



# Getting ready to be an adult



Easy  
Read

# Contents

Introduction.....	3
What to think about, and when!.....	4
Education and training .....	13
Jobs .....	21
Social care.....	29
Health and Wellbeing.....	42
Benefits and money .....	62
Housing.....	72
Travelling .....	79
Useful websites to help you.....	84



In this Easy Read document, hard words are in **bold**. We explain what these words mean in the sentence after we have used them.



Some words are blue and underlined. These are links that will go to another website which has more information.

# Introduction



This is a guide from Surrey County Council for young people who:



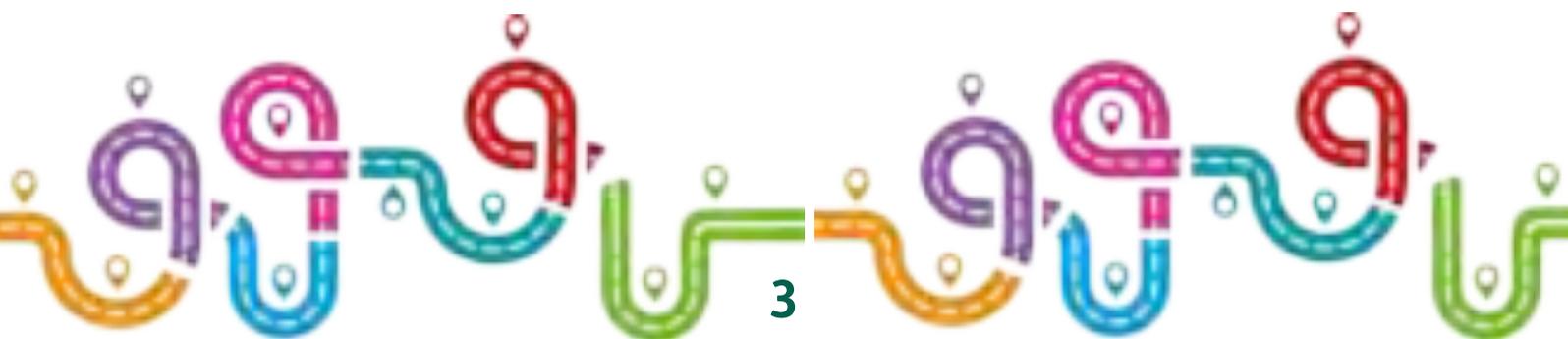
- Are aged 14 to 25.



- Have additional needs or disabilities.



It will give you lots of information to help you get ready to be an adult. You can read this guide with your parent or carer so they can help you.



# What to think about, and when!



Below you can read about the things you might want to think about at certain ages.

## 13 to 14 years old Year 9

You might want to:



- Talk to your school about what you want to do after you are 16 - this might be staying in education or training for a job.



- Talk to your school about what you will need in your Education, Health and Care (EHC) Plan in the future, if you have one - this is a plan for young people who need support with special educational needs at school.



- Talk to your doctor about health or mental health services for adults.



- Think about what activities you like doing and how you will stay in contact with your friends in the future.



- Talk to your school about trying out a job.



- Talk to your school about learning more about travelling or managing your money.

## **14 to 15 years old Year 10**

You might want to:



- Check with your doctor that all of your additional needs or disabilities are on your medical record.



- Ask your doctor about being added to the **Learning Disability Register** if you have a learning disability.



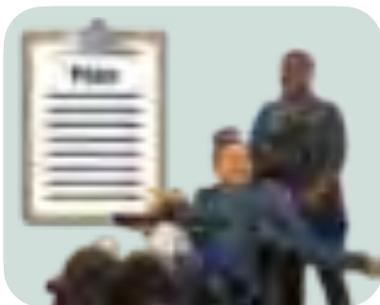
The **Learning Disability Register** is a list of people with learning disabilities that doctors and other professionals can look at to see if you need extra support.



- Talk to the Transition Team in our Adult Social Care department, to check if you are able to get social care when you are an adult. Social care is help with daily tasks that you cannot do on your own.



- Talk to your social worker or anyone who supports you to ask about your choices for housing in the future.



- Look at your plans for after you are 16 with your parent or carer and think about what support you might need in the future.

# 15 to 16 years old

## Year 11

You might want to:



- Ask for an Adult Continuing Health Care Assessment from your doctor or school if you will need health care after you are 18 - an assessment is where someone talks to you and finds out what support you need.



- Apply for housing if you need it by contacting your local Housing Options Team.



- Apply for Access to Work if you are starting a job to see what support you might be able to get with your job.



- Finish your plan for what you want to do after you are 16.



- Think about travelling around on your own. You can get support with travelling to your school or college from our Travel Assistance team.

## 16 to 17 years old Year 12

You might want to:



- Apply for Travel Assistance on our website - this is help with getting out and about.



- Ask for information about **Deputyship** and **Appointeeship** from a social worker, if you need extra support with making decisions for yourself.

**Deputyship** is when a person is chosen to make decisions for you because you cannot do it yourself.

**Appointeeship** means that a person is chosen to fill in official forms for you because you cannot do it yourself.



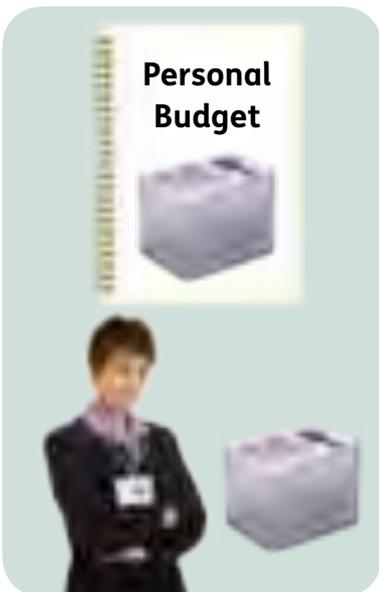
- With your education or training provider, think about what job or training you want to do when you turn 18.



- Talk to your doctor or social worker about health support after you are 18.



- Think about services in your local area that you use or want to start using, like libraries, sports, or cinemas.



- Find out about how a **Personal Budget** or **Direct Payment** might be used to support your social care needs.

A **personal budget** is when health services give you money so you can buy the health care that is best for you.

A **Direct Payment** is money given to you by the council to pay for your own support.

# 17 to 18 years old

## Year 13

You might want to:



- Check your EHC Plan with professionals that support you.



- Apply for Travel Assistance on our website, if you need it.



- Set up a personal bank account if you do not already have one.



- Get advice about benefits and other money you could get, from the Department for Work and Pensions or your social worker.



- Use **UCAS** to help you apply for university and find support you can get, like Disabled Student Allowance (DSA).

**UCAS** is the Universities and Colleges Admissions Service which helps young people get information and advice about studying in the future.



- Think about what you want to do next, like getting a job or work experience. Ask for support from the people who teach or train you.

## 19 to 25 years old Young adults

You might want to:



- Apply for Travel Assistance, if you need it.



- Look at the help you are getting with the professionals that support you and make changes if needed.



- Think about applying for jobs or carrying on with studying. You can use the National Careers Service or Job Centres to help you.



- Try and plan activities with your friends or think about joining in with activities or services in your local area.



# Education and training



All young people must stay in education or training until they are at least 18 years old.

After you are 16 you could:



- Stay in full-time education at a school or college.



- Start training in a workplace, known as an apprenticeship or traineeship.



- Start working or **volunteering**, if it is part of an education or training course.

**Volunteering** is when people give their time to help without getting paid for it.

# Supporting your choices



Your school will make sure that you can move on easily to whatever you decide to do after you are 16.



If you have an EHC Plan, your school will start to help you think about the future at your **review meeting** in year 9.

