



Know your options

A guide for young adults with learning disabilities and autism, and their families

www.ecl.org

ecl
Person-centred care

Here for you every step of the way

At ECL we understand that leaving the familiarity of school and transitioning to the adult world can be an anxious time for young adults with learning disabilities and/or autism, and their families.

We aim to offer a personalised, post 18 experience that feels as familiar and supportive as school, whilst offering exciting opportunities to broaden your horizons and progress towards your goals.

This jargon free guide will help you to plan and make informed decisions by providing information on the issues that surround transition, such as accessing social care funding, gaining employment or applying to the court of protection.



What is meant by 'Transition'?

Transition has historically referred to the planning that takes place to support a young person with special educational needs and/or disabilities to move into adulthood (age 18).

This could include areas such as further education, employment, independent living, health, and getting involved in your local community.

If you have an Education, Health, and Care Plan (EHCP), planning for the future is made easier through transition reviews at your school or college. Transition reviews start in year 9 and will often take place at the same time as the annual review of your EHCP.

Transition is also the process of moving from children's health or social services, to adult social care.

About ECL and our services

At ECL we offer several different options to school leavers that allow you to fulfil your potential.

In partnership with Essex County Council ECL offers an **Inclusive Employment** programme to support adults with learning disabilities and/or autism that want to work, to get paid employment.

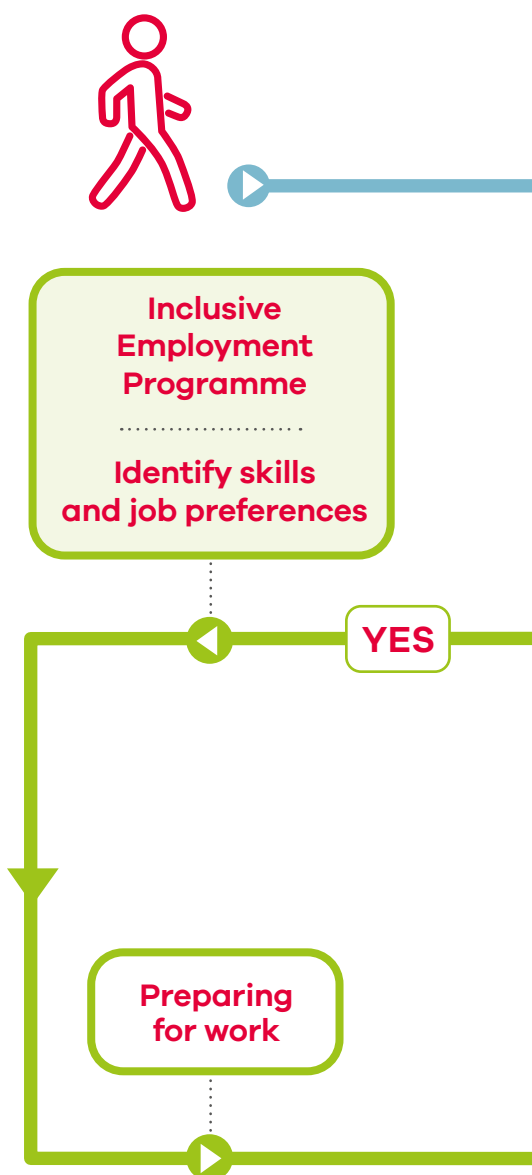
Within our **Day Services** you will have the opportunity to develop new skills, form friendships, and take part in local social and leisure activities to help build your confidence and increase your **independence**.

Whatever pathway you follow within ECL, your journey will be personalised and regularly reviewed to provide the right level of support to help you achieve your goals. The journey can be started at any point and following review, steps can be repeated or skipped as required.

