

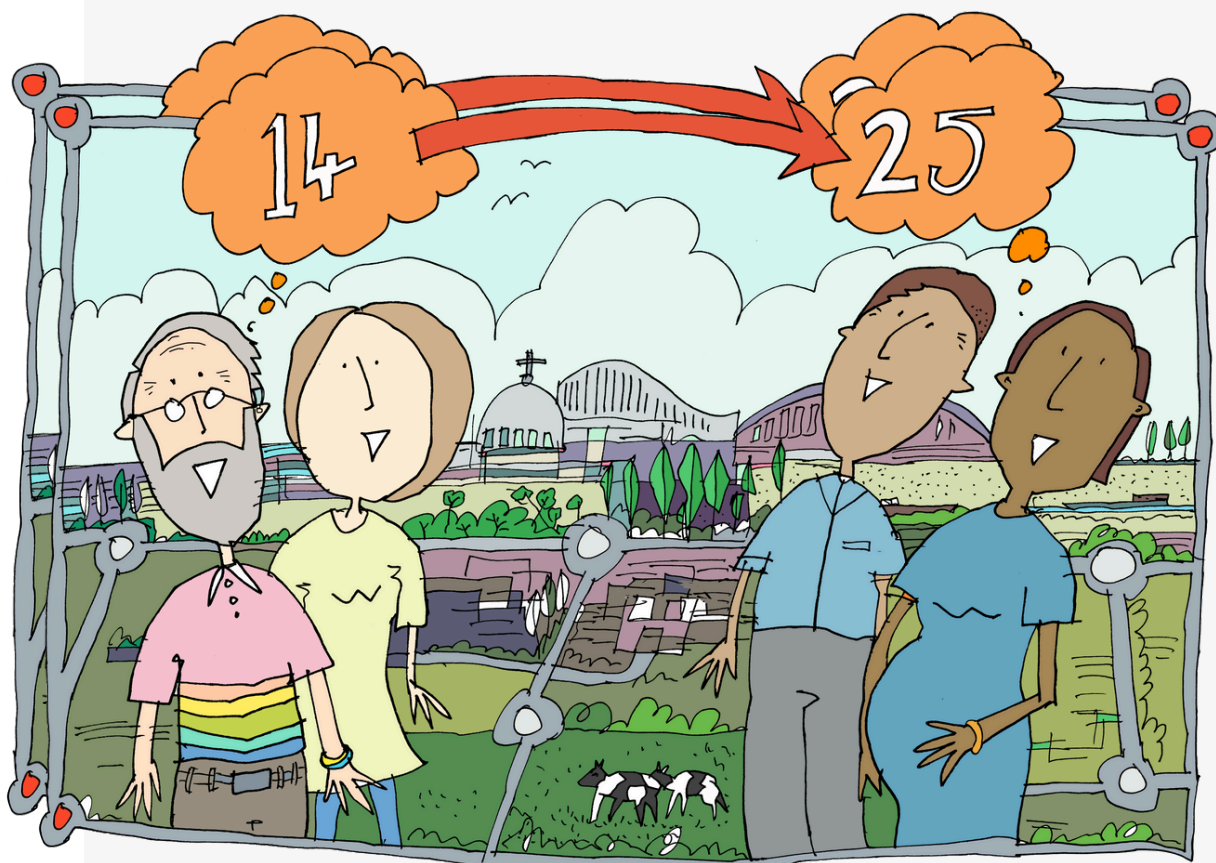


14 - 25

Preparing For Adult Life

Transitions Guide

Written by parents, for parents



Parents and Carers Alliance MK:

“An independent voice influencing change by representing what matters to SEND families in MK”



MK SENDIAS – The local statutory service providing impartial information, advice and support for families on issues relating to SEN and disability:

- Support with navigating the SEND legal processes
- Help with analysing documents and reports
- Support with difficult meetings
- Provision of up-to-date and accurate information
- Advice on what to do when things go wrong
- Provide a listening ear

01908 254518

contact@mksendias.org.uk

www.mksendias.org.uk/



SEND Local Offer - Milton Keynes Council

Milton Keynes SEND Local Offer is a directory of information about education, health and care services, leisure activities and support groups, for children and young people with SEN and/or disabilities (SEND) from birth to 25 years, their parents and carers, practitioners and professionals.

SENDSupport@milton-keynes.gov.uk

<https://www.mksendlocaloffer.co.uk/>

<https://www.mksendlocaloffer.co.uk/information-schools-and-sencos/send-support>

www.facebook.com/MKSEND

This guide has been published by Parents and Carers Alliance MK in collaboration with Milton Keynes City Council and MK SEND IAS.

Special thanks to Jon Ralphs for the illustrations.