The **review meeting** is where you talk about what you want to do in the future and what support you might need.



We will write down the things that we talk about so we can keep track of your goals as you get older.

Your school might support you by:



- Taking you to colleges or sixth forms to see what they are like.



- Talking to the support teams at the place where you want to study to tell them about your needs.



- Giving you information about events held by schools, our Transition Team, or other support services.

Follow this link to find out more about these events:

[www.surreylocaloffer.org.uk/directory](http://www.surreylocaloffer.org.uk/directory)



You can use the National Careers Service website to get advice about your future.



Follow this link to find out more:

[www.nationalcareers.service.gov.uk](http://www.nationalcareers.service.gov.uk)

# If you do not have an EHC Plan



If you have additional needs, you can still get support even if you do not have an EHC Plan.



Your school should have a support plan for you.



When you go to college, they will look at what additional needs you have and give you the support you need.

## Targeted Youth Support



We have a service called Targeted Youth Support which works with young people who need extra support in their life.



The service works with young people from 11 to 18 years old and their parents or carers.

You can get support with things like:



- Managing your feelings and emotions.



- Having good relationships with your family.



- Going to education or training.



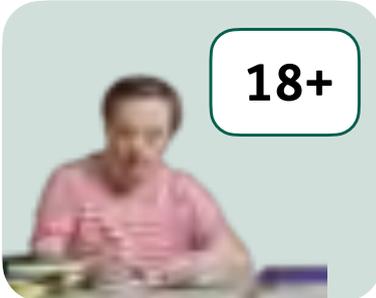
- Being a young person who is a parent.



Follow this link to find out more:

[www.surreycc.gov.uk/children/support-and-advice/young-people-and-their-families/court-orders-to-protect-children](http://www.surreycc.gov.uk/children/support-and-advice/young-people-and-their-families/court-orders-to-protect-children)

# Learning after you are 18



You do not need to stop learning after you are 18 years old.



When you are an adult, you can carry on learning with organisations like Surrey Adult Learning.



There are lots of different courses for adults who want to keep learning new skills.



You can find courses all around the county for adults who have additional needs or learning disabilities.



Follow this link to find out more:  
[www.surreycc.gov.uk/schools-and-learning/adult-learning/your-learning/other-adult-learning-options-and-tools](http://www.surreycc.gov.uk/schools-and-learning/adult-learning/your-learning/other-adult-learning-options-and-tools)

# Useful websites for education and training



## **Education, Health and Care Plan guide**

There is a guide on Youtube about EHC Plans and getting ready to be an adult.

Follow this link:

[www.youtube.com](http://www.youtube.com)

Search for EHCP Processes: Preparing for Adulthood and Post-16



## **Transition guide to education choices after you are 16**

This is a website that gives you information about the different education choices you have in Surrey.

Follow this link for more information:

[www.surreycc.gov.uk/transitionguide](http://www.surreycc.gov.uk/transitionguide)



## **Applying for education or training after you are 16**

This website gives you information about how to apply for education if you have an Education, Health and Care (EHC) plan.

Follow this link for more information:

[www.surreycc.gov.uk/post16healthplan](http://www.surreycc.gov.uk/post16healthplan)

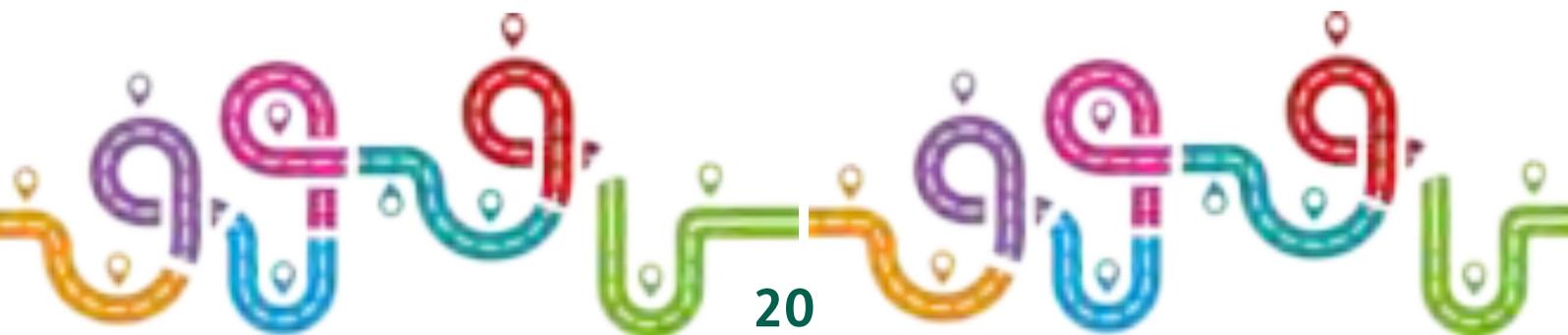


### **Careers Advice in Surrey**

This is a website to give you advice about applying for jobs or getting training.

Follow this link for more information:

[www.surreycc.gov.uk/children/support-and-advice/youth-voice/your-future](http://www.surreycc.gov.uk/children/support-and-advice/youth-voice/your-future)



# Jobs



If you are over 16 and you do not want to stay at school or college, you can start a job where you learn at the same time.



This might be called an apprenticeship, an internship or a traineeship.

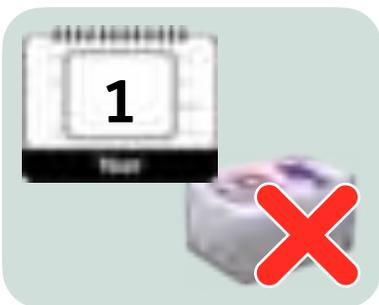
## Supported internships



These are for young people aged 16-24 who have an Education, Health and Care plan (EHC).



The internship will help you to go from school to getting a paid job.



The internship will usually last for a year and is not paid.



You will go to a place of work for at least 6 months of the year.



You can find out more about supported internships from your school or by following this link:  
[www.nationalcareers.service.gov.uk](http://www.nationalcareers.service.gov.uk)

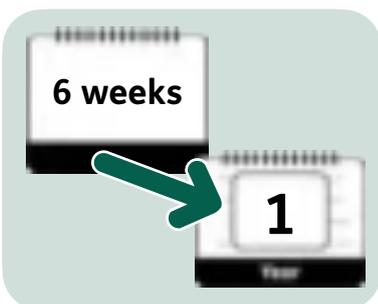
## Traineeships



A traineeship is a way to get new skills for a particular job.



Traineeships are for 16 to 24 year olds who have an EHC plan.



The traineeship can be from 6 weeks to a year long.



This is a good way of getting the skills you need before starting an apprenticeship.

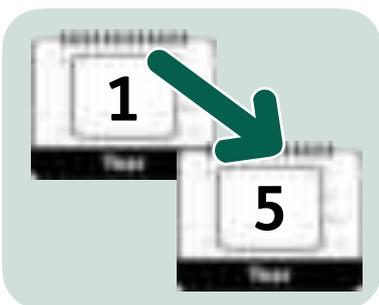


Follow this link to find traineeships in Surrey:  
[www.gov.uk/find-traineeship](https://www.gov.uk/find-traineeship)

## Apprenticeships



Apprenticeships are a mix of work and study.



They can last from 1 to 5 years.



The organisation who runs the apprenticeship should offer support if you have any additional needs.



As an apprentice, you will work for a company and get paid.



Apprenticeships become available all through the year, so it is important to keep looking if you want to find one.



Follow this link to find apprenticeships:  
[www.findapprenticeship.service.gov.uk](http://www.findapprenticeship.service.gov.uk)

## Your EHC Plan



If you have an EHC Plan and still need additional support, the education or training provider will be named on your EHC Plan.



