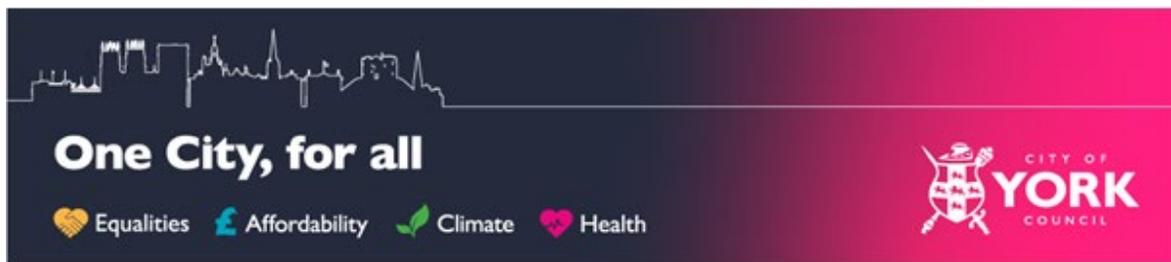


City of York Preparing for Adulthood

Guide for Parents and Carers



Who this guide is for

This guide is for parents and carers of children and young people in York, including those with Special Educational Needs and Disabilities (SEND).

Preparing for adulthood does not begin in the teenage years, it is a journey that starts from early childhood. Every stage of growing up helps children develop the skills, confidence and experiences they will need as adults. This guide supports families to think about that journey from the earliest years onwards.

It is particularly useful for parents and carers when their child is:

- moving through primary school and starting to build independence
- approaching secondary school and thinking about future skills
- beginning more formal planning from Year 9 onwards
- preparing for changes after age 16
- moving from children's services to adult services (usually between ages 18–25)

The guide explains what Preparing for Adulthood (PfA) means in everyday life and what support is available locally across:

- learning, skills and future employment
- independence and daily living
- community life and relationships
- physical and mental health

It is designed to help parents and carers to:

- understand how preparation for adulthood develops over time

- know what to expect at different ages and stages
- feel confident asking the right questions of schools and services
- take part in Education, Health and Care (EHC) reviews and transition planning
- understand adult social care, health, housing and financial support

This guide is written from a parent and carer perspective. It recognises that families know their children best and are central partners in planning for adulthood. The information here is designed to support you to work alongside schools, health and social care services to achieve the best possible future for your child.

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Independent Living (A focus on independence)

Equipping young people with the skills to live independently, such as managing finances, maintaining a home, and handling personal care. This includes understanding housing options and learning how to budget effectively.

Community Inclusion

Encouraging active participation in community life, including building social connections and engaging in activities. This might involve joining clubs, volunteering, or contributing to local events to develop a sense of belonging and connection.

Good Health

Supporting young people to maintain their physical and mental well-being by promoting access to healthcare, healthy lifestyle choices, and understanding their health needs. This includes regular medical check-ups and mental health support.

Why Is Preparing for Adulthood Important?

Helping young people, including those with SEND, become more independent can be life changing. Preparation for adulthood should happen from the earliest years and no later than age 13 or 14. Preparation for adulthood must form part of the annual review discussions for young people with an Education, Health, and Care Plan from Year 9 onwards.

Who Is Responsible for Preparing for Adulthood?

Preparing for adulthood is everyone's responsibility, including:

- Parents, carers, and young people themselves
- Schools, colleges, and education staff
- Health & Social care, and community service providers
- Voluntary sector organisations

It can help all young people, not just those with an Education, Health and Care Plan.

Listening to Young People's Aspirations

It is very important to help children and young people share their goals, dreams, and ideas for the future.

Their views should guide all planning and decisions, so they get support that matches their needs, strengths, and hopes.

When parents, carers, and professionals listen and encourage young people, they can:

- Find out what the young person wants to achieve.
- Understand how they want to live, learn, and work.
- Make a plan that respects their choices and helps them reach their goals.

This helps young people feel in control and confident about their future.

York SEND Local Offer

The York SEND Local Offer is a website for children and young people with Special Educational Needs and Disabilities in York.

- It helps from birth to age 25.
- It gives information about services, activities, and support in York.

What does the York SEND Local Offer do?

- It helps parents, carers, and young people find the help they need.
- It explains what services and activities are available in York.
- It provides useful resources for people working in SEND services.

Everything is in one easy-to-use place to make finding support simple for families and professionals. [Welcome to York SEND Local offer – York SEND Local Offer](#)

Education Health and Care (EHC) plans

Making the most of an annual review

If your child has an Education, Health and Care (EHC) plan, the annual reviews from Year 9 onwards must have a focus on preparing for adulthood. Preparing for Adulthood includes:

- getting ready for employment or other meaningful activity
- finding somewhere to live and getting good support
- friends, relationships and being part of a community
- achieving as healthy a life as possible

How to prepare for annual review meetings

Your child may start to think more about what they want to do when they finish their education. Their school or college will talk to you about transition planning. They will give you some information.