PACA MK is grateful to Sheffield Parent Carer Forum for permission to reproduce information from their original Transitions Guide which can be found on their website:

www.sheffieldparentcarerforum.org.uk/information/transition-to-adulthood/

Thanks also to Pip's Stockport and Warwickshire Parent Forum; original publication produced with funding from the Department for Education.

Every effort has been made to check the accuracy of information in this booklet, which was correct as at June 2020. **Weblinks updated in February 2025.**

CONTENTS

Year 9 (age 13-14)	page 4
Year 10 (age 14-15)	page 6
Year 11 (age 15-16)	page 7
Year 12 & 13 (age 17-19)	page 11
Young Adults 19-25	page 16
Useful Information	page 19

ABOUT US

Parents and Carers Alliance MK is an independent forum for parents and carers of children and young people (0-25 years) with disabilities or additional needs in Milton Keynes.

We share our experiences with decision makers to bring about real change to develop local services and to make lives better for our families.

CONTACT

Parents and Carers Alliance MK

Phone: 07852 526057

Email: pacamk@gmail.com

Web: pacamk.org

Facebook: [parentsandcarersalliancemk](https://www.facebook.com/parentsandcarersalliancemk)

Instagram: [pacamk](https://www.instagram.com/pacamk)

Year 9 (age 13-14)

Preparing for Adulthood Review

If your child has an Education, Health and Care (EHC) plan, the Local Authority must ensure that the EHC plan review at Year 9 - and every review thereafter - includes a focus on preparing for adulthood. Education, health and social care services should all be involved in planning and supporting this from Year 9 and into adulthood.

Preparing for adulthood planning should include support to:

- prepare for further/higher education and/or employment
- prepare for independent living
- maintain good health in adult life
- participate in society, including support in developing and maintaining friendships and relationships

Subjects

If your child attends a mainstream school, they will be asked to choose which subjects they want to study at Key Stage 4 (Years 10 and 11, ages 14-16). If appropriate, these will be the subjects they will take for GCSE exams. Some subjects are compulsory at GCSE level: English, maths and science. Some schools have other compulsory subjects, e.g. religious education in faith schools.

Optional subjects vary from school to school, but your child must be offered at least one course in each of four groups of subjects: arts (including art and design, music, dance, drama and media arts); design and technology; humanities (history and geography); and modern foreign languages (e.g. French, German, Spanish).

If your child is not working at the levels necessary for GCSEs, ask the school about other accredited qualifications that might be available.

Entry-level qualifications are closely linked to the National Curriculum but also cover vocational and life skills. Assessment for these qualifications can be written, oral or practical.

Functional skills qualifications support the development of practical skills in English, maths and ICT. There is a strong focus on explanation and problem-solving, with a choice of assessment methods.

BTEC qualifications are vocational and work-related courses, designed to accommodate the needs of employers and allow students to progress to further and higher education or into employment. For some students with special educational needs the National Curriculum at Key Stages 3 and 4 is not appropriate, especially in relation to qualifications and examinations. Legislation allows for pupils with EHC plans to have the National Curriculum disapplied. This means that they do not have to follow the National Curriculum.

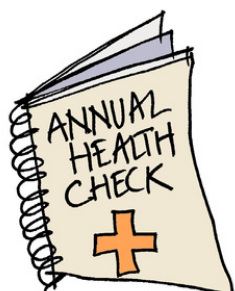
Social Care – Think about your child's current and future support needs. Is the support they get still relevant now they are a teenager? You might want to ask for direct payments to pay for a Personal Assistant (PA) who can help your child with work experience, developing their independent living skills, and accessing community activities. If your child currently receives overnight short breaks you should start to plan with your social worker how this support might look in the future.

Year 9 (age 13-14)

Health

If your child has a learning disability, make sure that your GP records this on their notes as well as your status as a carer. This will act as a prompt so that reasonable adjustments can be made to ensure that your child can access high-quality and appropriate health care at all times and in all settings. From age 14 onwards, it may also mean that your child will be invited to attend for annual health checks.

It is important that your GP knows your child's needs. This is particularly important for children seen by a paediatrician as the GP will become the "coordinator of care" when they turn 16yrs, unless attending a special school in which case it is 19yrs.



Annual Health Checks

An annual health check will involve a visit to the doctor's surgery to see a GP or a nurse who will:

- carry out a general physical examination (weight, heart rate, blood pressure etc.)
- assess emotional wellbeing and behaviour
- ask questions about lifestyle and diet
- review currently prescribed medication
- check whether any chronic illnesses, such as asthma or diabetes are being well managed
- review arrangements with other health professionals, e.g. physiotherapists or speech and language therapists.