It will be their responsibility to meet your needs and help you achieve your goals.



Follow this link to find out more information about jobs and planning your future:

[www.ndti.org.uk](http://www.ndti.org.uk)

## Help with getting a job



You will often go on to get paid work after your internship or apprenticeship.



But if you do not, you can get lots of support to help you find a job.



You can ask your school or college to help you.



There are job fairs in different parts of Surrey for young people to meet companies and find out what their choices are.



You might be able to get Access to Work funding, which is money from the government for any extra support you might need to work.



Follow this link to find out more:  
[www.gov.uk/access-to-work](https://www.gov.uk/access-to-work)

## Useful websites for jobs

These are some useful websites to help you find a job.



### **Active Prospects**

Active Prospects is a charity that helps people with disabilities, mental health needs and autistic people to live a full life.

They have a life skills programme for young people aged 17 to 24 to teach you about life skills and getting a job.

Follow this link to find out more:  
[www.activeprospects.org.uk](https://www.activeprospects.org.uk)



### **EmployAbility**

EmployAbility helps people who have autism or a disability to find work or training.

Follow this link to find out more:

[www.surreychoices.com/what-surrey-choices-does/employment-and-learning/employability](http://www.surreychoices.com/what-surrey-choices-does/employment-and-learning/employability)



### **Find a job**

This is a website where you can search for jobs.

Follow this link to find out more:

[www.gov.uk/find-a-job](http://www.gov.uk/find-a-job)



### **JobCentre Plus**

At your local JobCentre Plus you can speak to a work advisor and get help with finding a job.

Follow this link to find out more:

[www.gov.uk/contact-jobcentre-plus](http://www.gov.uk/contact-jobcentre-plus)



### **Future Choices**

Future Choices will help you to learn about what you can do after you are 16.

It is for young people aged 16 to 24 with additional needs and disabilities.

Follow this link to find out more:

[www.surreychoices.com/what-surrey-choices-does/employment-and-learning/future-choices](http://www.surreychoices.com/what-surrey-choices-does/employment-and-learning/future-choices)



### **National Careers Service**

The service gives advice and information about jobs and careers.

Follow this link to find out more:

[www.nationalcareers.service.gov.uk](http://www.nationalcareers.service.gov.uk)



### **Work and Health Programme**

This is a scheme that helps people to find and keep a job if their disability makes it hard to work.

Follow this link to find out more:

[www.gov.uk/work-health-programme](http://www.gov.uk/work-health-programme)



# Social care

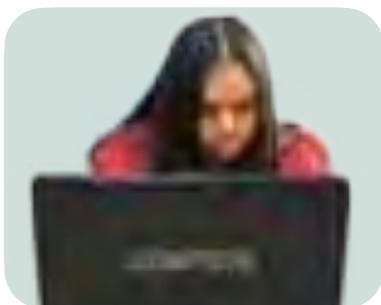


**Social care** is help and support with daily activities or tasks that you can't do on your own.

## Children's Services



If you think you need social care and you are under 18, you need to contact Children's Services.



You will need to use the Children's Single Point of Access to contact Children's Services.



Follow this link to find the contact details:  
[www.surreycc.gov.uk/children/contact-childrens-services](http://www.surreycc.gov.uk/children/contact-childrens-services)

# Adult Social Care



If you get social care support from Children's Services, you might need this to carry on after you are 18.



You will need to have an assessment to see if you can get support from Adult Services.



If you have an EHC Plan and a disability, learning disability, autism, or a sensory impairment, our Transition Team might be able to give you an assessment.



You can ask your support workers to talk to the Transition Team about what support you might need.

Follow this link to find out about the team:  
[www.surreycc.gov.uk/adults/care-and-support/disability/preparing-for-adulthood](http://www.surreycc.gov.uk/adults/care-and-support/disability/preparing-for-adulthood)



If you do not have an EHC, a disability, learning disability, autism, or a sensory impairment, you might be able to get support from the Adult Social Care team.



You can find out more about who can get support from Adult Social Care by following this link:

[www.adultsocialcareportal.surreycc.gov.uk/web/portal/pages/home](http://www.adultsocialcareportal.surreycc.gov.uk/web/portal/pages/home)

If you would like to talk to Adult Social Care directly, you can contact them by:



- Phone: 0300 200 1005
- SMS text: 07527 182 861 (this is for the deaf or hard of hearing)
- Email:  
asc.infoandadvice@surreycc.gov.uk
- Textphone (via Text Relay): 18001 0300 200 1005
- Sign Language Video Relay Service:  
[www.surreycc.gov.uk/council-and-democracy/contact-us/british-sign-language](http://www.surreycc.gov.uk/council-and-democracy/contact-us/british-sign-language)



If you have an emergency outside of 9am to 5pm, Monday to Friday, you can contact them by:

- Telephone: 01483 517 898
- Email: edit.ssd@surreycc.gov.uk
- Textphone (via Text Relay): 18001 01483 517 898
- SMS text: 07800 000 388 (for the deaf or hard of hearing)

# Learning Disability and Autism Team



If you do not have an Education Health and Care (EHC) plan and do have a learning disability and/or autism, you can contact us for advice and information.



Please fill in an assessment on our website or contact us using this link:  
[www.surreycc.gov.uk/adults/care-and-support/contact](http://www.surreycc.gov.uk/adults/care-and-support/contact)

# Looked after children



Looked after children are also known as children in care - this means that the government is responsible for looking after them.



If you are a looked after child, the Care Leavers Service will support you after you are 16.



You will have a personal advisor who will help you to make decisions about your future.



If you also have Adult Social Care needs, your support team will work with your personal advisor.

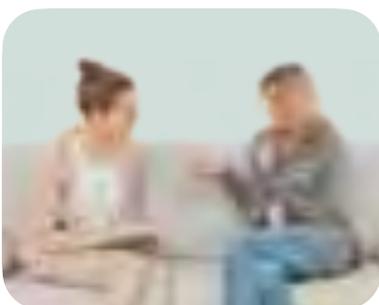


You can contact the Care Leavers Services by email:  
[duty.deskleavingcare@surreycc.gov.uk](mailto:duty.deskleavingcare@surreycc.gov.uk)

## Support for parents and carers

A parent or carer might be able to get a carers assessment which looks at:

- How they care for their child.
- What support they could get from us and other organisations.



## If you are caring for a child under 18:



- Your child will have a Needs Assessment by Children's Services to look at their needs.



- Your child's school can do an Early Help Assessment with your family and make an Action Plan to support them.

## If you are caring for a person over 18:



- Adult Social Care will do a Carers Assessment to find out what support you need.



- We will think about your needs as a carer when the person you are caring for moves from Children's Services to Adult Social Care.



- You should register with your doctor as a carer so they can support your health and tell you about any support you can get.

# What to do if you are worried about a child or young person's safety



If you are a child or young person being harmed or you are worried about someone else being harmed, you should contact the Children's Single Point of Access by:



- Website: [www.surreycc.gov.uk/children/contact-childrens-services](http://www.surreycc.gov.uk/children/contact-childrens-services)
- Phone: 0300 470 9100
- Email: [cspa@surreycc.gov.uk](mailto:cspa@surreycc.gov.uk)
- Text (SMS): 07527 182 861

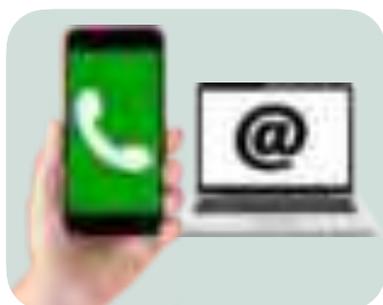


If it is an emergency you should always call 999.