Before the annual review meeting:

- the school or college should ask your child's views before the meeting and share this information.
- the school or college will arrange the annual review meeting. Let them know if you cannot attend so that a different date can be arranged.
- the school or college will ask relevant professionals to attend or send up-to-date information about your child. You may want to ask them to invite specific professionals if you think their input would be helpful.
- discuss with the school or college if it would be appropriate for your child to attend the meeting, and what support they would need to give their views.
- it may be helpful to have a discussion with your child before the meeting, if possible. Talk to them about how things are now, what should happen next and in the future. You may want to write notes to take with you to the meeting. You can also submit your views in writing before the meeting if you want.
- the school or college must send out any reports (including those submitted by parents) at least two weeks before the annual review meeting. They must provide these materials in a suitable format if needed, e.g., Braille, large print etc.

After the annual review meeting:

The school or college will send everyone an Annual Review report of the meeting within two weeks. If there is a proposal to the LA to amend the plan, then you will also be sent a copy of the proposed

amended plan at the same time. The LA have a duty to communicate the outcome of the review within four weeks of the review meeting.

The outcome could be:

- the EHC plan is maintained as it is (no changes).
- the EHC plan needs amending. This might be because your child's needs have changed or because their provision needs to change.
- the EHC plan should be ceased (ended) as your child no longer needs the specialist support it provides (see section on ceasing an EHC plan for more information).

If the local authority decides to amend the plan, it will invite you and your child to comment on the updates. You must be given at least fifteen days to respond. You can discuss this with your caseworker. You have a right to mediation and to appeal to the SEND Tribunal if you are not happy with the outcome of the review.

More information is available about this on the York SEND Local Offer website www.yorksend.org

Ceasing an EHC plan

Most young people will have completed their education by 19 and may not need an EHC plan after they turn 19. This is very much down to the individual.

Some young people with SEND will need longer to complete their education and training. Their EHC plan may be maintained up to age 25. The length of time will vary according to each individual.

An EHC Plan cannot be ceased just because a young person is over 18. A local authority will cease (end) an EHC plan if:

- a young person moves into higher education (university).
- a young person leaves education. For example, because they are moving into paid employment, or because they no longer

want to take part in formal education or training. However, if a young person under the age of 18 is not in education, employment or training, then their EHC plan would normally continue, with a focus on re-engaging them in further learning.

- a young person no longer needs the special educational provision specified in their EHC plan.

When making this decision about a young person aged 19 or over, the local authority has to consider if the education or training outcomes set out in the EHC plan have been achieved.

If the local authority wants to cease an EHC plan, it must tell the young person and their family that it is considering this. It must give them, and their setting an opportunity to give their views about this. This can be done in writing or at a meeting with the SEND team. You have a right to mediation and to appeal to the SEND Tribunal if you are not happy with the decision.

When a young person is close to finishing their education or training, the local authority should use the final annual review to identify the support required for a smooth transition into adulthood. (The rest of this guide gives information about support with finding a job, adult social care services, health and housing).

If you have any questions or issues If you have any questions or issues about your child's EHC Plan or annual review, talk to their school, college or the local authority's SEND team

Email: SENDept@york.gov.uk You can also contact the SEND Information, Advice and support service (SENDIASS) <https://www.yorksendiass.org.uk/contact-us>

24-hour answer machine: 01904 554312.

Email: yorksendiass@york.gov.uk

Post: West Offices, Station Rise, York, YO1 6GA.

Education, Employment and Training

Qualifications

Young people in mainstream schools usually decide in Year 9 (age 13 to 14) which subjects they want to study in Year 10 and 11 (when they are age 14 to 16). This may be GCSE or alternatives. You will be able to discuss this with your school and there will be information on their website.

Help in Exams

Talk to the SENCO and/or the school's examination officer if you think your child may need support in exams. For example, extra time, a computer, or a smaller/ individual room. You should do this as soon as possible. The extra help is known as Access Arrangements.

Access Arrangements allow students with special educational needs, disabilities, or temporary injuries to access exams without changing the demands of the assessment. Ideally, Access Arrangements should have been discussed and in place for exams/ assessments taken in year 10.

Access Arrangements can only be requested from the Joint Council for Qualifications (JCQ) if it is the young person's normal way of working. The school SENCO will also need evidence that certain thresholds in approved assessments are met. Your child's school or college can arrange these assessments. Access Arrangements must be appropriate to the exam and the student. For example, a student with dyslexia may need extra time for a written exam, but not for a practical one.

Any kind of Access Arrangement must reflect the student's normal way of working, except in the case of injuries. For example, a student would only be allowed to use a laptop in exams if they normally use one in class. The arrangement must not suddenly be granted at the

time of the exam. For more information see [Access Arrangements, Reasonable Adjustments and Special Consideration - JCQ Joint Council for Qualifications](#). Talk to your child's school or college if they need further help or support, for example, with managing the inevitable stresses caused by exam.

Post-16 Pathways

For more detailed information on options available after Year 11, please refer the Post 16 Pathways Guide (<https://www.york.gov.uk/downloads/file/6119/2024-25-post-16-pathways-guide>), which provides thorough details on education, training, and employment opportunities for young people.

