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Royal Borough  
of Windsor &  
Maidenhead

# Life after your Education, Health and Care Plan



achieving  
for children

# Introduction

We understand that life after your educational health care plan (EHCP) can be a scary prospect, but it can also be really exciting. Preparing for Adulthood (PfA) is the process of moving from childhood into adulthood, from education (school or college) into other meaningful activities such as university, employment or adult social care services.

Some young people require support in four areas to ensure the transition into adulthood is smooth. The Preparing for Adulthood outcomes are based on what disabled young people and their families say is important to them: employment, good health, independent living, and community inclusion.

If you'd like to find out more about PfA in general, the [Preparing for Adulthood](#) website has lots of resources to help young people and families. It's a national programme that provides information about some of the ways that young people with SEN and disabilities can achieve paid work, independent living, good health and be part of their local community.

Everyone who has an EHCP has different hopes and goals, so is looking for different support in adulthood. This booklet should help to answer some of the questions you may have and give you more information about what opportunities and support are available within the Royal Borough of Windsor and Maidenhead (RBWM) to help you transition into adulthood.

You have the right to be included in the community as much as any other young adult, below are some charities that can support people with a range of different disabilities. The [RBWM Local Offer](#) is a great place to start looking if you need support or information on local services.

The following link has Information on [RBWM's Local Offer](#) specifically relating to Preparing for Adulthood.

You could also apply for a [The Max Card](#) which is the UK's leading discount card for families of children with additional needs. Families can use their Max Card at venues across the UK to get free or discounted admission.

Regardless of where your journey beyond education takes you, we wish you the very best for the future and thank you for working with us to support you whilst you have been in school and/or college.

**The RBWM SEND Team**

# Adult Social Care

Moving into adulthood can be a daunting task and can come with a range of difficulties, questions and challenges. If you are open to children's social care teams such as the Children and Young People's Disability Service (CYPDS) or one of the PODs, a member of the team will contact you when your EHCP is closing to complete an Every Step Together (EST) assessment. You may also wish to contact your Social Worker directly to request an assessment if you'd prefer.

An EST assesses and helps us to understand the level of support that you may need going forward. Optalis, RBWM's adult care provider, will then make a decision on whether your case meets their threshold and will assign you to an appropriate team if it does. Your social worker will support your transition to Adult Social Care services.

More information on the transition process and information on how adult care services are different from Children's care services can be accessed on our [Local Offer](#).

## Requesting an EST if you are not currently open to Social Care:

### Under 18s

If you would like to request an assessment of need, you are able to self-refer via the Single Point of Access (SPA): [MASH@achievingforchildren.org.uk](mailto:MASH@achievingforchildren.org.uk)

### Over 18s

If you would like to request an assessment of need, you are able to self-refer to [cypds@achievingforchildren.org.uk](mailto:cypds@achievingforchildren.org.uk)

### Optalis

'Building a borough for everyone – where residents and businesses grow, with opportunities for all'

Our vision is underpinned by six priorities:

- Healthy, skilled and independent residents
- Growing economy, affordable housing
- Safe and vibrant communities
- Attractive and well-connected borough
- An excellent customer experience
- Well-managed resources delivering value for money

[Gives information](#) on how Optalis plans your care and support.

[RBWM: Adult social care](#) will take you to RBWM's adult care webpage.

Contact details for adult social care services in RBWM: [Contact us](#)

# Employment and meaningful daily activities

For someone with an EHCP, meaningful daily activities might span a range of different things including paid and unpaid work or volunteering. You need to decide what is best for you and for your abilities. Below are some links that may be able to help you to decide and keep that placement, whatever it may be. Please also have a look at our [Local offer](#) for more information.

## Mencap

Mencap has created four easy read guides covering the following topic areas.

- [Finding a job or work experience \(pdf format, 683Kb\)](#)
- [Application forms and CVs \(pdf format, 612Kb\)](#)
- [Going to a job interview \(pdf format, 622Kb\)](#)
- [Starting work \(pdf format, 517Kb\)](#)

## Access to work

An [Access to work](#) grant can help to pay for practical support to start working, stay in a job or start up a business.

## Resources to help you work out what you want to do

### Preparing for adulthood: Routes into work guide

This [guide](#) provides information about options for young people with special educational needs and disabilities (SEND) to help you move into paid employment.

### The Prince's Trust

The [Prince's Trust](#) runs a range of different projects and courses to help you to develop your self-esteem, independent skills and to work out what you might want to do in the future.

### Remploy

[Remploy](#) is an employment support provider for disabled people and those with health conditions.

