities or services
- carrying out any caring responsibilities the adult has for a child

Carers Assessments

You can receive a carers assessment as a carer of an adult. You can request a copy by calling 01733 747474 option 4 or you can complete one online by visiting the Peterborough Information Network and searching on 'Carers Assessment'.

Respite/Short Breaks

In Adults Services the term 'short break' is not used. However, you might be able to access one off or regular 'respite' stays if your young person is eligible for care and support from Adult Social Care.

Support for you as a carer

There is support for you as a carer.

[Caring Together](#) are commissioned to provide support to carers of all ages including information, support, what if plans, a listening service and specific support to parent carers of young adults.

Peterborough City Council has a page on the [Local Offer about support and information for you as a parent carer](#).

There are also pages on the [adults section of the Peterborough Information Network](#) about local support when you are looking after someone.

Travel

Home to School travel

Post 16 students may be eligible for assistance with transport, subject to an assessment of the student's needs. Assistance with travel for students above school leaving age is discretionary and is subject to regular review and possible change.

For older students the ability to travel independently, either by foot or by public transport, is an important part of the young person's development and social education.

To find out whether your young person will still receive Home to School Transport, speak to the Children's Transport Team on 01733 747474.

Travel - using Public Transport

For young people and students the ability to travel independently is an important part of their learning and a life skill that has a big impact on independence. Learning these skills and having the opportunity to use and develop them is really important. Schools and colleges will include this in the learning young people do and parents and carers can do this to when you are out and about. There are a range of travel options open to your young person.

If travelling by bus, Stagecoach produce [Journey Assistance Cards](#) which can be used to tell the driver that you need a bit more help.

If travelling by train, most train operators make special arrangements for people with disabilities - you can find out more on the [SEND Information Hub](#). Your young person can also apply for a Young Person's Railcard: <https://www.16-25railcard.co.uk/>

The Access Champions can support young adults to gain more confidence by encouraging peer to peer support. Through their travel training they support young adults to gain confidence in using public transport independently. You can find their contact details on page 27.

Driving

You might want to consider a Blue Badge to make parking easier. You can find out more on the [Peterborough City Council website](#).



Mobility vehicles

Your young person may be eligible for a motability vehicle. This scheme enables people to use the mobility component of DLA or PIP to lease a car if they receive the higher rate.

You can find out more at www.motability.co.uk/

Participating in Democracy

When your young person reaches the age of 18 they are eligible to vote. People with a learning disability have as much right to vote as anyone else.

In order to be able to vote, your young person must be on the Electoral Register. The government have produced a [simple guide to registering to vote](#).



Once they are on the Electoral Register they are eligible to vote. If they are not able to get out of the house to vote, they can apply for a Postal Vote.

You can also vote for them by using a Proxy Vote. You can find out more about Postal Votes and Proxy Votes on www.gov.uk/voting-in-the-uk


Videos about friends, relationships and community


You can find lots of useful videos on the national [Preparing for Adulthood website](#).

Find out more information on the SEND Information Hub (Local Offer)

www.peterborough.gov.uk/localoffer

Local Offer Search

 **SEND Information Hub (Local Offer)**

 We want your feedback

What is the Local Offer?

Watch our Local Offer video



Getting Help



Early Years and
Childcare



Getting out and about



Impartial Advice and
Support



Health



Early Help and Social
Care



Education



Preparing for
Adulthood



Money and Benefits



Local Offer for Young
People