# What to do if you are worried about an adult's safety



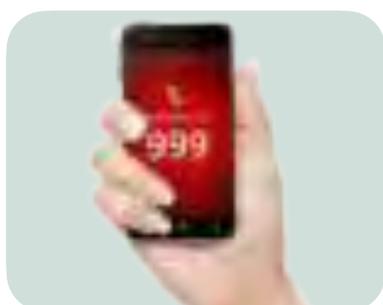
If you are worried about a **vulnerable** adult being harmed, you should contact the Multi Agency Safeguarding Hub by:



- Phone: 0300 470 9100
- Email: [ascmash@surreycc.gov.uk](mailto:ascmash@surreycc.gov.uk)



**Vulnerable** means you might need help and support to stay safe and well.



If it is an emergency you should still contact the police by calling 999.

# Social Care Checklist

You can tick the boxes when you have done these things.

## Age 14



- Start thinking about the needs and services you might need in the future.



- Make sure your medical record has up to date information about your health conditions.



- Go to your yearly review meeting.



- Start preparing to be an adult by making plans for the future with your support workers.

## Age 16



- Parents or Carers should get advice about Deputyship and Appointeeship.

## Age 17



- You should hear from the Transition Team if you need social care support.



- If Deputyship is needed, papers should be prepared at least 3 months before your 18th birthday.



- There should be an official review of your EHC Plan with all of the professionals that support you.

# Useful websites for Social Care



## **Helping young people with disabilities to prepare to be an adult**

This website is from our Transition team who support young people with disabilities who move from children's services to adult services.

Follow this link to get more information:  
[www.surreycc.gov.uk/transition](http://www.surreycc.gov.uk/transition)



## **Support for carers**

This website gives information and advice for carers.

Follow this link to find out more:  
[www.surreycc.gov.uk/adults/care-and-support/carers](http://www.surreycc.gov.uk/adults/care-and-support/carers)



## **A guide for young people with disabilities**

At the bottom of this website you will see a guide that shows the steps you might take with the Transition Team

Follow this link to find out more:  
[www.surreycc.gov.uk/adults/care-and-support/disability/preparing-for-adulthood/about-us](http://www.surreycc.gov.uk/adults/care-and-support/disability/preparing-for-adulthood/about-us)

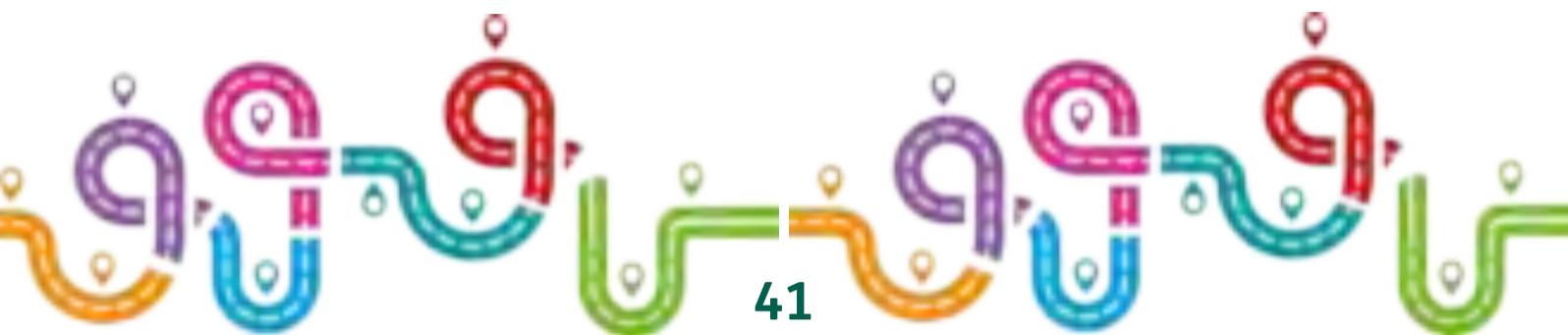


### **Transition Information Network**

This website gives information to disabled young people and their families about becoming an adult.

Follow this link to find out more:

[www.councilfordisabledchildren.org.uk/about-us-0/networks/transition-information-network](http://www.councilfordisabledchildren.org.uk/about-us-0/networks/transition-information-network)



# Health and Wellbeing

## Health services

### Your doctor (GP)



It is good to make sure that your doctor's records for you include all of your additional needs or disabilities.

### Adult health services



You should start to think about what health services you will need as an adult when you are 14.



The services that support you might change once you are an adult.



Ask about how you can change to adult services at your next hospital appointment.

## Children and Family Health Surrey



This service is for young people up to the age of 19 and their parents or carers.



The services gives lots of advice for parents and carers about looking after children and young people.



Follow this link for more information:  
[www.childrenshealthsurrey.nhs.uk](http://www.childrenshealthsurrey.nhs.uk)

## Health services in schools

### Immunisations (jabs)

**Immunisations** are also known as jabs. They are injections to help protect you against certain diseases.

Follow this link to find out more information:

[www.childrenshealthsurrey.nhs.uk/services/immunisations](http://www.childrenshealthsurrey.nhs.uk/services/immunisations)



## School Nurses



School nurses can help with all sorts of health problems, including mental health.



You can contact the school nursing service by calling 01883 340 922.



You can text a service called Chat Health to get support for young people aged 11 to 19 by texting 07507 329 951.

## Continuing Care



The Continuing Care service gives care to young people up to the age of 18.



If you have care needs that will carry on when you are an adult, you might be able to get NHS Adult Continuing Healthcare.



A health professional will look at your situation before your 18th birthday to see if you need Adult Continuing Healthcare.



If this has not happened and you think it should have, you should contact Surrey's NHS Continuing Healthcare Team by:



- Phone: 0300 561 1444
- Email:  
syheartlandscg.chcreferrals@nhs.net
- Website:  
[www.surreycc.gov.uk/adults/paying-for-care/continuing-healthcare](http://www.surreycc.gov.uk/adults/paying-for-care/continuing-healthcare)

# Surrey Children's Disability Register



This is a list of children and young people up to 18 years old who have a disability.



You do not have to be on the register but it can help us to know about your needs.



Being on the register means you will be told about chances to go on short breaks paid for by us.



You also get the Max Card which gives you money off shopping in certain shops.



Your parent or carer can register you by contacting the Register Administrator at: [SCDR@surreycc.gov.uk](mailto:SCDR@surreycc.gov.uk)

# Learning Disability Register

Being on the Learning Disability Register means:



- You can get extra support when visiting your doctor (GP).



- Your doctor's surgery can make changes when giving you healthcare, for example explaining information in a certain way.



- From age 14, you will be invited to have a health check by your doctor every year, where they will check your health and wellbeing.



Follow these links to get more information about the Learning Disability Register and yearly health checks:

Mencap:

[www.mencap.org.uk/advice-and-support/health/learning-disability-register](http://www.mencap.org.uk/advice-and-support/health/learning-disability-register)

NHS:

[www.nhs.uk/conditions/learning-disabilities/annual-health-checks/](http://www.nhs.uk/conditions/learning-disabilities/annual-health-checks/)

# Mental Health and Wellbeing services

## Mindworks Surrey



This is the mental health and wellbeing service for young people and their families.



It gives advice, support and treatment from the NHS and other organisations.



You can contact Mindworks by:

- Phone: 0300 222 5755
- Website: [www.mindworks-surrey.org](http://www.mindworks-surrey.org)



## Children and Young Peoples' Haven

This is a safe space for children and young people aged 10 to 18.



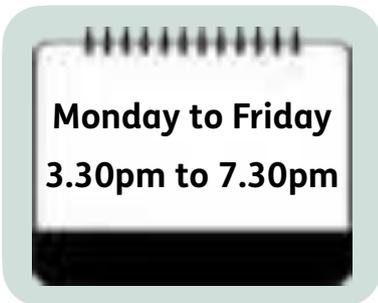
It is a friendly and supportive place to talk about your worries and mental health privately.