### Talkback

[Talkback](#) - The Employ programme provides support into work experience and supported employment, to give every person with a learning disability and/or autism the same opportunities as anyone else.

### I Could

A [website](#) that has lots of videos and information on jobs from real people to inspire your career.

## National Careers Service

A [website](#) that has information, advice and guidance across England supported by qualified careers advisers.

## Optalis

[Optalis](#) - The supported employment pathway or individual placement and support (IPS) can support you to find or maintain your employment. SEP has a specialist team who are able to provide tailored support to people with a physical or learning disability, mental health issues, a long-term health condition, an acquired brain injury, sensory impairment, substance use issues and carers.

## Ways into work

This [programme](#) provides intensive and ongoing support to enable access to a breadth of opportunities including apprenticeships, part time and full-time roles.

# Adult learning

Adult learning courses can cover anything from hobby courses, like floristry and Independent living skills, to English and maths. You do not need an EHCP to access these courses, but they will be able to support you with your needs.

## The Community Learning and Skills Service

[This service](#) managed by Slough Borough Council, delivers adult and community learning for Slough and RBWM.

## Adult Learning for Independence and Employment (ALFIE)

There are [courses](#) at Berkshire College of Agriculture (BCA) for adult learning, independence and employment

## ACE - Reading College

[ACE](#) is a programme offered by Reading College aimed at adults aged 23 and over to provide opportunities to maintain skills and friendships after full-time education has finished.

## Adult learners at Windsor Forest

[Adult courses](#) available from the Windsor Forest Colleges Group, which include Strodes College, Windsor College and Langley College.

## Community learning for autistic adults

The [SocialEyes course](#) is a free course for adults on the autistic spectrum that helps to develop social skills and understanding.

## Independent living

You may be leaving formal education, but that doesn't mean that you will no longer look to develop vocational or life skills. Below is a list of organisations that can help you to live as independently as possible, the [Local Offer](#) may have others that can also support.

### Financial support and benefits

If you are not in full time employment, you may find that you are entitled to financial support from benefits or Universal Credit.

#### Maidenhead Jobcentre Plus

The [Jobcentre](#) can help you with preparing, looking for work and applying for benefits.

#### Personal Independence Payment (PIP)

A [PIP](#) can help you with some of the extra living costs if you have a long-term ill health or disability. How your condition affects you will be assessed by a health professional and will be regularly reviewed if it is agreed.

#### Benefits calculator

A [tool](#) to help you work out what benefits you could be entitled to.

#### Disability Rights Benefits checklist

[These pages](#) give you an idea of the help and support you can get.

#### Citizens Advice

[Citizens Advice](#) gives you information on benefits and tax credits if you are working or unemployed, sick or disabled, a parent, a young person, an older person or a veteran. There is also information about council tax and housing costs, national insurance, payment of benefits and problems with benefits.

#### Money for life

Is a [website](#) that has useful tips and tools to help you manage your money.

#### CapUK

[CapUK](#) Offers free debt advice and a debt coach provided in your local area (although this is a Christian Charity, you do not have to be a Christian to receive help - anybody can access free support regardless of religious beliefs).

#### National Debtline

A [service](#) that provides free, confidential and independent advice on dealing with debt problems in the UK.

## Housing

Many young people want to continue living at home with their parents and families, however there are some who would like to move out and develop independence skills from their family. Even though you might not be able to live alone, there are different options that the local authority could support you in exploring such as supported living. If you are eligible for Adult Social Care you may get help to live independently, but please remember the support you receive would be based on an assessment of your needs.

### RBWM's Local Offer

The Local Offer [page](#) on housing has a number of resources you may wish to look at relating to independent living, it has a great guide to explain the different options in their [where can I live guide](#).

### No place like home guide

A [Housing and Support booklet](#) designed to help support a discussion with someone who is thinking about moving into their own home.

### RBWM Housing Help

[RBWM's website](#) for assistance with housing, including online applications for the housing register.

### Shelter: Finding suitable accommodation

[Shelter's guide](#) to finding suitable accommodation if you are disabled.

### Mencap: Supported living services

This [Mencap website](#) can provide you with advice and support about Supported living.

## Health

Everyone has the right to good health, below are some services and websites that can help. You could also look at the [Local Offer](#) or local health information or contact your General Practitioner (GP).

### NHS patients' rights

The [website](#) gives you information about what support you should be able to receive.

### RBWM information, advice and health

A [directory](#) of NHS Berkshire Healthcare services.

