



Milton Keynes
City Council

**Preparing
for Adulthood
Strategy
2024-2029**

May 2024

Introduction

We aspire to work with people, to think creatively together about what support they need now and into the future. We treat everyone with respect, acknowledging that they are the experts in their lives

Adulthood is an important time in life when young people and their families face many changes and have choices to make. When thinking about the future and to achieve the best, it is important to start planning early. It is important to have a voice and be heard, as this will enable the young person to live their life how they want. We need to support children, young people and their families on this journey to transition into adulthood.

This strategy is for young people, aged 14 -25 with special education needs and disabilities (SEND) who are moving into adulthood, sometimes referred to as transition. This strategy will work alongside other local strategies, including the SEND strategy.

MKCC acknowledges the need to strengthen the preparing for adulthood offer, addressing all relevant outcomes, including those related to education and employment, community inclusion, health and wellbeing, including emotional health, independent living and housing options.

MKCC wants all young people and young adults with additional needs (14-25):

- to have strong connections with the people who are important to them and to be active members of the local community,
- to be work-ready and have opportunities for employment,
- to be supported to learn to live as independently as possible and
- to be as healthy as possible.

Vision

With appropriate and the right support and high aspirations, young individuals can achieve successful long-term outcomes in adult life

The transition from childhood to adulthood, typically begins around Year 9 (age 13/14) and continues until the age of 25.

During this period, young people and their families navigate changes in services, including health, social care, and education. Recognising that differences in approaches and service access can create challenges, Milton Keynes City Council aims to provide a clear pathway throughout a young person's life. Ensuring effective transition planning and support is crucial for positive outcomes during this phase. Collaborative efforts to support young people in realising their ambitions are crucial. Strengthening the existing initiatives and expanding the offer can make a significant difference in their journey toward successful adulthood.

Principles of a good transition

Personalisation

Young people should have a transition plan that is personal to them and reflects their individual needs, aspirations and interests.

Preparation

By establishing a clear and flexible plan, young people and their families can effectively plan for the future and easily adapt to changing circumstances.

By keeping young people and their families involved in the planning and preparation process we can also manage expectations so young people are aware of the care we can realistically deliver.

Transparency

We aim to ensure young people have easy access to information on their transition. As part of our commitment to transparency we aim to clearly lay out the options available to young people whether they are eligible for council support or not. Young people should be included in their transitions and have their opinions heard.

Independence

We want to support young people to develop their own identities and abilities to live independently, where possible.

We will do this by having positive conversations about what young people can do for themselves to realise their ambitions to live the best life they can. We call this a strengths-based approach.

Partnership

We aim to work with our partners from health, education and the voluntary sector to ensure young people are receiving the support they need to thrive and succeed with or without the support of Adult Social Care.

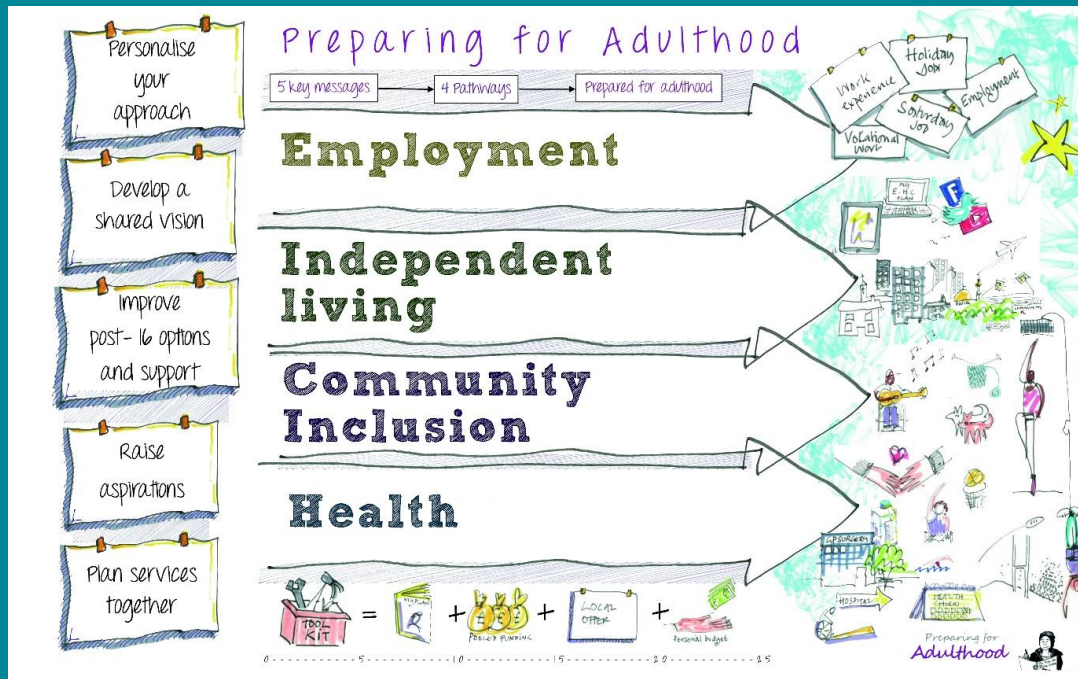
“supported, informed and empowered”