There are CYP Havens in Epsom and Guildford.



You can also call a support line on 01483 519 436.



The line is open Monday to Friday, from 3.30pm to 7.30pm and on Sundays from 1.00pm to 4.00pm.

### **Adult Mental Health Support**



For adults aged 18 to 64, there is the Community and Mental Health Recovery Services (CMHRS).



This service helps people with very bad or long lasting mental health problems to get better.

Follow this link to find details of your local service:

[www.sabp.nhs.uk](http://www.sabp.nhs.uk)

## Mental Health Emergency



If you or someone you know is having a mental health emergency, you should get help quickly.



SHOUT is a free and private text line where you can share your worries and get support 24 hours a day. The number is 852 58.



The Crisis Mental Health Helpline is open 24 hours a day for people who are having a mental health emergency. You can call them on 0800 915 4644.



If you can't keep yourself safe, you should ring 111 or go to an emergency department at a hospital. If you feel your life is in danger always call 999.



Safe Havens Surrey give support to people having a mental health emergency when other services are closed.



There are Safe Havens in Redhill, Aldershot, Epsom, Guildford and Woking.



You can find out more about support for people having a mental health emergency on our website:

[www.surreycc.gov.uk/adults/care-and-support/mental-health/support](http://www.surreycc.gov.uk/adults/care-and-support/mental-health/support)

## Being part of activities in your local area



You should try to plan which activities you want to carry on doing or start as you become an adult.



There are lots of organisations and services that have social groups and activities to be part of.



All organisations should try to include people with additional needs and disabilities.

Follow this link to find out more about clubs and activities near you:

[www.surreyinformationpoint.org.uk](http://www.surreyinformationpoint.org.uk)

## **Support for young adults with complex needs**



There are day services in Surrey for adults with complex disabilities - someone with complex disabilities needs lots of extra support.



These include day centres that you can go to and clubs that help you get out and about.



Follow this link to find out more about day services:

[www.surreycc.gov.uk/adults/choosing-the-right-care/staying-independent/day-centres](http://www.surreycc.gov.uk/adults/choosing-the-right-care/staying-independent/day-centres)

## **For people with learning disabilities and autism**



You can find out more about services and events for people with learning disabilities and autism on the Learning Disability and Autism Information Hub.

Follow this link to find out more:

[www.surreycc.gov.uk/adults/care-and-support/disability/spb](http://www.surreycc.gov.uk/adults/care-and-support/disability/spb)

# Community Teams for People with Learning Disabilities



The Community Teams for People with Learning Disabilities do assessments to find out about your needs.



The team can help you use different services like health, education and day activities.



Follow this link to find the contact details of your nearest team:

[www.sabp.nhs.uk/our-services/learning-disabilities/community-teams](http://www.sabp.nhs.uk/our-services/learning-disabilities/community-teams)

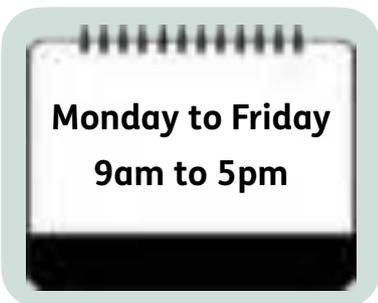
# Nurses who work with people with Learning Disabilities



There is a special Learning Disability Nursing Service that helps people with learning disabilities at their GP (doctor).



This helps to find patients who have a learning disability and then give them the support they need, like helping them to make appointments.



The nurses can be contacted Monday to Friday, 9am to 5pm.



Follow this link to find their contact details:  
[www.sabp.nhs.uk/our-services/professionals/gp-zone/learning-disability-liaison-nurses](http://www.sabp.nhs.uk/our-services/professionals/gp-zone/learning-disability-liaison-nurses)

# Carers' Emergency Card



The Carers' Emergency Card is a way for someone to get support if their carer has an emergency and can't care for them.



The card includes emergency contact details of 2 friends who can be contacted for help.

Follow this link to find out more and ask for a Carers' Emergency Card:

[www.surreycc.gov.uk/adults/care-and-support/carers/looking-after-someone](http://www.surreycc.gov.uk/adults/care-and-support/carers/looking-after-someone)

# Health and Wellbeing Checklist

You can tick the boxes when you have done these things.

## Age 14



- Make sure your doctor has correct and up to date information about your health.



- Make sure you know your date of birth and address.



- Write down your NHS number and keep it in a safe place.



- Ask your doctor to be added to the Learning Disability Register, if you have a learning disability.



- Go to your yearly health check if you have been invited to one.

### Age 15



- Try to get used to going to the doctor's surgery on your own.



- Start to learn how to make an appointment for your doctor or dentist by yourself.

### Age 16



- Talk to your parent or carer about any changes to your health care that you need.



- Learn more about **prescriptions** and how they work if you need to get a prescription regularly.

A **prescription** is the note which says what medicines your doctor thinks you should have.

# Useful websites for health and wellbeing



## **Action for Carers**

This is a charity that helps carers to support each other. It also gives information and advice.

Follow this link to find out more:

[www.actionforcarers.org.uk](http://www.actionforcarers.org.uk)



## **Carers Digital**

This is an organisation that helps carers to use online information to make it easier to care for others.

You will need this Access Code to sign up:  
DGTL3562

Follow this link to sign up to Carers Digital:

[www.carersdigital.org](http://www.carersdigital.org)



## **Complex Mental Health Needs Teams**

These teams are made up of health and social care professionals.

They help to share how to have good mental health and give treatment to young people up to 18 years old.

Follow this link to find their contact details:

[www.mindworks-surrey.org/our-services/intensive-interventions/community-teams](http://www.mindworks-surrey.org/our-services/intensive-interventions/community-teams)



### **Continuing Care**

This website gives information about the Continuing Care service for young people up to the age of 18.

Follow this link for more information:  
[www.childrenshealthisurrey.nhs.uk/services/continuing-healthcare](http://www.childrenshealthisurrey.nhs.uk/services/continuing-healthcare)



### **Family Information Directory**

On this website you can find lots of information about things like childcare, activities, holiday clubs and support groups.

Follow this link to find out more:  
[www.surreycc.gov.uk/children/support-and-advice/families](http://www.surreycc.gov.uk/children/support-and-advice/families)



### **Healthy Surrey**

This website helps you to find information about caring for yourself, like doing more exercise.

You can also find out about local services you can use.

Follow this link for more information:  
[www.healthysurrey.org.uk](http://www.healthysurrey.org.uk)



### **Local Offer directory**

You can use this website to search for sports clubs, theatre groups and other events that include everyone.

Follow this link to find out more:

[www.surreylocaloffer.org.uk/directory](http://www.surreylocaloffer.org.uk/directory)



### **Mind**

This is a charity that gives advice and support for people who are having mental health problems.

Follow this link to find out more:

[www.mind.org.uk](http://www.mind.org.uk)



### **NHS Flu vaccine**

A **vaccine** is an injection or jab that helps to stop you being ill with a certain illness.

The Flu vaccine is free for people who get Carer's Allowance.

Follow this link to find out more:

[www.nhs.uk/conditions/vaccinations](http://www.nhs.uk/conditions/vaccinations)



### **Short breaks for disabled children**

You can find out more about services that give disabled children aged 5 to 18 the chance to do new activities on short breaks.

This also helps their carer to have a rest while they are away.

