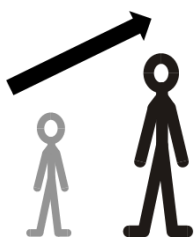


# Preparing for Adulthood (Transitions)



This easy read document tells you about support for people moving into adult services. This is called transitions.

## What are transitions?



In social care, this means the time when a young person moves from using children's social care services to adult social care services.



It is important to plan this well so you have the right support.



Nottinghamshire County Council have a transitions team with social workers and community care officers.

The transitions team help with:



- planning
- assessments
- providing advice



The team works with young people with a disability who need support that can't be provided by community services that are already in place.



You need to be 14 years old to have a referral for support.



A referral is where you have a chat about your needs and the support that might help you.

## What can I get help with?

The transitions team can provide information, advice or support with:



- Being independent



- Short breaks



- Meeting new people, being with friends and activities you enjoy



- Finding the right support



- Support for family and cares



- Keeping people safe

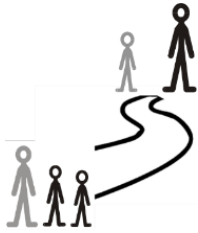
## What happens next?



The transitions team will appoint a social worker who will help you plan for the future.



The worker might join meetings with you to learn about your support needs and what you are interested in.



The council has a transitions pathway to help people change from children's to adult services.



For more information go online and look at Nottinghamshire's [SEND Local Offer](#).



We have a separate easy read document which explains what the SEND local offer is.



To make a referral to the transitions team please contact our helpful Customer Service Centre who can answer most of your questions and help with information and form filling.

There are several ways to contact them, including:



**Web:** [Use our online contact form](#)



**Telephone:** 0300 500 80 80



**Relay UK**

**Text Relay:** 18001 0115 977 4050

People who have hearing or speech difficulties and prefer to communicate via text can use the Text Relay service through the [Relay UK app](#).



**SignVideo**

**Sign Video**

People who use British Sign Language to communicate can use [the SignVideo app](#) to speak with us.

## Links in this document

### **SEND Local Offer: preparing for adulthood**

[nottshelpyourself.org.uk/kb5/nottinghamshire/directory/localoffer.page?newdirectorychannel=9-1](https://nottshelpyourself.org.uk/kb5/nottinghamshire/directory/localoffer.page?newdirectorychannel=9-1)

### **What is the SEND Local Offer: easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/what-is-the-send-local-offer](https://nottinghamshire.gov.uk/global-content/easy-read-library/what-is-the-send-local-offer)

## **Nottinghamshire County Council – contact us form**

[nottinghamshire.gov.uk/contactform](http://nottinghamshire.gov.uk/contactform)

## **Relay UK app**

[www.relayuk.bt.com/how-to-use-relay-uk/download-app.html](http://www.relayuk.bt.com/how-to-use-relay-uk/download-app.html)

## **SignVideo app**

[signvideo.co.uk/download](http://signvideo.co.uk/download)

---

For plain English web page version of this information, go to:

[Moving to adult services | Nottinghamshire County Council](http://nottinghamshire.gov.uk/care/adult-social-care/moving-to-adult-services)

[nottinghamshire.gov.uk/care/adult-social-care/moving-to-adult-services](http://nottinghamshire.gov.uk/care/adult-social-care/moving-to-adult-services)

This easy read was first published February 2017

This information was last updated 17 June 2025