What we will do

To help children and young people's journey to adulthood Milton Keynes City Council will:

- ✓ Make sure our teams work to high standards looking at the person's strengths and help to achieve people's goals and aspirations
- ✓ Identify if the person needs additional support with preparing for adulthood
- ✓ Make sure everything is done in good time
- ✓ Make sure the teams work together as well as with the person, their family and other organisations involved
- ✓ Make sure we deliver the highest standard of care possible

National context



Preparing young people for adulthood involves collaborative efforts across education, health, and social care. The 2024 thematic visits by Ofsted and the Care Quality Commission (CQC) has a focus on this theme. The aim is to assess how local area partners work together to prepare children and young people with special educational needs and/or disabilities (SEND) for adulthood. These visits explore support for educational pathways, independence development, community inclusion, and health. The goal is to identify effective practices and promote improvement in the sector. The Preparing for Adulthood program, delivered by the National Development Team for Inclusion (NDTi), emphasises paid employment, good health, independent living, and community inclusion.

National NDTI PfA framework

National context

It's important that we have a clear understanding of the legal framework surrounding transitions. This helps us offer better guidance to help young people make more informed decisions about their transition and their future.

Autism Act, 2009 makes provision about the needs of adults who have autistic spectrum disorders including autism and Asperger syndrome.

Children and Families Act, 2014 reforms the services local authorities must deliver to vulnerable children in England. This has an impact across adoption, family justice, parents' working rights, as well as reforms for young people with SEN needs

Children Act, 1989 ensures care leavers have access to the same level of support and the same opportunities as their peers – including the provision of overnight respite and short breaks. All disabled children are identified as children in need.

Children and Social Work Act, 2017 outlines the support available to looked after children and care leavers. The Act also expands the range of considerations the courts have when making decisions about long-term placements and establishes a new regulatory regime for social workers.

Homelessness Reduction Act, 2017 places a duty on local authorities to relieve and prevent homelessness. The Act places a responsibility on public bodies to carry out assessments and develop personalised housing plans as well as refer people at risk of homelessness

Care Act, 2014 provides the legal framework for Adult Social Care and a duty on councils to support and promote the wellbeing and independence of working age disabled adults and older people, and their family carers.

Immigration and Asylum Act, 1999 significantly reformed the conditions and entitlements for those claiming asylum in the UK. This includes welfare and housing benefits.

Human Rights Act, 1998 enshrines the European Convention on Human Rights (ECHR) into British domestic law. By doing this the Act allows people whose human rights have been violated to seek justice in the British court system without having to take their case to the European Court.

National context

Mental Health Act, 1983 (updated 2007) this governs the assessment, treatment, and rights of individuals with mental health disorders. It allows for the detention of individuals who require urgent treatment for mental health issues and are considered a risk to themselves or others.