Follow this link to find out more:

[www.surreycc.gov.uk/shortbreaks](http://www.surreycc.gov.uk/shortbreaks)

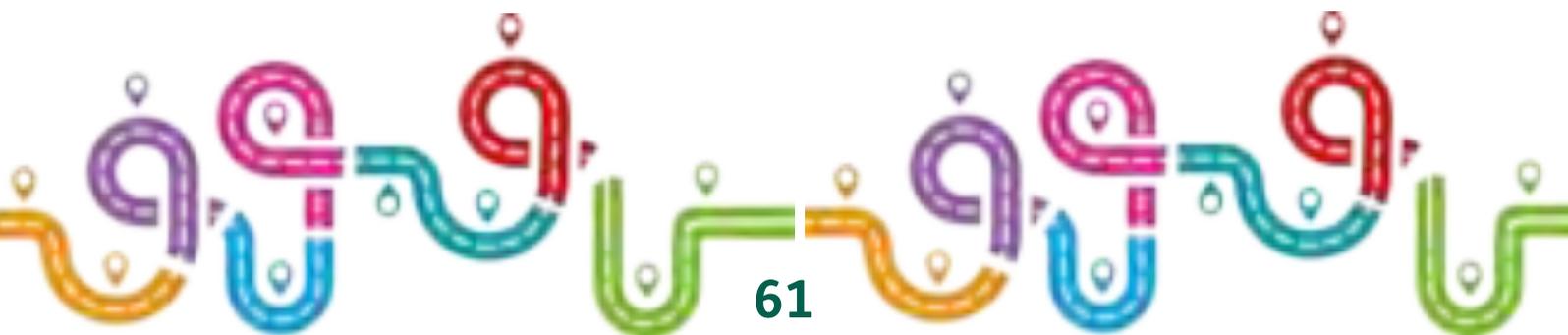


### **Advice line for 0 to 19 year olds**

Families with children from 0 to 19 can call this advice line for support with bringing up children.

You can contact the advice line by:

- Phone: 01883 340 922
- Website: [www.childrenshealthisurrey.nhs.uk/services/advice-line](http://www.childrenshealthisurrey.nhs.uk/services/advice-line)



# Benefits and money



This is information about money you may be able to get to help you pay for extra support.

## Personal Budget



A Personal Budget is money that you get to pay for any support that is written in your Education, Health and Care (EHC) plan.

There are 4 ways you can use a Personal Budget:



1. Your local council or school looks after the Personal Budget for you - this is called a Notional Budget.



2. You get the money yourself and choose how to spend it - this is called a Direct Payment.

You will need to speak to a social worker or family support worker so they can check what your needs are before getting Direct Payments.



3. You choose someone else to manage the Personal Budget for you - this is called a Third-party Arrangement.



4. A mixture of some or all of these arrangements.

## Disabled Facilities Grants



A **grant** is money which an organisation gives you to help you, that you do not have to pay back.



You could get a grant from your council if you are disabled and need to make changes to your home.



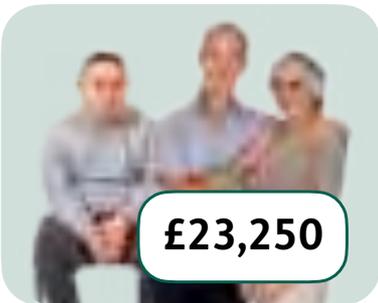
This will not affect the benefits that you get.

Follow this link to find out more:  
[www.gov.uk/disabled-facilities-grants](http://www.gov.uk/disabled-facilities-grants)

# Paying for residential care



**Residential care** is when you live in the place where you get care.

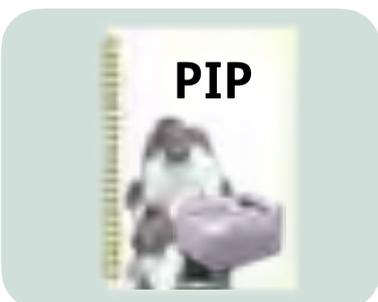


You will probably need to pay for your own residential care if your family owns more than £23,250.



You can talk to us about this by calling the team on 0300 200 1005.

# Personal Independence Payment (PIP)

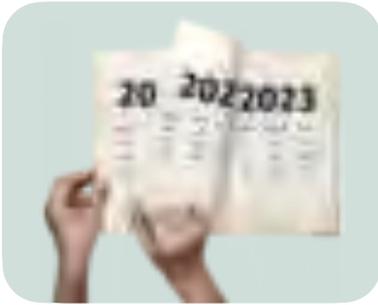


Personal Independence Payment (PIP) is a benefit that can help with extra living costs.



You can get PIP even if you are working, have money in your bank account or get other benefits.

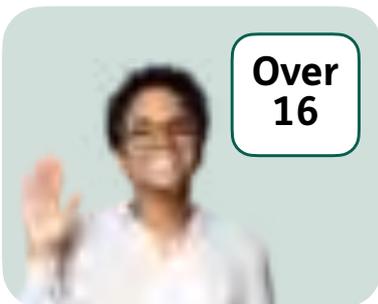
To get PIP, all of these things need to be true about you:



- You have a long-term disability or mental health condition.



- You have trouble with doing certain everyday activities or getting out and about because of your condition.



- You are 16 years old or over.



- You think these difficulties will last for more than 12 months from when they started.

To start getting PIP you need to contact the Department for Work and Pensions by:



- Phone: 0800 917 2222
- Textphone: 0800 917 7777
- Relay UK (if you cannot hear or speak on the phone: 18001 and then 0800 917 2222)



Follow this link to find out more about PIP:  
[www.gov.uk/pip](http://www.gov.uk/pip)

## Paying for education after you are 16



Most courses are free up to the age of 19.



If you have an EHC Plan then your course might be free up to the age of 25 if the course is part of your plan.

If you have to pay for education, these are some ways to help you pay for it:



- 16 to 19 Bursary Fund for students who get disability benefits.



- Disabled Student Allowance for people who need to pay for extra support because of their disability.



- The school or college might have its own support funds to help you.



Follow this link to find out more about money you might be able to get to help you:

[www.gov.uk/further-education-courses](http://www.gov.uk/further-education-courses)

# Help with money for carers



You might be able to get support if you are a carer, including benefits or grants.



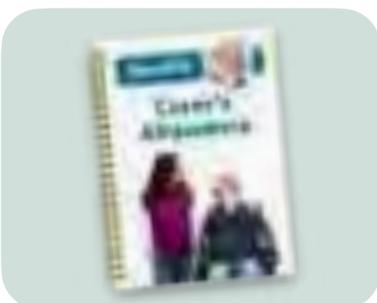
Follow this link to find out if you can get any benefits:

[www.gov.uk/benefits-calculators](https://www.gov.uk/benefits-calculators)

These are some of the benefits and grants you might be able to get:



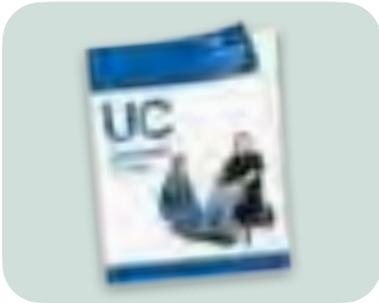
- Disability Living Allowance can be given to a child under 16 if they need it to pay for extra support.



- Carer's Allowance - this can be given to you if your child is getting Disability Living Allowance.



- Parent Carer Grants if you aren't using services from us at the moment.



- Universal Credit can help with your living costs.



- Council tax discount can help disabled people who need a bigger house because of their needs.



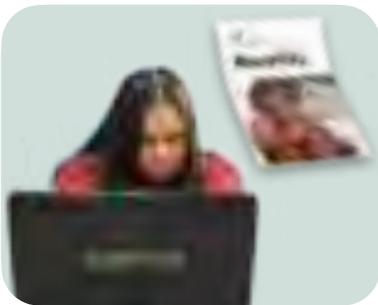
Follow this link to find out more information about these benefits:  
[www.actionforcarers.org.uk](http://www.actionforcarers.org.uk)

# Benefits and money checklist

## Age 17



- Set up your personal bank account.