Qualification Levels

Qualifications are grouped into 8 levels. The level tells you how difficult the study is and what entry requirements to expect. If your child does well, they can move up to the next level. Please note that some of the entry level courses teach young people 'life skills'. You can ask the education provider about this and what the skills cover. You can ask the education provider about entry requirements for specific courses.

Entry Level

Entry Level is split into Entry Level 1, 2 and 3. Level 3 is the hardest.

Examples

- Entry Level Award
- Entry Level Certificate / Diploma
- Entry Level Functional Skills

Entry requirements

There are no set entry requirements.

Level 1

Examples

- GCSE
- Grades 3-1
- BTEC Level 1
- NVQ 1
- Supported Internships

Entry requirements

Normally GCSE grades 2-1 or equivalent.

Level 2

Examples

- GCSE Grades 9-4
- BTEC First
- NVQ2
- CACHE Level 2
- Intermediate Apprenticeship

Entry requirements

Normally GCSE grades 3 or equivalent.

Level 3

Examples

- A Level
- AS Level

- BTEC National
- Advanced Apprenticeship
- NVQ 3 Extended Project Qualification (EPQ)
- Level 3 Cambridge Technical
- T Levels

Entry requirements

Normally at least 4-6 GCSE grades 9-4 (or equivalent), including English and often maths. Some subjects require grades 9-5/9-6.

Level 4-6

Examples

- Degree
- Foundation Degree
- HND
- Higher/Degree
- Apprenticeship

Level 7-8

(Postgraduate).

Examples

- Masters degree
- Doctoral degree (PHD)

Entry requirements

Normally qualifications at Level 3.

Apprenticeships

An apprenticeship is a paid job with associated training. It allows young people to earn while they learn, as well as gaining a nationally recognised qualification. You can apply for Access to Work support (funding or support for people with a disability or health condition) whilst on an apprenticeship. These can be accessed with or without an EHC plan.

For more information, visit York SEND Local Offer website www.yorksend.org.

Supported internships

Young people with an EHC plan can take part in supported internships which aim to prepare them for employment or apprenticeships. Supported internships are structured study programs based mainly at an employer. They are designed to help young people with SEND achieve sustainable, paid employment by equipping them with the skills they need. Internships usually last for a year and include unpaid work placements of at least six months. Wherever possible, they support young people to move into paid employment at the end of the program.

For more information, visit York SEND Local Offer website <https://www.yorksend.org/preparing-work/supported-internships>.

Things to do when not in college.

If your child is moving to college after year 11, their course may not cover five full days. Time spent on the other days may include:

- self-study
- volunteering

- work experience

As your child prepares for adulthood, it would be a good idea to start thinking of voluntary or work experience placements that they may be able to access from 16 years and what support may be needed.

Thinking of what interests them, it may be helpful to contact local organisations and businesses to see if there are any opportunities.

There is information about opportunities in this guide. You can also visit <https://www.livewellyork.co.uk/> or <https://www.raiseyork.co.uk/> for details about activities, sports, and things to do outside education for children and young people with SEND. Please also refer to <https://www.base-uk.org/home> website for other opportunities.

If your child has an EHC plan and is unlikely to be able to undertake unsupervised learning in college and/or you feel it is unsafe to leave them on their own, then the local authority can assess whether they are eligible for social care, and if so, what support they might benefit from. This could include a range of options for them to access day activities and opportunities that interest them and support their development. Please information about social care.

University and Higher Education

Young people at university or studying for a degree (level 4 qualification) at a further education college are not entitled to EHC plans. This is because there are separate systems of support for higher education. You should speak to your university or college about this. The support includes Disabled Students' Allowances (DSAs). These are non-repayable grants to help with the extra costs incurred by disabled students.

DSAs fund a range of support including:

- specialist equipment
- travel

- non-medical helpers (e.g. sign language interpreters, note takers, mentors). For more information, see [Extra help - Disabled Students' Allowances](#)

Careers Advice

The Specialist Learning and Employment Adviser Team (SLEAT) has created a helpful [Post-16 Pathways Guide](#) which outlines the current options after Year 11. The guide contains additional information for young people with learning difficulties and disabilities, particularly those with Education, Health and Care Plans (EHCPs). So, if your young person is looking to take their next steps (year 11 or beyond) this guide is for you.

We're a team of qualified advisers who help young people to take their next step towards employment by providing advice and guidance on how to access appropriate education, training or employment opportunities.

If your young person is aged between 13 and 25 years and are in the care of the local authority or have an EHCP, they may be able to help you. As long as they are on roll at a secondary school in York (year 9 and above), a further and specialist college or have a personalised learning programme, they may be able to help.

SLEAT provide consultancy advice to local secondary schools and Further Education providers to enable them to provide careers advice and guidance to their students.

In addition, they provide confidential and impartial information, advice, and guidance to help your young person develop the skills they need to make choices that support their employment plans. They work directly with you and your young person in the lead up to you making key decisions about their next step in education, training or employment – these are sometimes referred to as 'review', 'progression' or 'transition' stages.

