



## Nottinghamshire transitions Pathway For Young People aged 13-25 years with disabilities

### A Step by Step Guide to the help and support your journey to adults services.

#### Person Centred Plan

This plan is about you and created with you. It tells us what you want for your future and helps people work together to make it happen

#### Transition Plan

This plan tells everyone what you would like to do in the future and who can help you achieve this.

#### Transitions Review

Your person centred plan will be reviewed yearly with you, checking that the outcomes are still achievable.

#### Personal Budget

If you are eligible for a social care assessment the outcome of this may be that you access support through a personal budget

#### Continuing Health Care Assessment

Continuing health care is required when a young person's health needs can not be met by existing universal or specialist services

#### Self -Directed Support

This allows you to have more choice and control over how your care and support is organised and how your outcomes are met using your personal budget.

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