For more detail on the customer journey and our services, visit our website www.ecl.org/learning-disability-autism-support

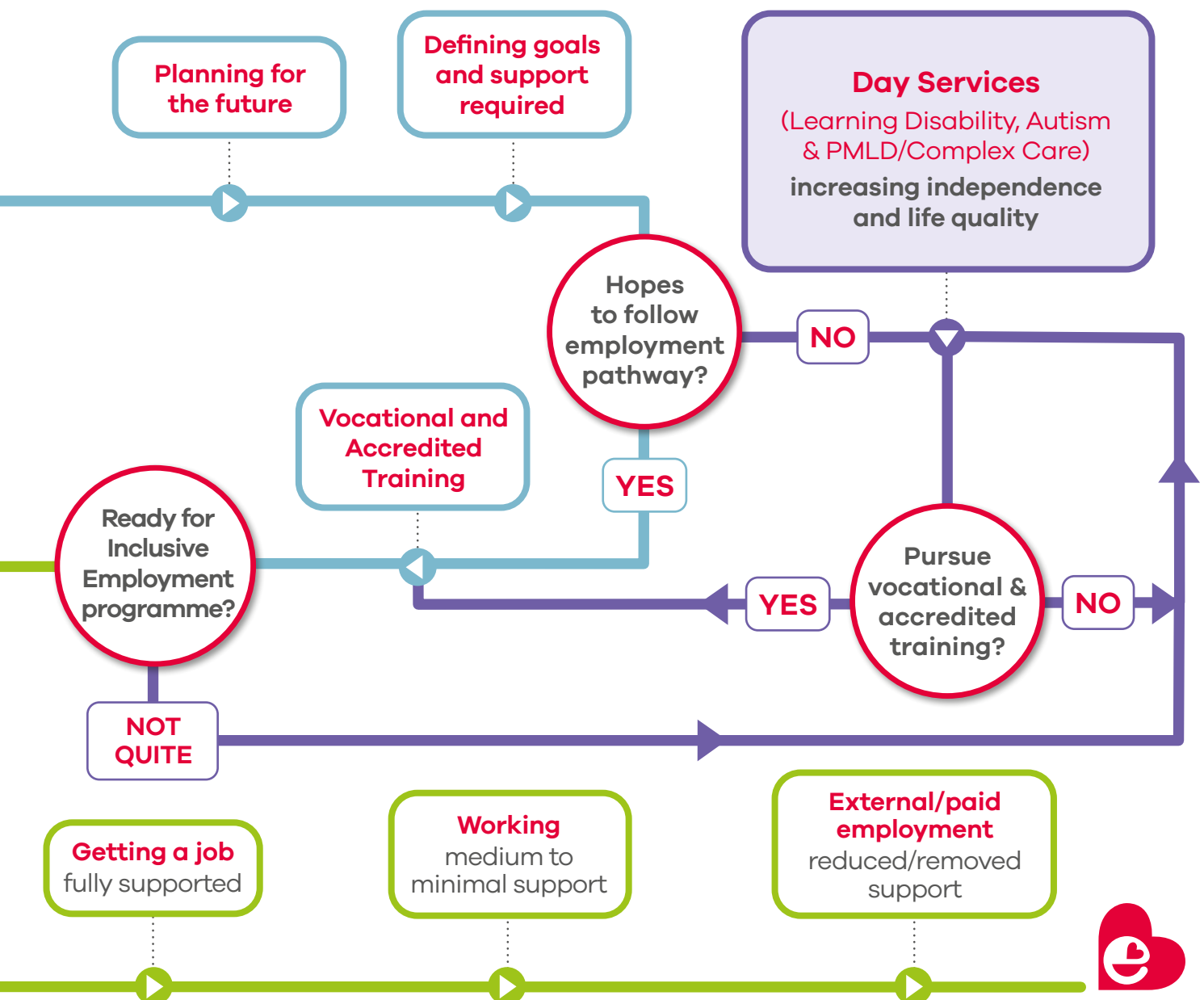
Customer journey

Opportunities for adults with learning disabilities and/or autism



Once the 'planning for the future' stage is completed, the journey can be continued from any step within the process.

Following review, steps can be skipped or repeated as many times as required.



KEY



All ECL customers and candidates



Day Services customers



Inclusive Employment candidates

Inclusive Employment

For young adults with ambitions of gaining voluntary or paid work, the Inclusive Employment programme will enhance the opportunities available to you by: identifying possible employers, helping you to develop your CV, arranging and mentoring you through interviews, offering skills development, work experience, and even providing on-the-job coaching and support for as long as you need it.

Visit: www.ecl.org/services/learning-disability-autism-support/inclusive-employment







Meet Ellen...