The SLEA team take time to find out about your young person's hopes and ambitions and then offer appropriate support. This will likely be through individual guidance sessions (in person or virtually) and may also include helping them to plan visits or attend taster sessions with different services. Examples include, local colleges and other Further Education providers, apprenticeship and vocational training providers, supported internship and work experience programmes.

If your young person is in the care of the local authority or has an EHCP and would like the support of a Specialist Learning and Employment Adviser, please contact the Practice Manager Phillip Taylor by email: phillip.taylor@york.gov.uk or telephone: 07767 318174.

Careers Advice Post-16

The Specialist Learning and Employment Adviser Team (SLEAT) can also give careers information, advice and guidance to any young person aged 16 - 19 years who has left school, has an EHC plan, or is Not in Education, Employment or Training (NEET). Mainstream schools and colleges have a duty to provide careers advice, including for post 16 students. Please speak to your child's school or college for further information.

Help with Finding and Keeping a Job

Paid work can give your young person financial independence, help them to meet friends, and it's good for their physical and mental health. It's never too early to start thinking about the best way to prepare for paid work – start by discussing with your young person what they enjoy, their hopes, and the skills and qualifications they may need.

Their route into work may follow one or more of the paths below:

Employment

Getting work experience and developing employability skills is very important. It can also help employers recognise the skills that young people can bring to their organisation.

Meeting employers

Schools and colleges have a duty to ensure all young people have opportunities to meet with employers during their time in education. This is an aspect which is inspected by Ofsted. This could be an employer coming to the school or college to talk to students about their job, help with a project, give students opportunities for a mock interview or mentor a young person. Many schools hold careers fairs where students get the chance to talk to lots of employers in one day.

Workplace experiences

Young people should also be offered the chance to do some workplace experience during their time in education. This can be anything from 1/2 a day to a number of weeks, spread over many weeks during a term. Schools and colleges have a responsibility to help students prepare for these kinds of experiences.

Volunteering

Volunteering can also help young people develop skills that will help them in future employment. There are formal programs such as the Duke of Edinburgh Award or National Citizenship Service that schools and colleges will be involved in. You could also help your child do some voluntary work outside school or college in an area that they are interested in.

Supported Employment

Supported Employment has been successfully used for supporting people with significant disabilities to move towards and into paid work. If your young person has left education, is an adult and is ready to work but needs support to secure and retain paid employment, this may be an option for them. Supported employment is overseen by [the British Association for Supported Employment](#) (BASE).

Through supported employment they will receive:

- support to identify their aspirations, learning needs, skills, experiences, and job preferences (with carers and support workers involvement)
- support with practical job finding and job carving to ensure it suits their needs
- an induction in the workplace and ongoing training as well as out of work support if needed
- a development plan to record their goals
- support with career development beyond the programme

For a list of local organisations and services that can provide information, advice and support around employment, visit:

<https://www.northyorks.gov.uk/adult-care/disabilities/supported-employment-service>

Jobcentres

Jobcentres can help young people with SEND:

- find a job
- get information about disability-friendly employers
- discuss other support available They can refer the young person to a disability specialist advisor or a specialist work psychologist, if appropriate.

They can also carry out an ‘employment assessment’ of their skills and experience and what kind of roles they are interested in.

Access to Work

Access to Work is a government grant scheme which is aimed at supporting disabled people to take up or remain in work. Grants can be given for a wide range of interventions that help to break down barriers to work.

To qualify for the scheme, young people must be aged 16 or over and have a disability or health condition (physical or mental) that makes it hard for them to do parts of their job or travel to and from work. They must also be employed or self-employed, have received a job offer or be on an apprenticeship, supported internship, work trial or work experience. Support is also available for job interviews. The amount of money young people receive depends on their circumstances. It doesn't have to be paid back and will not affect their other benefits.

Contact: 0800 1217479 or visit www.gov.uk/access-to-work/overview

Employment is for Everyone

Employment is for Everyone is a social movement aiming to improve the employment opportunities for autistic people and people with a learning disability.

Website: www.employmentisforeveryone.org.uk

Schools and colleges will have their own internal independent advice and guidance - talk to the SENCO or Careers Lead for more information.

Some additional resources to consider:

- York Apprentice Hub www.york.gov.uk/YorkApprenticeships
- Annual Opportunities Fair www.raiseyork.co.uk/young-people/education-employment-training
- York Learning's Universal IAG service offers careers clinics, interview skills
- Specialist Learning and Employment Adviser Team (SLEAT) – impartial advice and guidance for those aged between 13 and 25 years and are in the care of the local authority or have an EHCP.
- BASE is the national voice for providers of specialist employment support www.base-uk.org/home
- FIS employment directory (selecting the Learning And Work Advice option on <https://synergy.york.gov.uk/Live/SynergyWeb/Enquiries/Search.aspx?searchID=56>)
- (Yorkcraft - Supported Business for people with disabilities)
- United Response's York Supported Employment
- Jobcentre Plus Monkgate and the Skills To Succeed Academy www.s2sacademy.com/about-academy/
- Post 16 pathways guide (link direct to 24-25 version) provides information about the Pathways to employment including Apprenticeships and Supported Internship with more advice on www.yorksend.org/education-childcare-0-25/post-16-education-options
- Some local providers offer supported pathway from education to employment eg Tang Hall SMART and Blueberry Academy
- [Getting a job | Contact](#)

National Providers

- The Prince's Trust www.princes-trust.org.uk
- The Government Apprenticeships website [Apprenticeships](https://www.apprenticeships.gov.uk)
- <http://icould.com/> Get tips on GCSE options, apprenticeships, university, finding work and more. Real stories to inspire your career. Explore careers.

