

Moving to Adult Social Care Services



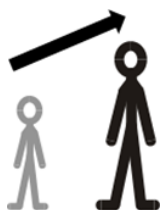
This easy read information is from Ask Us Nottinghamshire - Young People's Zone.



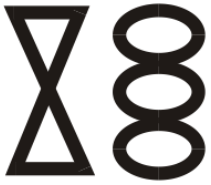
This document tells you about transferring (moving) to Adult Social Care Services.



Moving from children's services to adult services is often called **transition**.



Transition means the time when a young person who has care and support needs, moves from childhood into adulthood.



Life for adults can be different to life for children.



It is important that you have the right information, at the right time, to make sure you're preparing for adulthood.



From Year 9, at school, you should start thinking and talking to others about:



- What jobs you might like to do when you're an adult.



- Your options for education or training.



- Your future goals.



- Where you might want to live, and how to be as independent as possible.



- Things you want to do in your community, like your hobbies, interests and meeting friends.



- How you're going to be as healthy as possible.

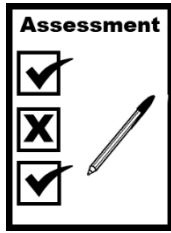
Moving to Adult Care and Support Services



If you think you will continue to need care and support when you turn 18 you may move from children's social care services to adult social services.



Some Local Authorities have teams that cover children and adults.



You will need an assessment to see if you are eligible for care services as an adult.



You can find out [more information here about getting an assessment.](#)

Nottingham City Whole Life Disability Services



If you live in Nottingham City, you may be able to get support from the Whole Life Disability Service.



They do assessments for children, young people, and adults, who have a lifelong, permanent and substantial disability.



They support children and young people with complex health needs, such as:



- Difficulties with moving and handling requirements.



- Significant learning disabilities.



- Autism.



- Sensory impairment (including those who are blind and/or deaf).



- Physical disabilities.



- Those who need extra support to help them to live full and ordinary family lives.



You can find out more about [Nottingham City's Whole Life Disability Service](#) [here](#).

Nottingham City: Social Care Service



Social care support is about providing practical and emotional help to people who need it.



This can include things like:



- Help with finding a place to live.



- Managing money.



- Participating in social activities.



Social care support is often given to you if you are vulnerable or have complex needs, have a disability, or a mental health issue.



If you need help with day-to-day tasks that most people can manage on their own, the Nottingham City Social Care Team can provide you with the help and advice that you need.

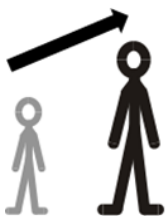


This support will help you to maintain your independence and dignity.



Find out more about accessing [adult social care services at Nottingham City Council.](#)

Nottinghamshire County Council – Preparing for Adulthood Team



Nottinghamshire County Council's Preparing for Adulthood Team can offer you support through this transition.



They can help with:



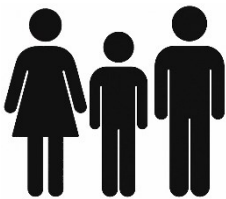
- Being independent.



- Being part of the community.



- Getting the right support.



Referrals to this team can be made by anyone including the young person or their parent/carer.



Young people can be referred to the Preparing for Adulthood Team between the ages of 14yrs -17.5yrs.



To contact the Team, you will need to call the Council's Customer Service Centre on 0300 500 80 80 (open Monday to Friday 08:00am to 6:00pm).



[You can watch a video about Nottinghamshire County Council's Preparing for Adulthood Team on our webpage.](#)

Nottinghamshire County Council Maximising Independence Service



The Nottinghamshire County Council Maximising Independence Service aims to improve your independence.



They can agree goals that work to your strengths and develop a plan to improve your life skills and confidence.



Their Promoting Independence Worker will work with you on your goals for up to 12 weeks.



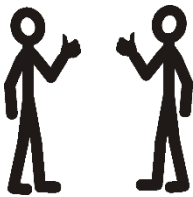
This is a free service that can help you with:



- Travelling around independently: using public transport and staying safe.



- Improving skills in the home: managing household routines and cooking



- Finding new social opportunities: finding local groups and activities.



- Finding work: looking for voluntary or paid work or signposting you to more specialist employment support.



- Budgeting: learning about money, organising and paying bills and making your money last.



- Keeping well: looking after yourself and improving your confidence.



This service is available for adults with social care needs regardless of age or disability, including young people who are approaching adulthood.



The service is open to any young person with disabilities aged 17 and over.



To make a referral you will need to contact [Nottinghamshire County Council's Customer Service Team.](#)



There is a video you can watch on our webpage about the Maximising Independence Service.

More Information



[If you want to read someone's experience of transitioning to Adult Social Care Services, you can read Nancy's Transition Story on our webpage.](#)

Where can I get help?



You can [contact Ask Us Nottinghamshire](#) for information, advice or support.



The Ask Us Nottinghamshire service is here to help with a range of issues.



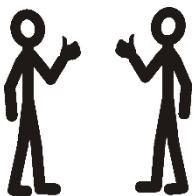
We can:



- Give you advice.



- Talk to your parents.



- Help you identify someone at your school who can support you.



If you would like to talk to us about the information you have read on this page, please contact us.



- [Visit our website.](#)



- Email: enquiries@askusnotts.org.uk



- Phone: 0800 121 7772

Links in this document

NHS- Getting a care and support needs assessment

nhs.uk/social-care-and-support/help-from-social-services-and-charities/getting-a-needs-assessment/

Nottingham City's Whole Life Disability Service

asklion.co.uk/kb5/nottingham/directory/advice.page?id=EJ6J4ilcqAQ

Nottingham City Council- Accessing Adult Social Care Services

nottinghamcity.gov.uk/information-for-residents/health-and-social-care/adult-social-care/get-support-if-you-have-an-illness-or-disability/accessing-social-care-services/

Ask Us Nottinghamshire Young People's Zone- Transferring to Adult Social Care Services, including the video about Nottinghamshire County Council's Preparing for Adulthood Team

askusnotts.org.uk/young-people/transferring-to-adult-social-care-services

Contact Nottinghamshire County Council Customer Services Team

nottinghamshire.gov.uk/contact-and-complaints/contact-us/contact-us

Ask Us Nottinghamshire Young People's Zone- Transferring to Adult Social Care Services, including the video about Nottinghamshire County Council's Maximising Independence Service, and Nancy's Transition Story.

askusnotts.org.uk/young-people/transferring-to-adult-social-care-services

Contact Ask Us Nottinghamshire

askusnotts.org.uk/contact

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

[Transferring to Adult Social Care Services - Ask Us Nottinghamshire](https://askusnotts.org.uk/young-people/transferring-to-adult-social-care-services)

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