The Annual Health Check is a chance for your child to get used to visiting the doctor's surgery. It may also be a good opportunity to review any transitional arrangements for the move to adult health services. Information gathered through the annual health check can be fed into the EHCP process.

Hospital Services

Planning for the move from children's to adult hospital services should also begin in Year 9.

It should be:

- led by a named worker, often a nurse, who will coordinate your child's transition care and support
- developmentally appropriate, taking into account your child's capabilities and needs
- based on a threshold that is not rigid according to age
- take place at a time of relative stability, i.e. not at the same time as moving from school to college or during a health crisis
- reviewed at least annually

Clinical specialities do transition differently, although they should all follow the NICE guidelines: www.nice.org.uk/guidance/ng43. Ask at your child's next hospital appointment about arrangements for

If you have a low income you may also be able to claim support for health costs, such as prescriptions, sight tests and dental treatment: www.nhsbsa.nhs.uk/nhs-low-income-scheme

Year 10 (age 14-15)

Education

If you think your child will need extra help to successfully take GCSE exams at the end of Y11, talk to your school's SENCO and/or Examinations Officer as soon as possible.

Access arrangements may be made such as allowing extra time to sit the exam, the use of a computer and/or sitting the exam in a smaller/individual room.

These allow students with special educational needs, disabilities or temporary injuries to take exams without changing the demands of the assessment. They are based on evidence of need, the normal way of working in the classroom, and must be appropriate to the student and the exam.

For example:

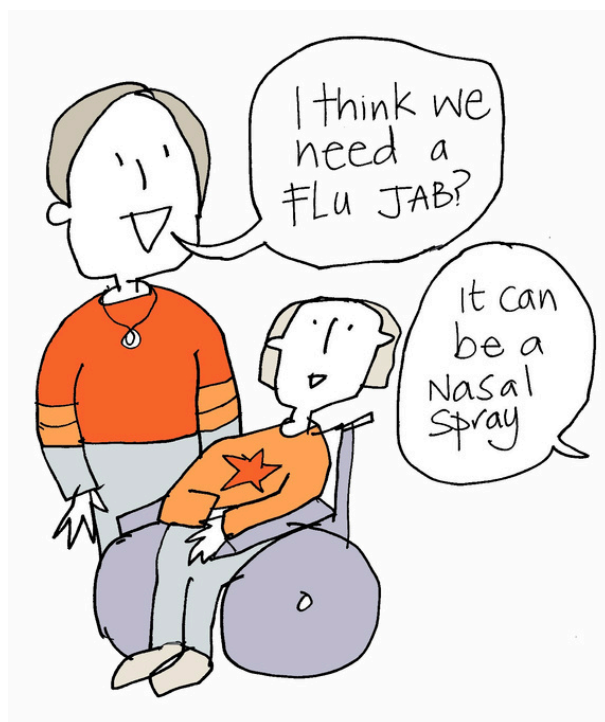
- If your child does not have someone to read or write/scribe for them in class (normal way of working), they would not be eligible for this in exams
- A student with dyslexia may require extra time for a written exam but not for a practical one
- At the annual review of the EHC plan, continue with planning for preparation for adulthood

Health

Flu vaccinations for carers

The seasonal flu vaccine is the best way to protect yourself and the person you care for from flu. It may prevent you from being too ill to care. Speak to your GP about having a flu jab along with your disabled child, or to your pharmacist (proof of receiving Carers Allowance may be required).

Remember to ask for a flu vaccine nasal spray for your child (2-17 years) and check that they haven't already had it in school.



Year 11 (age 15-16)

Education

Year 11 is the last year of compulsory schooling. Your child will need to remain in education or training until the age of 18.

If your child wants to apply for a school sixth form or college place, check websites for open evenings/days. Find courses and apply online at: www.ucas.com

Milton Keynes school sixth forms usually require 5 GCSEs grade 9-4 (graded A* to C in the old system), including a grade 4 (C) in maths and English language. However, they have the option of being more flexible about entry requirements for students with EHC plans. They will look into how likely it is that the student will cope with the course, and what support would be required to meet their needs.

If your child is moving to college after Year 11, their course may not cover five full days. Your child may be able to get further help if:

- They have an EHC plan
- it is unlikely they will be able to learn unsupervised in college and/or
- it is unsafe to leave them at home alone

In this case, Milton Keynes Council should consider providing a package of provision and support. This covers five days a week across education, health and social care. Five-day packages of support do not have to be at one provider. It could involve time at different providers and in different settings.

A package of provision can include independent study and non-educational activities such as:

- volunteering or community participation
- work experience
- independent travel training, and/or skills for living in semi-supported or independent accommodation
- support to use facilities in the local community, develop and maintain friendships
- healthy well-being physical activities

Milton Keynes Council must look at the impact on your family and your child's progress when making decisions about support.