Leisure

There are lots of inclusive activities and clubs in York. These two places are the best starting points:

- **City of York Council - Inclusive sport contacts and useful links** <https://www.york.gov.uk/inclusive-sport-activities/inclusive-sport-contacts-useful-links?>
- **Raise York directories (“What’s on”)** – searchable activities, groups and services for children and young people in York. <https://www.raiseyork.co.uk/directories?>
- You can also search the **Live Well York Community Activities Directory**, which can be filtered for disability / specific needs. <https://www.livewellyork.co.uk/information-and-advice/getting-out-and-about/leisure-activities-for-people-with-specific-needs/?>

SEN Transport

Travel support to school/college beyond compulsory school age (16 years) is not an automatic entitlement. If your child still needs travel support, you need to re-apply each year. This is because circumstances and needs can change. If your child is already

receiving transport and is moving into year 12, then a transition pack will automatically be sent to you.

If your child does not currently receive transport and is going into Years 13 or 14, you can apply by contacting the Children and Young People Transport Team

Telephone: [01904 551554](tel:01904551554)

Email: cyp.transport@york.gov.uk

Independent Travel Training

As young people prepare for adulthood, it is important to give them the skills they need to be able to:

- access educational and social opportunities
- travel with peers
- boost self-esteem
- become part of their local community

Independent travel training is for young people aged 10 to 25 years who may be vulnerable or would benefit from this service. This includes children and young people with EHC plans. This service is free of charge. The support offered is a tailor-made travel plan to and from the young person's place of education, with a one-to-one travel trainer based on the individual's needs.

Training gives young people the confidence to make a journey safely and covers issues like:

- road safety
- personal safety
- using public transport

Young people are provided with support. They progress from being accompanied on their journey to being shadowed by the trainer from a distance. Useful contacts and information:

the Children and Young People Transport Team

Telephone: [01904 551554](tel:01904551554)

Email: cyp.transport@york.gov.uk

York Independent Living and Transport Skills

[York Independent Living and Transport Skills \(YILTS\)](#) offers travel training to vulnerable people.

They work with 11 to 25-year-olds who have an EHC Plan and adults in social care who receive support from the Learning Disabilities Team.

Staff from YILTS will assess and support your child or young person to become independent travellers. Many young people have gained great confidence through becoming an independent traveller.

Other Travel Support and useful Apps

With a Disabled Persons Railcard, young people can get 1/3 off rail fares to travel across Britain: www.disabledpersons-railcard.co.uk

If your child has certain disabilities, they can apply for a Disabled Persons Travel Pass. If they are in receipt of higher-level PIP or DLA, then an accompanying carer can travel for free. Please see these links for further information:

- **Moovit App**- Use it for public transport navigation, maps, schedules, real-time arrivals and more.
www.moovitapp.com/yorkshire-2109/poi/en-gb
- **First Bus App**- This app can support young people's bus journeys, from storing tickets to tracking the bus on their phone.
www.firstbus.co.uk/first-bus-app

- **We Care** - is a North Yorkshire Police scheme designed to support anyone who is vulnerable and needs some help and assistance when they are out and about, or even in their own home.
 - The scheme has been designed, with the support of York People First, to enable people to go out into their community and live their lives, but at the same time feel a bit safer and secure.
 - If you require more information about the scheme, or would like to join, you can request a membership pack by emailing WeCare@northyorkshire.police.uk or by writing to:
 - We Care scheme, Partnership Hub, North Yorkshire Police, Athena House, Kettlestring Lane, Clifton Moor, York, YO30 4XF

Social Care Services

Social care offers essential support for children, young people, and adults who require extra assistance in daily life. The eligibility for services is determined based on specific criteria. To find out more, please contact the appropriate team below:

For Children and Young People (Ages 0-18):

Children's Services Team

- Phone: 01904 551900
- More Information: www.yorksand.org/support-child/support-social-care

For Adults (Over 18):

Adults Social Care Team

- Phone: 01904 555111

- More Information: www.livewellyork.co.uk/information-and-advice/clinical-health-and-adult-social-care/adult-social-care/

How to refer to Adults Social Care?

To get adult social care and support, you must:

- be aged 18 or over
- be living within York area
- have needs which are eligible for support based on the [Care and Support Eligibility Criteria Regulations \(2014\)](#)

Assessments for Adult Social Care

Before we can offer you care and support services, we'll need to find out more about your circumstances. To help us do this we'll [complete an assessment](#) to look at your needs.

[Download our 'quick guide to Adult Social Care'](#) which provides further information about requesting an assessment and agreeing a support plan.