## Healthy living

### NHS Live well

[Website](#) has advice, tips and tools to help you make the best choices about your health and wellbeing.

### Berkshire Healthcare NHS Foundation Trust

A [directory](#) of hospitals and Clinics in Berkshire.

## Mental wellbeing

### NHS Mental Health Services

[Website](#) provides support and information on how to access NHS Mental Health Services

### Childline

[Childline](#) is a free, private and confidential service that you can access online and on the phone. They can provide help and support for people up to their 19th birthday.

### Samaritans

You can access confidential emotional support at any time from [Samaritans](#) either by calling 116 123 or emailing [jo@samaritans.org](mailto:jo@samaritans.org)

### Crisis Text Line UK

The [text line](#) is a 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258.

### Mind

[Mind](#) is a charity that provides information, advice and support for anyone with mental health issues, including your legal rights.

### Number 22

A [registered Charity](#) providing free and confidential counselling to adults and young people in Windsor, Maidenhead and Slough, supporting those in distress where clients can feel valued and heard.

### Kooth

[Kooth](#) is an online mental wellbeing community (if you'd prefer not to have face-to-face interaction).

### Young Minds

The [Young Minds resource library](#) is full of useful toolkits, articles, reports and policy information about children and young people's mental health.

## Substance misuse

If you're struggling with any kind of substance addiction then the organisations below are available

### **NHS Young People's substance misuse service**

[Alcohol addiction](#) - support for family and friends in Windsor and Maidenhead.

### **Resilience, Windsor and Maidenhead**

An [adults alcohol and substance misuse service](#) in Windsor and Maidenhead.

### **Talk to Frank**

A [website](#) that gives you honest information about drugs and alcohol.

## Sexual health

### **The Florey: Sexual Health Clinic**

The [local sexual health clinic](#) in Berkshire.

### **Safe Sex Berkshire**

A [local service](#) giving support and advice on sexual health matters, sex and relationships and keeping safe.

### **NHS Sexual Health information and support**

[Shares information](#) from the NHS on sexual health.

## Community and friendships

### **Inclusion**

You have the right to be included in the community as much as any other young adult. The [AfC Info website](#) has a directory of organisations and charities that can help to support people with a range of different disabilities.

## Travel

Below are some links to bus and train routes to help you plan for journeys.

### **National Rail Enquiries - Official source for UK train times and timetables**

[Website](#) shows you train information and has a journey planner you could use to plan your trip.

## **First Bus Berkshire and The Thames Valley: Bus tickets, timetables and journey planning**

Shows [local bus information](#) on routes run by First Bus.

## **Courtney Routes and times**

Shows [local bus information](#) on routes run by Courtney.

## **Reading Buses**

Shows [information](#) on Reading bus routes.

You may not be able to travel around the borough fully independently but you should be able to access safe and appropriate travel that suits your needs.

## **People2places**

[RBWM's community transport team](#) who can provide assistance such as getting you to hospital appointments or provide transport for a trip to the shops. They also provide travel training to help you to become more independent.

## **Leisure activities**

RBWM has a range of activities that you might be interested in taking part in. The [AfC Info website](#) is a calendar of activities, groups and events in and around Windsor and Maidenhead. Like most adult activities, some of the activities will have a charge attached, depending on what services you are open to you may be able to access the activities at a reduced fee or for free.

## **AfC's Local Offer**

Has a [directory of leisure and social activities](#) in Windsor and Maidenhead.

## **Step Together**

A paid for [activity service](#) for young people (16+) and adults in the Windsor, Maidenhead and Slough areas.

## **Boyn Grove Day Service**

[Offers activities](#) to help you enjoy yourself, stay mentally and physically active and learn new skills. The day support offers activities where you can meet new friends and improve your well-being while your carers take a break.

## **Oakbridge Centre**

Offers [a wide range of day opportunities](#) for adults with learning disabilities, who may also have additional complex physical disabilities or sensory needs, living within RBWM.

## Healthy relationships

You may want to get some more information on relationships, for example romantic relationships, friendships or maintaining healthy relationships with family. [RBWM's Local Offer page on relationships](#) contains links to relationship related resources. Below are some other services that can offer advice:

### Childline: Friends and relationships

A [service](#) that provides advice and information on healthy relationships.

### Safe Sex Berkshire

A [local service](#) giving support and advice on sexual health matters, sex and relationships and keeping safe.

### DASH Charity

A [local domestic abuse charity](#) supporting residents in Windsor and Maidenhead who are experiencing domestic abuse.

### Safe Project

[An organisation](#) that supports you and your family if you have been affected by crime.