REMEMBER:

The school year finishes early in Year 11, whether your child is taking exams or not - either on the last Friday in June or earlier because of study leave. Check with school in good time to make alternative arrangements.

Year 11 (age 15-16)

Transport and Travel

Free travel help may not be available beyond compulsory school age (16 years). This includes home-to-school or college transport. You may have to contribute to the cost of your child's transport.

If your child has an EHC plan and is moving from school to college, you can apply for transport help. This will help reassess your child's needs and help show whether they are eligible for travel support. The Council does not currently provide travel assistance to work experience placements, medical appointments or other off-site visits. Responsibility for this remains with the parents or carers, or school or college as appropriate.

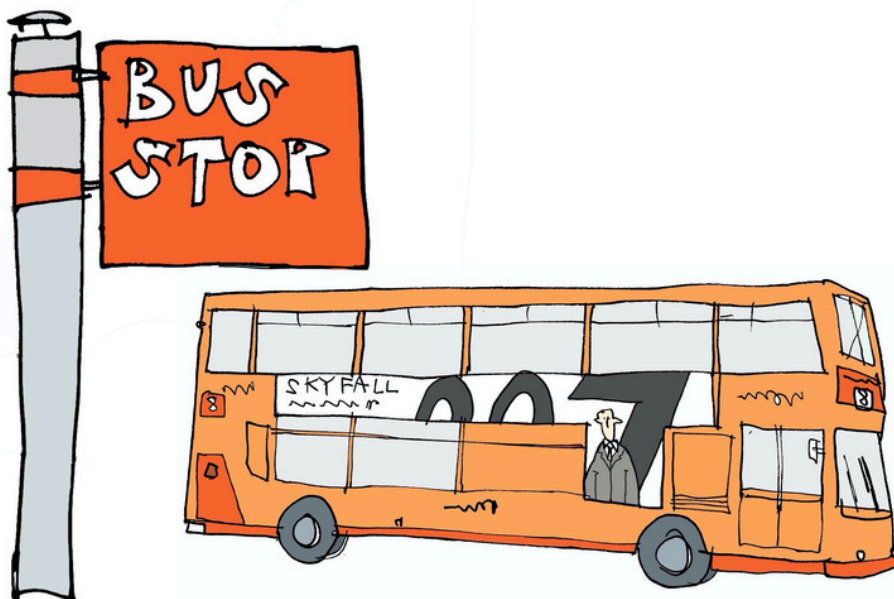
For further information, contact:

The School Travel Support Team, Milton Keynes on 01908 252526

<https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/information-parents/school-travel-support>

Milton Keynes has a concessionary fare scheme called the All in 1 MK card, which enables young people up to 19 to travel on public transport at a reduced rate. More information on this scheme can be found at:

www.milton-keynes.gov.uk/highways/bus-rail-and-taxis/bus-passes-and-cards/all-1-mk-card-junior-concessionary-travel-scheme





Year 11 (age 15-16)

Legal Matters

Decisions about EHC plans

When a young person reaches the end of compulsory school age, some EHC plan rights transfer from the parents to the young person. Compulsory school age is defined as the last Friday in June of the school year in which they turn 16.

These changes are:

- the right to ask for an EHC needs assessment
- the right to make representations about the content of their EHC plan
- the right to ask that a particular education setting is named in their plan
- the right to request a personal budget
- and the right of appeal to the SEND tribunal

If you think your young person lacks mental capacity to make these decisions, you should tell Milton Keynes Council. Let them know that you want to act as your child's representative. When making decisions on behalf of your young person, you must comply with the Mental Capacity Act.

The Mental Capacity Act

This act starts with assuming that everyone has capacity to make their own decisions. However, people over 16 who are unable to make some or all decisions by themselves, capacity can only be assessed in relation to a particular decision that needs to be made at a particular time. This is important to prevent blanket assessments of someone's ability to make decisions based on their disability. It also recognises the fact that someone may be able to make some decisions but not others.

For example, someone can lack capacity to make complex financial decisions or consent to medical treatment, but have the capacity to decide what they would like to eat.

When assessing capacity to make a decision, it is important to consider whether your child is able to:

- understand the information relevant to the decision
- retain that information
- use that information to make a decision
- communicate their decision (whether by talking, using sign language or any other means)

After a capacity assessment, someone may be judged as unable to make a specific decision. In that case, the decision can be taken for them, but it must be in their best interests. The process of making a best-interest decision should be led by the person who requires the decision to be made. For example, a doctor who requires consent before carrying out treatment. Consulting with others is a vital part of best interest decision-making. The Mental Capacity Act requires the involvement of carers and family members. Families and professionals must always support a young person to be involved as much as possible in a decision made on their behalf, even if they do not have the capacity to make it themselves.