**Inclusive Employee at Geek Retreat
(café and retail venue), Chelmsford**

**Ellen loves dancing, and all things geeky;
including Star Wars and Dr. Who.**

While on the Inclusive Employment programme Ellen gained training and work experience in the café at ECL Greenacres and studied an ASDAN qualification in catering.





When she felt ready for work, her Inclusive Employment Consultant, Caroline, helped Ellen to complete a vocational profile to identify the type of role that would suit her. It was Caroline that spotted the job advert for Geek Retreat and she immediately thought of Ellen.

Caroline helped Ellen to create her CV and prepare for the interview, and on securing the job, Caroline not only supported Ellen with

her induction training and initial shifts but also ensured Ellen was comfortable with her bus route to work.

When asked about her new job, Ellen smiled and said, "I'm very happy, I'm looking forward to earning some money to buy a Star Wars bobblehead". Ellen's mum Mary commented, "Ellen is really enjoying her job; she comes home happy and smiling".

Day Services

Day Services at ECL can support you to increase your independence, develop your confidence, and fulfil your potential. We will work closely with you and your family on a personalised plan that starts with your existing skills and interests.

You will be given opportunities to take part in activities that will help you to learn new skills, build friendships and enjoy new experiences. This could include things like supporting you to take up a new hobby, learning to cook, managing your money or using public transport.

At ECL Day Services we use the 'Moment' app, an innovative digital technology unique to ECL, to record your activities and achievements using written observations, photographs, and video. Secure access to the app can be shared with your family and friends, enabling them to see, celebrate, and contribute to your progress.

Our Learning Disabilities and Autism Day Services are located across Essex, to find your nearest service visit:
www.ecl.org/day-service-finder







Meet Max...

Day Services (Learning Disability and Autism)

Max is a knowledgeable young man with a diagnosis of autism, who communicates well and loves to laugh.

The first COVID-19 lockdown caused a major disruption to Max's routine and prevented him from attending college, his anxiety levels increased, and his parents were extremely concerned for his wellbeing.

Max was referred to the Day Service at ECL Loughton, the team there linked up with the health professionals working with Max to ensure a smooth transition.

Keyworker Joy worked closely with Max, she identified his interest in gardening and construction tools, learned to recognise any anxiety triggers and devised a routine that would reduce his anxiety, whilst still giving him choices.

Max commented "I needed to come out and do something that

would stimulate me and keep me calm. I look so forward to coming to the centre each week. I have built up an excellent relationship with my one to one, Joy, and all the other staff. My days at the centre are structured as I like to know in advance what I am doing."

Joy added "We have seen a significant improvement in Max's concentration, he now tries activities he initially rejected and gets pleasure from learning independence skills such as tea and pizza making, he is a delight to work with."

Max's mum commented "ECL have taught Max lots of positive things from cooking, crossing the road, road safety, and carpentry to name a few. I honestly do not know how we would have coped these last few months without ECL."



Meet Noah...

Day Services (Profound and Multiple Learning Disability)

21-year-old Noah has Down's Syndrome and a profound learning disability, he also has a cheeky sense of humour and a GCSE in art!

When Noah joined ECL Saffron Walden in September 2019, his mum and dad were quite concerned about the transition from school as he had been in the same, familiar setting since the age of 4, however, his mum Bonny commented "Noah immediately settled in, the activities are varied and challenging for him, and he is often taken out into the community which is important for him."

Frequent sensory integration sessions have been introduced into Noah's timetable; sensory equipment such as an interactive floor projector and TACPAC (a communication through touch and music program) have been used to stimulate

Noah, and develop his interaction, communication, and coordination.

Noah's keyworker Shannon commented "we have seen many positive changes since starting the sensory sessions with Noah, he can now exhibit his preferences using eye-pointing, facial expressions, and noises. Most importantly, Noah is now using those eye-pointing skills to make food and activity choices"

Noah's mum finished by saying "Noah enjoys his time with ECL, he has developed lots of new skills and we are particularly pleased with the improvement in his social interaction".