- Apply for benefits.

## Parents or carers when you are 17



- Think about an Appointeeship if you need one - this is when a person is chosen to fill in official forms for you because you cannot do it yourself.



- Think about a Deputyship if you need one - this is when a person is chosen to make decisions for you because you cannot do it yourself.

# Useful websites for benefits and money



## **Citizens Advice**

Citizens Advice gives free and private advice about managing your money.

Follow this link to find out more:

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)



## **Family Fund**

This is a charity which helps disabled or ill children and their families.

They can help you find support with money and benefits.

Follow this link to find out more:

[www.familyfund.org.uk](http://www.familyfund.org.uk)



## **Surrey Welfare Rights**

This website gives independent and private advice about benefits and community care.

Follow this link to find out more:

[www.swru.org/useful-resources](http://www.swru.org/useful-resources)



# Housing



When you start planning your future in Year 9, you should get information about the support you can get with housing in the future.

## Getting support



Our Adult Social Care team will look at your needs to see if you can get care and support when you are 18.



The Transition Team will support you to make a plan of how you will live on your own, if you want to.

## Finding somewhere to live



You might want to stay living at your family home or **rent a place to live** privately.

When you **rent a place to live**, you pay money every month to the person who owns the house.

## Housing Register



If you want to rent a home from a local council or a housing association, you will need to join the Housing Register.

## Housing Options Team



To find out what kinds of housing there are, you will need to contact your local Housing Options Team.

Follow the links below to find your local Housing Options Team in Surrey:



### Elmbridge

[www.elmbridge.gov.uk/housing](http://www.elmbridge.gov.uk/housing)



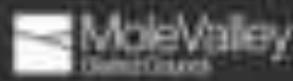
### Epsom and Ewell

[www.epsom-ewell.gov.uk/housing](http://www.epsom-ewell.gov.uk/housing)



### Guildford

[www.guildford.gov.uk/housingoptions](http://www.guildford.gov.uk/housingoptions)



### Mole Valley

[www.molevalley.gov.uk/housing](http://www.molevalley.gov.uk/housing)



### **Reigate and Banstead**

[www.reigate-banstead.gov.uk/info/20040/housing](http://www.reigate-banstead.gov.uk/info/20040/housing)



### **Runnymede**

[www.runnymede.gov.uk/housing](http://www.runnymede.gov.uk/housing)



### **Spelthorne**

[www.spelthorne.gov.uk/article/16354/housing](http://www.spelthorne.gov.uk/article/16354/housing)



### **Surrey Heath**

[www.surreyheath.gov.uk/housing](http://www.surreyheath.gov.uk/housing)



### **Tandridge**

[www.tandridge.gov.uk/housing](http://www.tandridge.gov.uk/housing)



### **Waverley**

[www.waverley.gov.uk/services/housing/council-tenants](http://www.waverley.gov.uk/services/housing/council-tenants)



### **Woking**

[www.woking.gov.uk/housing](http://www.woking.gov.uk/housing)



If you have care and support needs you might be able to get help from supported living services.



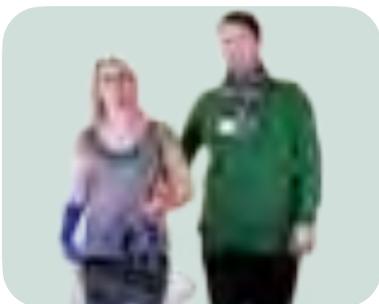
Follow this link to find out more information:

[www.surreycc.gov.uk/adults/care-and-support/disability/supported-living](http://www.surreycc.gov.uk/adults/care-and-support/disability/supported-living)

## Being part of the local area



Many people with additional needs or disabilities will not need any support at home or with doing activities.



But if you do need support, we can help you do activities and hobbies in your local area.



Follow this link to find out more about what you can do:

[www.surreyinformationpoint.org.uk](http://www.surreyinformationpoint.org.uk)



We have the ATLAS network, which is a way for young people who have used additional needs or disability services to tell us what they think about the services.



We want to hear what young people think to help change the services and make them better.



We have 2 groups that meet in Woking and Epsom to talk about how to make our services better.

If you would like more information about ATLAS or to get involved, contact them by:



- Email: [ATLAS@surreycc.gov.uk](mailto:ATLAS@surreycc.gov.uk)
- Website: [www.surreycc.gov.uk/children/support-and-advice/user-voice](http://www.surreycc.gov.uk/children/support-and-advice/user-voice)

# Useful websites for housing



## Housing advice for young people

This website gives information and support for young people who are homeless or having problems living at home.

Follow this link for more information:

[www.surreycc.gov.uk/youngpeoplehousing](http://www.surreycc.gov.uk/youngpeoplehousing)



## Mencap

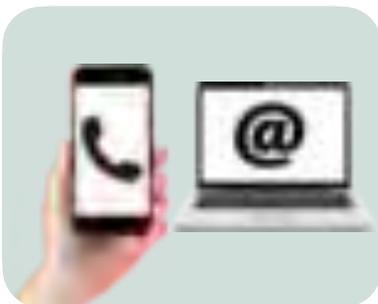
Mencap give Easy Read information about housing to people with learning disabilities.

They have a Learning Disability helpline to get information about support.

Follow this link for more information:

[www.mencap.org.uk/advice-and-support/housing](http://www.mencap.org.uk/advice-and-support/housing)

Or you can contact their helpline by:



- Phone: 0808 808 1111
- Email: [helpline@mencap.org.uk](mailto:helpline@mencap.org.uk)



### **Shared Lives**

This is a scheme that offers housing to people who need care and support.

They give people with learning disabilities and/or autism the chance to stay with a supportive family in their home.

Follow this link to find out more:

[www.surreychoices.com/what-surrey-does/home-living/shared-lives](http://www.surreychoices.com/what-surrey-does/home-living/shared-lives)

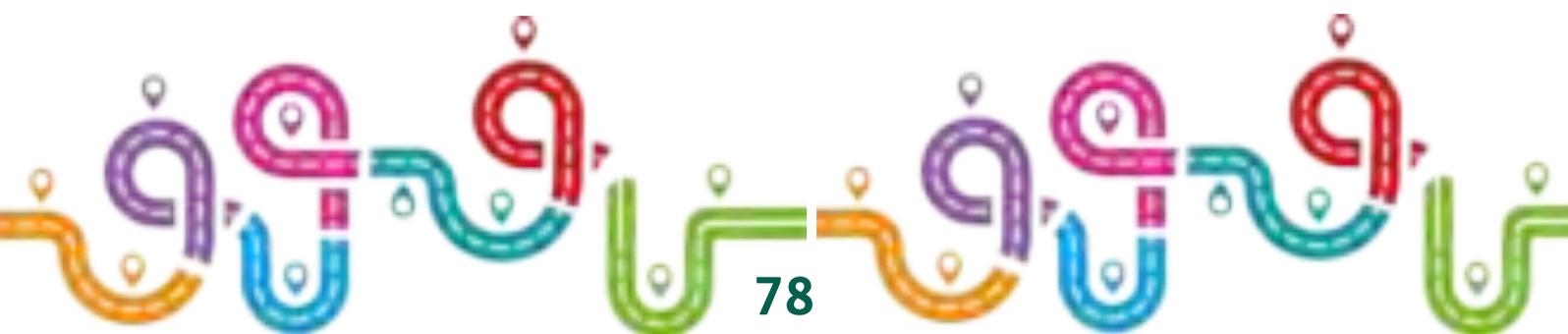


### **Shelter**

This is a housing and support charity.