Irwin Mitchell have produced a leaflet for individuals who feel that they are not being appropriately consulted about the welfare of their loved ones: www.mencap.org.uk/advice-and-support/mental-capacity-act

It was produced by Ambitious about Autism, Mencap and the Challenging Behaviour Foundation in partnership with Irwin Mitchell.

Year 11 (age 15-16)

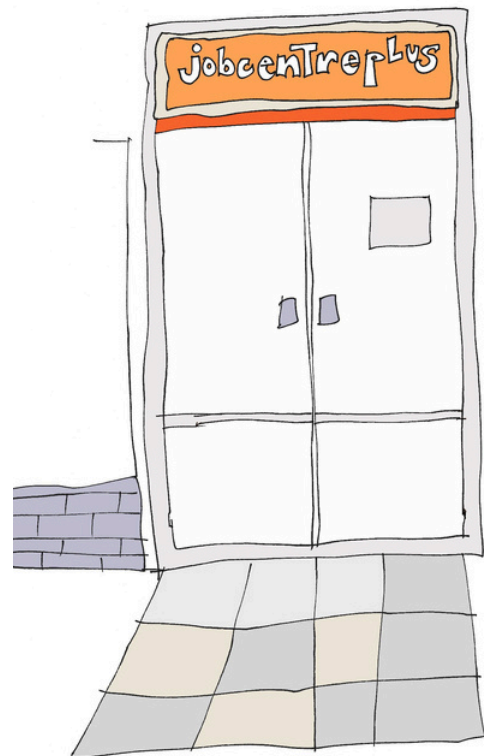
Finance and Benefits

On turning 16, your child:

- Can claim benefits in their own right. However, if they stay in full-time non-advanced education (e.g. GCSEs, A-levels, BTECs, NVQ levels 1-3) or some types of training, parents can choose to carry on claiming for them as part of their family. You will need to weigh up which option is likely to leave your family better off. You can get help from Contact benefits advisers (0808 808 3555) or Citizens Advice
- can receive Direct Payments in their own right.
- will be reassessed under PIP (Personal Independence Payment) if they have been getting DLA (Disability Living Allowance) as a child.
- can apply for Universal Credit if they are entitled to DLA or PIP and have limited capability for work, see: www.gov.uk/universal-credit/eligibility

You can use benefits calculators to find out what benefits you can claim and how to do so at:

www.gov.uk/benefits-calculators



Note: Universal Credit replaces, Child Tax Credit, Housing Benefit, Income Support, income-based Jobseeker's Allowance, income-related Employment and Support Allowance, Working Tax Credit. An award of Universal Credit to the child means that any benefits parents get for their child as a dependant will stop. Seek specialist advice to make sure your family won't be worse off.

Year 12 & 13 (age 17-19)

Education and Training

Young people must continue in education or training until their 18th birthday.

All students aged 16 to 19 should follow a study programme that:

- stretches them
- prepares them for adulthood
- and supports their move into work or further study

For students who have an EHC plan, a study programme can apply up to the age of 25.

Study programmes should always include English and maths, but at an appropriate level. Some students with SEND will be able to work towards achieving GCSE grade 4 (C) or above, whereas others may qualify for an exemption from the requirement to attain a grade 4 (C).

Some students with SEND should be on study programmes which help them achieve academic qualifications. Others will benefit more from programmes which help them acquire skills for employment and adult life. These programmes concentrate on high-quality work experience and other non-qualification activities.

Young people with an EHC plan can take **Supported Internships** or **Traineeships**. These aim to prepare them for employment or apprenticeships.

Supported Internships

Structured study programmes based mainly at an employer. They are designed to help young people with SEND develop the skills to achieve sustainable, paid employment.

Internships last about a year and usually include three unpaid work placements. They are supported by a dedicated job coach, who acts as a link between the employer and the intern. Wherever possible, they help the young person to move into paid work at the end of the programme. For further information, see: www.preparingforadulthood.org.uk/downloads/employment/employability-lets-work-together.htm

Traineeships

Education and training programme with work experience. They are designed to help young people aged 16 to 24 who don't yet have appropriate skills or experience. Traineeships provide work preparation training, English, maths and work experience to help get an apprenticeship or employment. Traineeships are exempt from the minimum wage. For more information, see:

www.gov.uk/government/collections/traineeships-programme



Tip: Having the right education and training outcomes in your child's EHC plan is very important at this stage. This is because the decision whether someone aged 19-25 still needs an EHC plan depends whether they have achieved their education and training outcomes. If they haven't, the decision will depend on whether staying in education/training will help them to achieve those outcomes. Outcomes can be updated if further educational progress can be made.