Specialist support

For those with Profound and Multiple Learning Disabilities or more complex needs, ECL Day Services also offer specialist support in a sensory environment, an in-house clinical team, and innovative technology and equipment to help you to achieve your personal goals.

Our highly qualified in-house clinical team consisting of Speech and Language, Physio, Positive Behaviour Support, and Occupational Therapists can support you with:

- Communication
- Sensory experiences
- Changing behaviours
- Enhancing mobility and independence





Skills development

Whether you join our Day Services or Inclusive Employment programme you will be offered many opportunities to develop the skills you need.

If you are hoping to get paid employment, we can help you to get the appropriate vocational training and organise work experience with our partner organisations to equip you with the skills you need to get your ideal job.

In our Day Services you will have the opportunity to develop skills to enjoy greater independent living, friendships, good health and involvement in your local community.

As an accredited ASDAN training provider, ECL offers nationally recognised qualifications and can cater to individuals at all levels of learning from Profound and Multiple Learning Disabilities (PMLD), to Severe and Moderate Learning Disabilities (SLD and MLD).







Your journey with us

Planning ahead is key to a smooth transition from education, so we will work closely with you, your family, school, and clinical team, to ensure everything is in place for you when you join us.

We will discuss with you what your goals and aspirations are and work with you to create a person-centred plan to achieve them.

Leading up to your transition, we will get to know you while you are in school and provide taster sessions so that on your first day with us, you are already familiar with us.



If you are used to receiving clinical support such as Occupational Therapy, Physiotherapy, Behavioural Support, or Speech and Language, our in-house clinical team will ensure your treatment plans and support strategies can be continued seamlessly.

Similarly, our highly skilled staff will be ready to continue supporting

you with any specialist technology or equipment that you have been using, visual supports can be implemented, and staff trained and ready to support you.

If you have been following training programmes and qualifications such as ASDAN or City and Guilds, you will be encouraged to continue these at ECL.

How do I access social care?

Choosing a care provider is not the only consideration as you approach adulthood, you will most likely need to navigate the social care process to secure any available funding to support your care needs.

As this can be a confusing process, we have simplified it in this diagram.

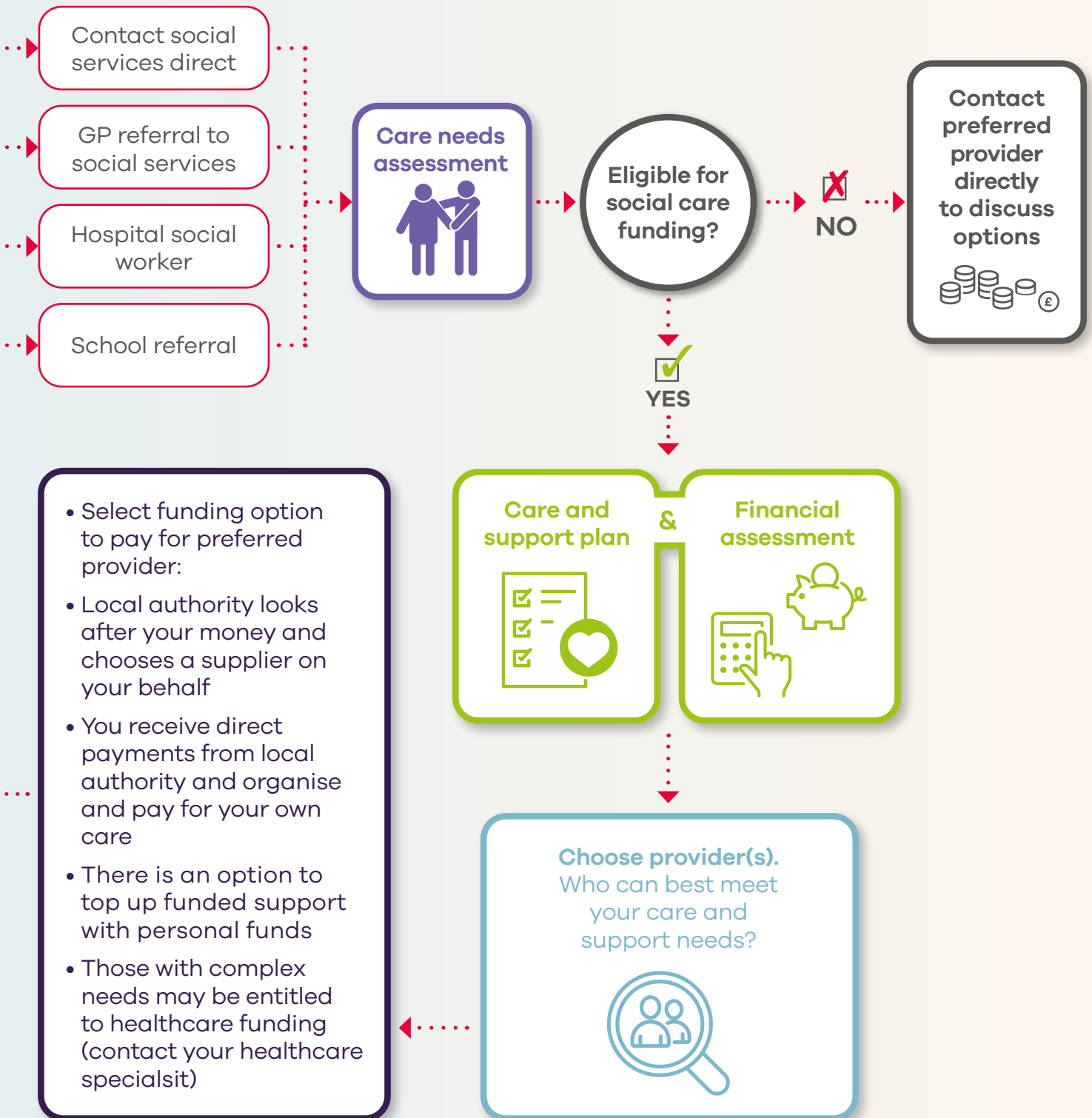
For more information to guide you through the social care process visit: www.ecl.org/social-care-simplified