If your assessment identifies that you're eligible, we'll help to arrange your social care services. If your needs are less severe, we will offer you advice about other services and organisations which may help you in your daily life, including:

- available [benefits](#)
- local services
- care providers

Adult Social Care Community Team

Telephone: 01904 555111, Textphone: 07534 437804

West Offices, Station Rise, York, YO1 6GA

Email: adult.socialsupport@york.gov.uk

Adult Social Care Emergency Duty Team

Contact the Emergency Duty Team for assistance.

We're available between 5.00pm and 8.30am, Monday to Friday, 24 hours a day over weekends (between 5.00pm Friday until 8.30am Monday), and 24 hours on bank holidays.

Telephone: [0300 1312131](tel:03001312131)

Paying for adult social care

Some adult social care services are chargeable. If Adult Social Care agrees you are eligible for support, the council will complete a **financial assessment** to work out whether you need to contribute towards the cost of your care and support, and how much.

The council's information about paying for care and financial assessments can be found here:

<https://www.york.gov.uk/personalisation-care/paying-care>

Getting a carer's assessment

If you provide unpaid care for someone, you have a right to ask for a carer's assessment. This looks at your wellbeing, what you are able and willing to do, and what support might help you continue caring (or help you to take breaks). Your assessment can be done at the same time as the person you care for is assessed, or separately and privately.

More information about carer's assessments in York is available here:

<https://www.york.gov.uk/carers-1/carers-assessments?>

Moving from Children's to Adult Social Care Services

In York, we understand that preparing for adulthood early is really important. The best time to start is around the ages of 13 or 14 with children's social care and other involved practitioners who could support with preparation for adulthood.

Not all children and young people will need help from adult social care when they turn 18. But starting to plan transition to adult's social care early helps them build their strengths, learn new skills, and get ready for independence and adulthood.

For young people who have more complex needs or may need long-term support from adult social care when they turn 18, it's important to start planning early. Transitions referrals to adult social care should be made as early as 16 years old. This helps make sure the right support is in place when they turn 18.

When a transitions referral is made by children's social worker, the adult social worker will work together with the child's social worker and other professionals who support the child. They will create a plan (Transitions Plan) to help the young person move smoothly into adult social care. This plan will include the young person, their parents, and their carers.

The adult social worker will also look at what the young person needs when they become an adult. This is called an adult social care assessment, or it might also be called a Care Act assessment or a strength-based conversation.

The assessment should happen at the right time, especially if the young person is already getting support from children's social care. If that support needs to continue after they turn 18, the adult social care services will start planning early to make sure everything is in place before the young person turns 18.

If the young person requires support with the assessment process, their social worker can support them with referrals for an independent advocate. Parents and carers will be involved in the assessment for young people under 18. After the young person turns 18, parents and carers will only be involved if the young person wants them to be. The young person has the right to decide how much their parents or carers are involved. If the young person lacks capacity around any decisions then the Best interest process will be followed (more information is in section below called 'Mental Capacity') It is pivotal, that the young person is supported at all times to have a voice, and be part of every decision about their lives.

It's important for parents to know that there is no automatic referral to adult social care, even if the young person has been receiving support from children's social care. Referrals to adult social care can be made by the young person, their parents, children's social care worker, school, or any other professional involved. If the young person has capacity to understand their care and support needs, then their consent would be required before a referral can be completed.

Short Break Services

Adults

Short breaks (sometimes called respite) may be available for eligible adults following an Adult Social Care assessment. In York, short breaks for adults with learning disabilities are available at Flaxman Avenue (referrals are made via Adult Social Care for eligible adults).

More information about Adults Short breaks can be found here:

<https://www.york.gov.uk/carers-1/short-breaks-respite-care>

Children

Short breaks are short-term care and support provided for children and young people with disabilities or additional needs. They give families a break from full-time caring and help children and young people enjoy new experiences, make friends, and develop independence. Short breaks are available in a range of forms depending on assessed need.

What short breaks are

Short breaks may include:

- extra support so a child can join club or community activities
- someone caring for your child in your home
- community support during evenings, weekends or school holidays
- overnight stays with approved carers or at a specialist centre
- leisure, social and recreational opportunities for the child outside of the family home

They are designed to:

- provide positive experiences for the child

- help build confidence and skills
- give parents/carers a break from their caring role
- enable siblings to spend quality time with the rest of the family

Types of short breaks for children (York)

Early Help Short Breaks

These provide support above universal activities but below more specialist short break provision. Families can apply for **Early Help Short Break grants**, which can be used to access community activities that help children develop new skills and have fun (application windows typically run twice a year) More information can be found here: [Short Breaks – York SEND Local Offer](#)

Specialist Short Breaks

Specialist short breaks include additional support at home, overnight stays at approved short break foster carers, or stays at specialist facilities for children with more complex needs. A single children's social care assessment will need to be completed for this level of support.

Short Breaks Foster Care

Approved short break foster carers offer regular **overnight care** for children and young people with disabilities when families need respite—but do not wish to fully foster long-term. This provides children with structured care in a supportive family environment.

Community Short Breaks

Workers provide support both in the family home and in the community, helping disabled children take part in social and leisure activities, supporting families when they most need it (e.g. evenings, weekends, holidays).