Year 11 (age 15-16)

Education and Training

16-19 Bursary Fund

If your child is in further education (school or college) or training they could apply for a 16-19 bursary. There are two types of bursary, Vulnerable Student Bursary and Discretionary Bursary.

Vulnerable Student Bursary

Up to £1,200 is available if at least one of the following applies to your child:

- is in or recently left local authority care
- is getting Income Support or Universal Credit because your child is financially supporting him/ herself
- is getting DLA in your child's name and Universal Credit
- is getting PIP in your child's name and Universal Credit

Discretionary Bursary

You can apply for this if you need financial help but your child doesn't qualify for a vulnerable student bursary. The education or training provider decides how much your child will get based on individual circumstances (this usually includes your family income) and what it can be used for. For more information, see: www.gov.uk/1619-bursary-fund/eligibility

Appointeeship

A child turning 16 is usually expected to take on responsibility for any benefits they claim in their own right. If they are unable to manage their affairs, you can become their 'appointee' for benefit claims. You must set this up before applying for PIP. Becoming an appointee means that you are responsible for:

- making any claims
- giving any information required
- disclosing any changes that may affect your child's entitlement to benefits

The benefits will be paid to you on behalf of your child. Becoming an appointee for benefit purposes does not mean you have any wider rights to deal with their affairs.

For more information, see:

www.gov.uk/become-appointee-for-someone-claiming-benefits



Tip: It is much easier to open a bank account for your child before they turn 18

Year 12 & 13 (age 17-19)

Health

If your child's main need is related to their health, they should be referred for an Adult Continuing Health Care Assessment. This should be done well before their 18th birthday. This allows enough time for the assessment and for any discussions about the care they are entitled to.

It is at this age that the coordinator of care transfers from the paediatrician (if a child has been seeing one) to the GP.

Adult health services use Hospital Passports for people with learning disabilities as a way of sharing important information about the patient and how best to care for them. Contact Community Learning Disability Team

www.milton-keynes.gov.uk/social-care-and-health/adult-social-care/learning-disability/ctald

If there is no equivalent adult health service for your child to transition to, their health needs will be managed by their GP.

Community Health Services

If your child has learning disabilities, they should be referred by a health professional to the Community Team for Adults with Learning Disabilities (CTALD). This service offers specialist health care assessment and interventions including: Behaviour support, psychiatry, occupational therapy, physiology, dietetics, speech and language therapy and community nurses. For more information, call 01908 253001 or contact the Access Team through Milton Keynes Council on 01908 253772.

Ensuring there is no gap in services—When Milton Keynes Council assesses a child who is already receiving support from children's social care, the Care Act requires them to continue providing support until adult services are in place to take over - or until it is clear after the assessment that adult care and support will not be provided. There should be no gap in services.

Social Care

The Care Act 2014 includes important legal duties for local Councils. These duties say what must happen when a child makes the move from children's to adult services.

If your child is likely to need support from adult social care, Milton Keynes Council must complete a transition assessment before they reach the age of 18 and put the necessary support in place. This also applies if your child is not currently receiving children's social services but may need services as an adult. If they have a degenerative condition or a mental health condition, for example, it is important to start conversations about adult social care early, as some services are commissioned differently, such as overnight short breaks.



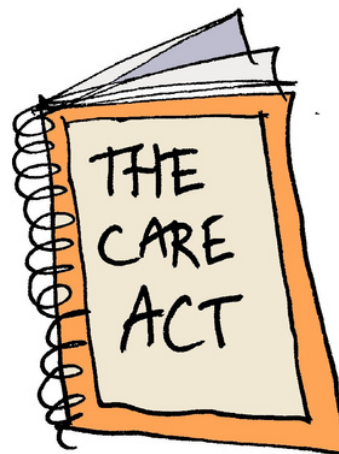
You or your child can ask for an assessment. The Care Act does not say that the child has to be a certain age to be able to ask for an assessment. It says that Milton Keynes should consider, in all cases, whether there would be a 'significant benefit' to the individual. Guidance also suggests that assessments should take place when it is easier to understand what the needs of your child will be beyond the age of 18.

Year 12 & 13 (age 17-19)

Carers Assessments

The Care Act gives local authorities a responsibility to assess your need for support as a carer. Before an assessment it will be useful to think about:

- how you would describe your caring role
- if you look after anyone else e.g. family, children
- maintaining a habitable home to live in
- your ability to go shopping and prepare meals for yourself and your family
- developing and maintaining family or other significant personal relationships
- any effects becoming a carer could have on your job, training, education or volunteering
- if you have any leisure time
- other support available to you or the person you care for



After the assessment, Milton Keynes Council must decide whether your needs are 'eligible' for support. If they are, a support plan will be agreed, setting out how your needs will be met.