Do you have a health condition or disability that means you need support with your daily routine?

Receive support from chosen provider and review regularly





A quick summary of social care

The most important step to gaining social care support and funding is to get a care needs assessment.

The care needs assessment should be done by a social worker or someone who works for the local authority. A care needs assessment aims to work out how much help you need to enable you to live as independently as possible.

If your local authority determines that you have **eligible support needs**, then you should be involved in the **care and support planning** process to make important decisions about the type of support that you would like to receive.

At around the same time, a trained benefits adviser will **assess your finances** and work out whether you should pay towards the cost of your care and support.

Social care is not free for everyone and how much you contribute to your care will depend on your financial situation.

The next step of the process is to choose your **preferred care provider**, you will find a useful checklist below to help you with this.

Finally, if you are to receive funding from the local authority you will need to decide whether you want the local authority to arrange and pay for your care on your behalf, or whether you would prefer to receive **direct payments** so you can arrange and pay for your own care.

Further information on direct payments can be found on our website at:
www.ecl.org/direct-payments

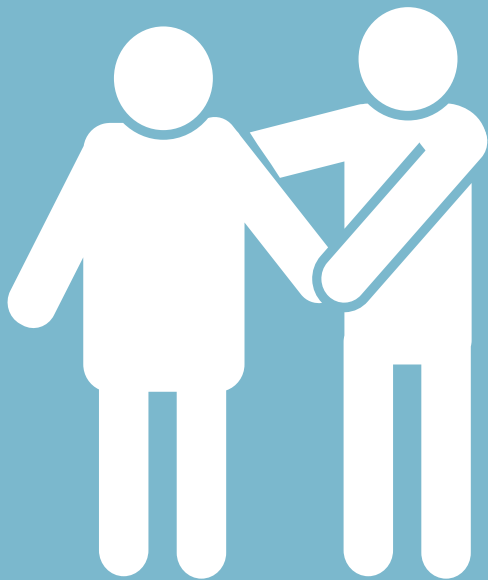


Considerations when choosing a care provider

There are many different types of care providers to choose from, we have produced this helpful checklist to help you to determine whether they can provide the best care and support for you:

1. Note your first impressions – initial conversations with your support provider will be a good indication of future relationships.
2. Talk to other people using the service, are they happy with the support they are receiving? If appropriate, observe the interaction between carers and customers.
3. If you are attending a day service or meeting within the community, what transport arrangements are available to you?
4. Does the care provider practise person-centred care? Person-centred care is:
 - a. Providing support to meet your personal wishes and needs.
 - b. Respecting your views on what is best for you, understanding and supporting your values and priorities in life.
 - c. Enabling you to recognise and develop your strengths and abilities, so you can live the most independent and fulfilling life possible.
 - d. Getting to know you as a person and actively involving you in care-related decisions.