Beehive Overnight Breaks Centre

The Beehive is a specialist, purpose-built facility in York offering safe, accessible overnight short breaks for children and young people with

complex disabilities. It includes spaces for play, sensory and quiet activities, and supports families to meet their child's needs in a supportive environment. A single children's social care assessment will need to be completed for this level of support.

More information can be found here: [The Beehive – City of York Council](#)

How short breaks are arranged

- Families can access short breaks through Children's Social Care and via an assessment of the child's needs.
- Early Help Short Breaks typically involve a simple application process, with grant rounds in April and October.
- For specialist short break provision, a more detailed social care assessment may be needed to identify appropriate support
- Local SEND Local Offer pages and **Raise York directories** also list inclusive activities and community options, which may count toward short break outcomes even if not part of specialist provision.

Who can get short breaks

Short breaks in York are available for children and young people who have a special educational need or disability that substantially affects their ability to access community activities or care needs. Support is open to those aged 0–18 (and sometimes beyond, depending on assessed needs and transition planning).

Direct Payments for social care services

If your young person is eligible for adult social care, they may receive a personal budget. One way to receive this is via Direct Payments, which allow the person (or their nominated person/representative) to arrange and pay for agreed support directly, instead of the council

arranging services. This is to increase choice and control over how outcomes in the support plan are met.

You can read the council's Direct Payments information and guidance here: <https://www.york.gov.uk/personalisation-care/personal-budgets>

Housing

There are a range of housing options and support schemes in York that people with SEND and other adult needs may consider as part of planning for adulthood. If your child has a social worker or adult social care involvement, speak to them early about assessed housing needs and support options.

Housing options in York

- **Housing Options Advice** – York Council's Housing Options Team can provide advice about your housing choices, homelessness prevention, private and social renting, and help for people on low income (including bond/deposit support schemes). More information can be found here: [A place of your own – Raise York](#)
- **Independent Living (accommodation with support)** – York Council operates independent living schemes that offer self-contained homes where support can be arranged to help people live independently, with different levels of support depending on assessed need. There are options for people without 24-hour support and those needing additional support. More information can be found here: [Apply for independent living accommodation – City of York Council](#)
- **Independent living with 24-hour support** – Some schemes have staff available day and night to support people with higher support needs. These can be more appropriate where a person has complex care needs. More information can be found here: [Independent living with 24 hour support – City of York Council](#)

- **Supported tenancies** – These offer home living for adults with disabilities, mental health needs, or complex health needs, including help with domestic skills, managing a home, claiming benefits, and developing life skills, with support ranging from a few hours a day up to 24 hours. More information can be found here: [Supported tenancy – City of York Council](#)
- **Other housing avenues** – This can include general social housing (via the housing register and Open Housing portal), accommodation offered by housing associations, and, where relevant, private rented accommodation with support from Housing Options services. More information can be found here: [Apply for independent living accommodation – City of York Council](#)

Important note:

Council and housing association options vary; many require joining the housing register and meeting eligibility criteria. Local housing staff and your social worker can help explain waiting lists and how needs are assessed.

Supported Living

Supported living describes accommodation where a person has their own tenancy (often with a housing association) but receives personalised support to help them live as independently as possible. Support can include help with daily living skills, planning community activities, social connections, accessing vocational opportunities, and developing future move-on plans when a person is ready. Staff can be available throughout the day and night depending on assessed needs.

Examples include:

- **York supported living services** – e.g., schemes where people with autism and other needs develop independent living skills, with tenancy support and care staff on site.
- **Shared Lives / Adult Placement** – In addition to supported living tenancies, some people may be eligible for a *Shared Lives* arrangement (sometimes called adult placement) where an approved carer shares their home or provides community-based support that can act as a stepping-stone toward more independent living.

Supported living is usually arranged after a social care assessment identifies that a young adult needs ongoing support to live independently. Adult Social Care team can advise on whether supported living is appropriate and help with referrals.

Care and support at home

Care and support at home refers to personalised support services delivered in someone's own home. This might be suitable for people who want to remain living in the family home, private rented home, or other individual accommodation but who need help with:

- personal care (washing, dressing)
- household tasks and daily living skills
- medication support
- managing a home safely and independently

Support at home is usually arranged after an adult social care assessment (sometimes called a Care Act assessment). The assessment looks at the person's needs and how they want to live as independently as possible, and can identify services that will help meet outcomes. Financial contributions may be discussed depending on eligibility and charge rules.

York Council can assist with:

- organising a support package
- advising on personal budgets and direct payments (so you can choose how support is delivered)
- arranging contracted home-care providers

Details about providers and support services can be found in City of York Council's lists of accredited support providers, which include services that assist with daily living activities in the home.

Extra Care and Specialist Schemes

Some housing schemes (for example extra care housing) are designed for people who want to live independently but with ready access to care and support services. These schemes usually provide self-contained accommodation, with design features that promote independence, alongside on-site care staff who can offer support when needed.