You won't be charged for services provided directly to you, however some services such as short breaks or respite may be subject to social care charges.

There are some services for the person that you care for, so that you can have a break, including personal care and assistive technology. For more information see: www.milton-keynes.gov.uk/adult-social-care/support-adult-social-care/carers-assessment-adult-carers

An assessment will look at the care and support needs of your child and whether they will be eligible for support when they turn 18. It will also give information about the support needed for adult life and the sort of support they can expect.

If Milton Keynes Council decides not to carry out an assessment, it must explain in writing why. It must also provide information and advice about what can prevent or delay the development of care and support needs.

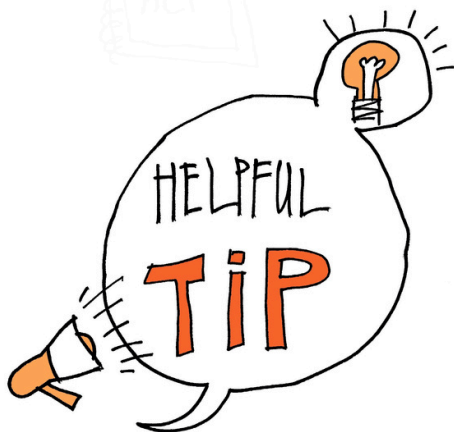
Year 12 & 13 (age 17-19)

Finance and Benefits

An Access to Work grant can cover additional support your child may need in the workplace, when moving from education into employment. To get an Access to Work grant your child must be 16 or over and have a disability, health condition or mental health condition that affects their ability to work. Your child also needs to have a paid job, or be about to start or return to one.

A paid job could include:

- self-employment
- an apprenticeship
- a work trial or work experience
- an internship



TIP: It is much easier to open a bank account for your child before they turn 18

NB: Your child may not be eligible if they are claiming certain other benefits.

Your child will be offered support based on his/her needs. This may include a grant to help cover the costs of practical support in the workplace, or getting to and from work.

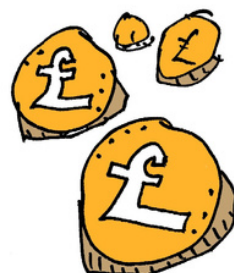
The money does not have to be paid back and will not affect their other benefits.

The money can pay for things like:

- adaptations to the equipment they use
- special equipment or software
- British Sign Language interpreters and video relay service support, lip speakers or note takers
- adaptations to a vehicle so they can get to work
- taxi fares to work or a support worker if they cannot use public transport
- a support worker or job coach to help in the workplace
- a support service if they have a mental health condition
- disability awareness training for colleagues
- the cost of moving equipment if they change location or job

For more information see:

www.gov.uk/access-to-work/overview



Young adults 19 - 25

Education and Training

Post 19 Education

Many young people with EHC plans will have completed their further education by the age of 19 and therefore EHC plans are not automatically maintained beyond this age. The Government has recognised that some need longer to complete and consolidate their education and training. The length of time of time will vary for each individual up to the age of 25. Milton Keynes Council must not cease the EHC plan simply because the young person is aged 19 or over. It must take into account whether the education or training outcomes in the EHC plan have been achieved.

When a 19-to-25-year-old continues with an EHC plan, Milton Keynes Council must review it at least once a year. The plan must contain outcomes to help the young person to complete their education and training successfully and move on to the next stage of their lives.



Special School

Young people aged 19 cannot stay in a special school unless they are completing a secondary education course started before they were 18 years old. They will need to move to college to continue their education or training.

Higher Education

A young person studying for a level 4 qualification (e.g. HNC, CertHE) in a further education college or at university is not entitled to an EHC plan. There are separate systems in place to support disabled young people in higher education, including Disabled Students' Allowances (DSAs). These are non-repayable grants that help with the additional costs incurred by disabled students.

DSAs fund a range of support, including help with the cost of:

- specialist equipment
- travel
- non-medical helpers (e.g. sign language interpreters)

For more information, see the DSA finance guide: www.gov.uk/disabled-students-allowances-dsas

Help with daily living and personal care at university is normally funded by adult social care.

Ending an EHC plan

One of the reasons for not maintaining an EHC plan is that the young person no longer needs the special education or training specified in the plan. When making this decision about a young person aged 19 or over, the local authority must take account of whether the education or training outcomes specified in the EHC plan have been achieved. Local authorities must not stop maintaining the EHC plan simply because the young person is aged 19 or over.

When a young person is close to finishing their education and training, Milton Keynes Council should use the final annual review to agree the support needed to help them engage with adult services.