5. What sort of activities are provided, would you be able to access the community frequently?
6. Do they have the digital technology or specialist equipment you need? If not, will they purchase it and train staff to use it?
7. Do they provide the clinical support e you need? e.g. Physiotherapy, Occupational Therapy, Positive Behavioural Support, and Speech and Language Therapy?
8. Can they support you to gain employment (if appropriate)?
9. Could you continue with, or engage in Vocational and Accredited Training?
10. Can you have a trial period or session(s)?
11. How they will develop your support package. Will you receive a copy of an agreed support plan?
12. How will your support be reviewed – and changed if necessary?
13. Check the price and what it includes.
14. Meet the staff that will support you and check you feel comfortable with them. Are they DBS (Disclosure and Barring Service) checked, and trained to support your individual needs?
15. Check your right to complain. Who do you contact if things go wrong?
16. Check how you can end your agreement. Find out if any notice period is required.

Social care funding jargon buster

We have come up with a useful, jargon busting guide for some of the social care terminology you may come across when researching your options:

Care needs assessment

Usually provided by a trained professional within the social services department of your local council. The aim is to work out what help you need with your care and to think about how you might get it. The assessment is a chance for you to discuss what support you need.

Transition assessment

A care needs assessment that should take place as a child approaches their 18th birthday and where that child is likely to need care and support after they turn 18 years old.

Mental capacity

Means being able to make your own decisions.

Mental Capacity Act (MCA)

Is designed to protect and empower people who may lack the mental capacity to make their own decisions about their care and treatment.

Mental capacity test

A 2-stage test:

- 1) Does the person have an impairment of their mind or brain, whether as a result of an illness, or external factors such as alcohol or drug use?
- 2) Does the impairment mean the person is unable to make a specific decision when they need to?

Court of Protection

Is a court that deals with decisions or actions taken under the Mental Capacity Act. You or someone helping you will need to apply to the court if someone needs permission to make decisions about your health, welfare, financial affairs, or property.

National eligibility criteria

A defined threshold that is applied to all local authorities across the country. This process was introduced to ensure all applicants are assessed fairly, using the same criteria, no matter where you live.





Care and support plan

A detailed document setting out what services will be provided, when they will be provided, who will provide them, and how they will meet your needs.

Financial assessment

Works out if the council will pay towards your care. It looks at how much money you have. It may be that you will have to pay towards the cost of your care.

Personal budget

The amount of money that the council has calculated is needed to meet your social care needs. It should be included in your Care and Support plan.

Disability Related Expenditure (DRE)

The extra expense you face because of your disability or illness. If you pay towards your care, the amount you pay may be reduced to make allowance for your DRE.

Person-centred care

A people-focused process, promotes independence, provides choice and control, and is based on a collaboration between the person, their family, carers, health, and social care professionals, and service providers.

Direct payments

Cash payments from your local authority instead of care services. This can give you much more flexibility and greater control of your support package. However, you will have to use your direct payments towards pre-agreed services and may be required to use a pre-payment card.

NHS continuing healthcare

Some people with long-term complex health needs qualify for free care funded solely by the NHS. This can be arranged through your local authority or the NHS.

Advocate

Independent professionals who are trained to help you understand your rights, express your views, and wishes, and help make sure your voice is heard. You can be referred by your local council or NHS.

We hope this guide has provided some helpful advice as you move onto new opportunities.

If you or a loved one has a learning disability or autism, and want to plan for a fulfilling future after school, contact ECL – we will be delighted to offer you further guidance and personalised support.

For more information please visit:
www.ecl.org/know-your-options

Email: **ECL.ContactCentre@essexcares.org**

Tel: **0333 013 5438**



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