Follow this link to find information about your rights if you live in supported housing:

[www.england.shelter.org.uk/housing\\_advice/council\\_housing\\_association/your\\_rights\\_in\\_supported\\_housing](http://www.england.shelter.org.uk/housing_advice/council_housing_association/your_rights_in_supported_housing)



# Travelling

## Help with travel to school or college for students aged 16 to 25



Some people will need help with travelling to school or college and we might be able to help you.



After you are over 16, we think it is good for you to try and travel to school or college on your own if you can.



This is an important skill for you to have as an adult.



You can use the 16 to 17 Saver card or Surrey's Student Fare Card to save money when travelling to school or college.

Follow this link to find out more:

[www.16-17saver.co.uk](http://www.16-17saver.co.uk)



If you do need support from us to travel you can apply for it before September each year.



We will look at your situation to see if you can get help with travelling to school or college, including:



- How far you live from school or college and how long it takes to get there.



- If you have an additional need or disability that would make it unsafe to use buses or trains.



- If you already get money from the 16 to 19 Bursary Fund.



If you are over 19 years old, we will look at your situation to see if we can help, including looking at your EHC Plan if you have one.



Follow this link to find out more information about this:  
[www.surreylocaloffer.org.uk/parents-and-carers/education-and-training/travel-assistance](http://www.surreylocaloffer.org.uk/parents-and-carers/education-and-training/travel-assistance)

## How to apply for help with travel



You can apply for help with travel on our website if:

- You are aged 16 to 19.



- You are aged 16 to 25 and you have an EHC Plan.



Follow this link to apply:  
[www.customer.surreycc.gov.uk/travel-assistance-16-to-25](http://www.customer.surreycc.gov.uk/travel-assistance-16-to-25)

If we say that you can get help with travel there are 2 ways we can help:



- With a seat on a shared coach, minibus or taxi.



- Giving you money back that you spent on petrol for your car, bus tickets or train tickets.



We will decide what kind of travel help you will get.

## Help with transport for carers

There is help for carers who need to travel with the person they care for, including:



- The Blue Badge Scheme that means you can park for free near to where you have to go.



- Free bus passes for disabled people - if the disabled person needs a carer to travel with them, the carer can travel for free. You will need to say this when you apply for the bus pass.

## Useful websites for travelling



### Surrey Student Fare Card

Find out more about how to get this card which will save you money when travelling to school or college. You can do this by:

- Phone: 0300 200 1004
- Email: [student.farecards@surreycc.gov.uk](mailto:student.farecards@surreycc.gov.uk)

Follow this link to find out more:

[www.surreycc.gov.uk/schools-and-learning/schools/transport/16-plus/apply](http://www.surreycc.gov.uk/schools-and-learning/schools/transport/16-plus/apply)



### Travel Choices

This is an organisation that helps children and young people to travel on their own and go to the places they want to visit.

Follow this link to find out more:

[www.surreychoices.com/what-surrey-choices-does/employment-and-learning/surrey-choices-travel-choices](http://www.surreychoices.com/what-surrey-choices-does/employment-and-learning/surrey-choices-travel-choices)

# Useful websites to help you



## **ATLAS**

This is for young people who have used any additional needs or disability services in Surrey.

It gives young people the chance to share what they think and make our services better.

Follow this link to find out more:

[www.surreyatlas.uk](http://www.surreyatlas.uk)



## **Council for Disabled Children**

This organisation supports the rights of young people and their families and helps disabled people to be more included in activities.

They have made lots of guides and information to support young people as they become adults.

Follow this link to find out more:

[www.councilfordisabledchildren.org.uk/resources-0/preparing-adulthood](http://www.councilfordisabledchildren.org.uk/resources-0/preparing-adulthood)



### **Family Voice Surrey**

This organisation helps families of young people who have additional needs or disabilities to talk to each other.

Follow this link for more information:  
[www.familyvoicesurrey.org](http://www.familyvoicesurrey.org)



### **Preparing for Adulthood information**

This website has lots of information about preparing to be an adult.

Follow this link to find out more:  
[www.ndti.org.uk/resources/preparing-for-adulthood-all-tools-resources](http://www.ndti.org.uk/resources/preparing-for-adulthood-all-tools-resources)



### **Reconstruct**

This is a service that has **advocates** to support children in care up to age 18 and people who have left care up to age 25.

An **advocate** is someone who supports you to speak up or speaks up for you.

Follow this link to find out more:  
[www.info.reconstruct.co.uk/surreyportal](http://www.info.reconstruct.co.uk/surreyportal)



### **Recovery College**

These colleges are run by the NHS to help people with their health and mental health.

Follow this link to find out more:  
[www.sabp.nhs.uk/our-services/recovery/recovery-college](http://www.sabp.nhs.uk/our-services/recovery/recovery-college)

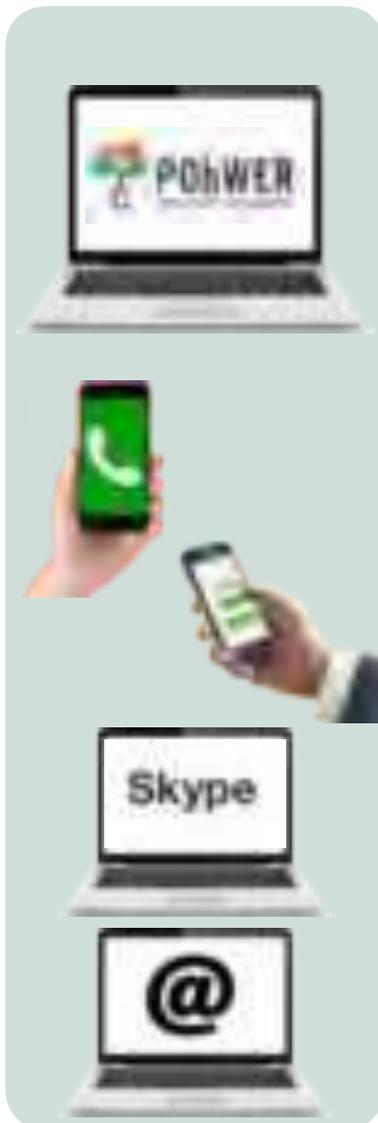


### **SEND Advice Surrey**

This services gives free and private advice to young people who have additional needs and/or disabilities, and their parents.

Follow this link to find out more:

[www.sendadvice.surrey.org.uk](http://www.sendadvice.surrey.org.uk)



### **Surrey Adult Advocacy Services**

This service is run by PohWER and helps adults by giving them advocates.

They support people who usually do not have anyone else to speak up for them.

You can contact the service by:

- Phone: 0300 456 2370
- Text: Send the word 'pohwer' and your name and phone number to 81025
- Skype: Pohwer.advocacy
- Email: [pohwer@pohwer.net](mailto:pohwer@pohwer.net)
- Website: [www.surreycc.gov.uk/adultadvocacy](http://www.surreycc.gov.uk/adultadvocacy)



### **Surrey Choices**

Surrey Choices provides services to help people do more on their own and be more confident.

Follow this link to find out more:

[www.surreychoices.com](http://www.surreychoices.com)



### **Surrey Information Point**

This is a website where you can find information and contact details for many services in your area.

Follow this link to find out more:

[www.surreyinformationpoint.org.uk](http://www.surreyinformationpoint.org.uk)



### **Surrey Local Offer**

This is a website for children and young people with additional needs and their families.

You can find information about the support services in your area.

Follow this link for more information:

[www.surreylocaloffer.org.uk](http://www.surreylocaloffer.org.uk)

All information in this document is correct as of October 2022.

This Easy Read information has been produced by [easy-read-online.co.uk](http://easy-read-online.co.uk)