Young adults 19 - 25

Transport and Travel

Milton Keynes Council does / does not fund travel assistance for some 19-25-year-olds for education settings. If your child is age 19-25 and has an EHC plan, arrangements will be made for the college or education provider to support their travel where necessary. If you need help or advice, please visit:

www.milton-keynes.gov.uk/schools-and-lifelong-learning/information-for-parents/home-to-school-transport



Supported Employment

Employment Support Services - SEND
Providing opportunities and support to people with SEND and learning difficulties who require intervention support to independently access paid employment. It uses a partnership strategy to help people with disabilities to achieve sustainable long-term employment and businesses to employ valuable workers. For more information contact Jobcentre Plus or visit:

www.base-uk.org/information-jobseekers
or:

www.milton-keynes.gov.uk/schools-and-lifelong-learning/CLMK/supported-employment-mk

Social Care

Young people aged 18 or over who keep their EHC plans may receive support from adult social care under the Care Act 2014.

The EHC plan should ensure young people receive the support they need to help them achieve agreed education outcomes. The statutory adult care and support plan should form the 'care' part of the young person's EHC plan.

Care and support costs

People over the age of 18 who have eligible care and support needs may have to contribute towards the cost of their care and support. The local authority will carry out a financial assessment to check how much your child can afford to contribute towards their care and support. This will take into account income received by your child through benefits.

Care and support your child may have to pay towards includes:

- home care (day and night)
- day activities and respite care
- supported living
- support provided by a Personal Assistant (PA)

More information on how contributions are worked out: www.milton-keynes.gov.uk/adult-social-care/ways-pay-your-care-and-support



Young adults 19 - 25

Finance and Benefits

18-to-25-year-olds who make a benefit claim should be invited to meet a work coach at the Jobcentre. For those claiming Job Seekers' Allowance (JSA), this will be as soon as possible.

For those claiming Universal Credit, the young person should be offered an appointment within a few days of their application. They should be aware that they may be put on a standard rate until a Work Capability Assessment decides if additional components are payable.

At the Jobcentre, the work coach will discuss the young person's needs and any barriers to work. If your young person has a long-term disability or health condition they will have a Work Capability Assessment to determine how their ability to work is affected. You can also discuss with Jobcentre advisers specialist employability support, which provides mentoring and training to help people with disabilities into work if they can't use other employment programmes.

See:

www.gov.uk/specialist-employability-support



Work coaches will also signpost claimants to other local options. An Access to Work grant (see page 15) provides support to those with a disability or health condition who need help to work.

If you have a low income you may also be able to claim support for health costs, such as prescriptions, sight tests and dental treatment.

More information at: www.nhsbsa.nhs.uk/nhs-low-income-scheme



Useful Information

Adult Social Care

<https://www.milton-keynes.gov.uk/adult-social-care>

Adult Social Care - Transitions Team

<https://www.milton-keynes.gov.uk/adult-social-care/support-adult-social-care/transition-moving-childrens-adults-support-services>
01908 253772

Carers MK

Supports the wellbeing of unpaid family carers from the age of 8 upwards.
www.carersmiltonkeynes.org
01908 231703

Carers Trust North Bucks & Milton Keynes (Over 18s)

Supports carers in their caring role.
www.carers.org
01908 260444

Children's Social Care

www.milton-keynes.gov.uk/children-young-people-families/children-s-social-care

Citizens Advice - Benefits advice

www.miltonkeynescab.org.uk
Adviceline 01908 604475

Community Learning Disability Team

www.milton-keynes.gov.uk/social-care-and-health/adult-social-care/learning-disability/ctald
01908 253001

Community Learning MK

www.milton-keynes.gov.uk/clmk
01908 556700

Contact – For families with disabled children

www.cafamily.org.uk
Free helpline 0808 808 3555

School Travel Support

<https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/information-parents/school-travel-support>
01908 252526

MK CIL - Centre for integrated living

Support and advice for people with a disability
www.mkcil.org.uk
01908 231344

Milton Keynes SEND Local Offer

Information about support and services for children and young people aged 0-25 years with SEND.
www.mksendlocaloffer.co.uk/

MK SEND IAS

Impartial information, advice and support to children and young people with SEND and their families.
.01908 254518
contact@mksendias.org.uk
www.mksendias.org.uk/

Preparing for Adulthood (PfA)

PfA has a wide variety of downloadable resources available for parents, professionals and young people.
www.preparingforadulthood.org.uk

Shared Lives

www.milton-keynes.gov.uk/sharedlives
01908 258088

Employment Support MK

<https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/CLMK/employment-send>
01908 556700

My Notes and Useful Numbers