Mental Capacity Act, 2005 promotes safeguarding decision-making within a legal framework. Empowers people to make decisions for themselves and also allows people to plan ahead for when they may lack capacity. The Deprivation of Liberty Safeguards (DOLS) amendment ensures people who cannot consent to their care have protection if their care arrangements deprive them of liberty.

National Framework for CHC 2018 outlines the process and principles that must be followed when establishing adult CHC eligibility and develops transparency and consistency within the assessment process

Special Educational Needs and Disability Code of Practice (2014) The SEND code of practice explains in detail the practices that must be followed by local authorities, health services as well as education providers under part 3 of the Children and Families Act 2014

Local context

The preparing for adulthood service has seen several improvements to create a more cohesive approach to transitions

- The creation of a dedicated preparing for adulthood team in the wider Working Age Adults service
- Improved referral process from Children's to the adult's team
- Monthly joint meeting between Children's, the preparing for adulthood team, education and health where young people are discussed
- Preparing for Adulthood Strategy
- Preparing for Adulthood Guide for parents/carers
- Multi-agency protocols for people in transition to adulthood
- Successful Working Together for Change programme with the focus on preparing for adulthood
- Established a Preparing for Adulthood (PfA) Project Task & Finish group in partnership with Children's Social Care with key partners attending and contributing
- SEND preparing for adulthood workstream with representation from PACA MK
- A co-located dedicated learning disability health team
- Introduced Planning Lives, aimed at young people who are likely to need additional support from social care into adulthood. This programme is offered by the council in partnership with Talkback, a learning disability and autism charity and with schools

These changes have already resulted in a more joined up approach, and better planning for transitions to adult services.

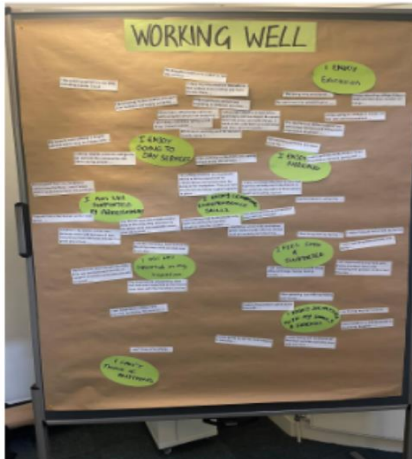
Co-production

MKCC engages with people so they can have a say about how it does its business, aspiring to co-produce any service re-design and to offer opportunities to engage in making sure that 'what we do makes sense to you'

Using the Working Together for Change methodology, workshops were undertaken in April 2024. This brought together the views of young people who have transitioned or are due to transition into adult social care, their parent/carers, as well as professionals and other key stakeholders. People with lived experience were asked what worked, what didn't and what they would like to see change. These sessions facilitated meaningful discussions and contributed to the priorities of the strategy

Workshop feedback

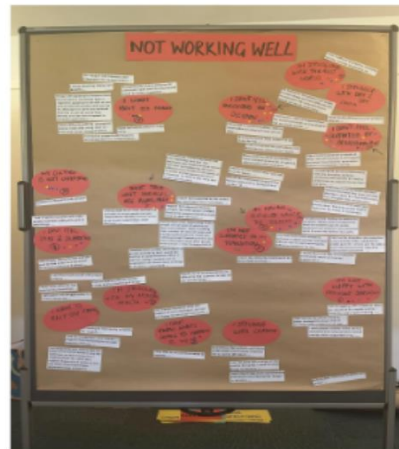
We sorted everything that people had told us into a set of themes and gave those themes names using 'I' or 'We' statements where we could



Key Themes

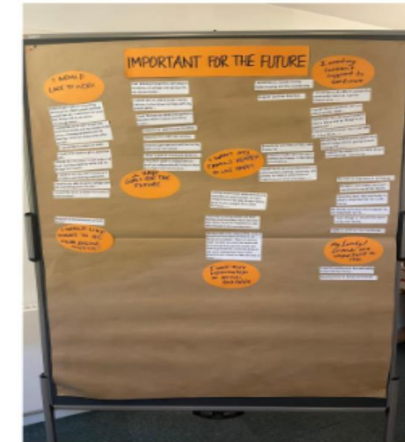
- I enjoy going to day services
- I am well supported by professionals
- I was well supported in my transition
- I enjoy learning independence skills
- I enjoy education
- I enjoy working
- I feel safe and supported
- I enjoy socialising with my family and friends

One person said they couldn't think of anything that was going well



Key Themes

- I worry about my money
- My culture is not understood
- I'm not told what services are available
- I don't feel safe and supported
- I have to rely on family
- I'm struggling with my mental health
- I don't feel included in decisions
- I'm having difficulty navigating the system
- I'm not supported in my transition
- I don't know what's going to happen to me
- I struggle with change
- I'm struggling with the adult world
- I struggle with day to day living
- I don't feel supported by professionals
- I'm not happy with provider services



Key Themes

- I would like to work
- I have goals for the future
- I would like there to be more diverse support
- I want my family member to be happy
- I want more information on services available
- I want my current support to continue
- My family and friends are important to me

Priority 1 - independent living

What is important.....

Aspire for our young people to be able to choose who they live with, where they live, who supports them and how they are supported

Aim to support our young people with information about, and access to, finding accommodation, including information about different housing options

Signpost and provide support to get financial advice and help

Advice for people eligible for social care or health support, about the support available, managing a personal budget or recruiting a personal assistant

Opportunities and support to learn the skills needed to live in supported, semi-supported or independent accommodation

What will success look like.....

People feel they have a better quality of life with increased choice and control over their lives.

People have a positive experience of care and support, and feel they are treated with dignity and respect.

A person's need for care and support has been prevented, avoided or deferred

Thriving supported living market with care providers who provide quality progressive care planning

People having progressive care planning and reviews - changing service provision as people move through their life

High percentage of young people with additional needs being supported in their own home

Priority 2 – participation in society

What is important.....

All our young people to live a full, productive and enjoyable life where they feel safe, accepted and valued

Good friendships and relationships as they move into adulthood, including having access to a good social life and being able to play as active a part in the local community

Provide information about, and access to leisure, social activities and local services

Advice and support around volunteering and paid employment opportunities

Providing care support 'if needed' to help young people access social opportunities

What will success look like.....

People feeling and reporting they feel safe

Information on the Local Offer that is up to date and accessible

Adult social care assessments and care planning evidencing asset-based principles

Increased numbers of people who are in supported employment

Priority 3 – Education, training and volunteering

What is important....

Securing a place in education, employment, training or volunteering

Young people supported to participate in discussions about their aspirations, their needs, and the support that they think will help them best

Where a young person has an ambition in a certain area to provide the right level of support to help them to achieve that goal, wherever possible

Pathways to employment such as apprenticeships, traineeships, supported internships and volunteering opportunities

What will success look like.....

Good/outstanding education and apprenticeship opportunities that are responsive and flexible to the changing needs of learners, employers and the economy

A skilled local employment service able to take advantage of good quality employment opportunities with every chance to acquire new skills and gain advancement

Have a range of pathways from statutory education into work matched to the range of needs of young people with SEND.

Increased numbers of people who are in supported employment.

Priority 4 – healthy lives

What is important....

Young people to lead healthy and active lives in adulthood and to provide a positive, high quality universal health care

Ensuring professionals understand the young person's needs and plan well-supported transitions

Young people provided with good information and support to keep healthy and safe while moving into adulthood e.g. mental health, emotional wellbeing, healthy eating, active lifestyle and having regular check-ups

Multi-disciplinary child health teams contribute to supporting transition to adulthood

What will success look like....

Young people are supported to improve their health and emotional wellbeing through the creation of safe and healthy environments that are easy to access

Young people have the knowledge and guidance to make healthier choices for themselves

Young adults have access to a range of social, cultural, leisure, heritage events and attractions which assist them to live healthy and active lives.

Each young person with continuing health care needs has a thorough assessment of their health needs. There will be a planned transition to adult continuing health care

Low in-patient stays arising from complex challenging behaviour due to health needs of people with a learning disability and autism

Meeting the national target of annual learning disability health checks being completed

Thank you for reading this document.

 **Milton Keynes** City Council