Access to extra care housing normally requires an Adult Social Care assessment to identify eligible care and support needs and to confirm the appropriate level of support. This assessment helps ensure that the accommodation and support arrangements meet the person's needs and desired outcomes.

Examples in the York area include schemes such as Wilberforce House, which provides extra care housing with 24-hour access to care and support for residents whose needs have been assessed by Adult Social Care.

Living with, or visiting, an approved carer in their home

Shared Lives is an adult care and support option where an approved Shared Lives carer shares their home (and community life) with a person who needs support. This can be arranged as:

- day support / sessions, overnight breaks, or longer-term living arrangements, depending on assessed needs and what is agreed.

In York, Shared Lives is provided by York Shared Lives (Avalon Group). More information can be found here: [What is Shared Lives? | The Avalon Group | England](#)

Social housing

Social housing is accommodation provided by the council or housing associations at affordable rents. In York, social housing is allocated through a housing register and applicants must meet eligibility criteria.

Young people with SEND (or their families) can apply for social housing if they:

- are aged 16 or over (some restrictions apply under 18)
- have a local connection to York
- meet housing need criteria (for example, overcrowding, medical or disability-related needs, risk of homelessness)

Applications are assessed and prioritised based on need. Having a disability or long-term condition does not automatically guarantee priority, but assessed needs (including those identified by Adult Social Care) can be taken into account.

If a young person is likely to need ongoing care and support, it is important that housing planning links closely with Adult Social Care, particularly where supported or adapted accommodation may be required.

Where to apply / get advice (York):

- City of York Council – Housing Options and social housing register [Housing Options – City of York Council](#)

Families are encouraged to seek advice early, especially where a young person is approaching 18 or transitioning from children's services.

Help to pay rent or Council Tax

There are several types of financial support that may help with rent and Council Tax costs.

Housing Benefit / Universal Credit (housing costs)

- Most working-age people now receive help with rent through Universal Credit (UC).
- Some people (for example, those in certain supported or temporary accommodation) may still receive Housing Benefit. Eligibility depends on circumstances, income, and housing type.

Council Tax Support (Council Tax Reduction)

- Council Tax Support helps people on a low income to reduce their Council Tax bill.
- The amount awarded depends on household income, savings, and circumstances.

Discretionary Housing Payments (DHPs)

If Housing Benefit or Universal Credit does not cover full housing costs, families may be able to apply for a Discretionary Housing Payment. These are short-term payments to help with rent shortfalls or housing-related costs.

York advice and applications:

- Council Tax Support and housing cost help [Benefits and money – City of York Council](#)

- Discretionary Housing Payments [Discretionary Housing Payment – City of York Council](#)

Local welfare and benefits advice services can also help families understand entitlements and complete applications.

Adapting your home

Some young people with SEND may need adaptations to their home to live safely and independently. Adaptations can range from minor changes (such as grab rails) to major works (such as level-access showers, ramps or widened doorways).

Disabled Facilities Grant (DFG)

A Disabled Facilities Grant can help pay for essential adaptations to a home where a disabled person lives. The grant:

- is means-tested for adults (not means-tested for children)
- can help with adaptations needed to meet assessed needs
- usually requires an assessment by an occupational therapist

Adult Social Care and housing assessments

For adults (or young people approaching adulthood), an Adult Social Care assessment and/or Occupational Therapy assessment is usually needed to confirm what adaptations are necessary. This helps ensure the adaptations support independence and long-term needs.

York support and applications

To find out more about home adaptations, you can contact Adult Social Care, who can arrange an assessment and advise on support and grants where appropriate: [Get adult social care – City of York Council](#)

Housing, care and financial support are closely linked. Where a young person has ongoing or complex needs, early involvement from Adult Social Care, Housing Services and (where relevant) Occupational Therapy can help ensure the right accommodation and support are in place at the right time.

Decision-making and mental capacity

The Mental Capacity Act

The Mental Capacity Act 2005 applies to people aged 16 and over in England and Wales. It provides a legal framework for supporting people to make decisions and for making decisions on their behalf if they lack capacity to do so.

The five key principles of the Mental Capacity Act

All professionals and carers must follow these principles:

1. **Presume capacity** – A person must be assumed to have capacity unless it is proven otherwise.
2. **Provide support** – All practicable steps must be taken to help a person make their own decision before deciding they lack capacity.
3. **Right to make unwise decisions** – A person is not treated as lacking capacity just because they make a decision others think is unwise.
4. **Best interests** – If a person lacks capacity, any decision made on their behalf must be in their best interests.
5. **Least restrictive option** – Any decision made must restrict the person's rights and freedom as little as possible.

What does “lacking capacity” mean?

A person lacks capacity if, at the time a decision needs to be made, they are unable to:

- understand the information relevant to the decision
- retain that information long enough to make the decision
- use or weigh that information as part of the decision-making process
- communicate their decision (by any means)

Capacity is decision-specific and time-specific. A person may have capacity to make some decisions but not others, or their capacity may change over time.

Best interests decisions

If a young person lacks capacity, decisions must:

- take into account their past and present wishes and feelings, beliefs and values
- involve them as much as possible
- consult with family, carers or others who know them well (where appropriate)
- consider whether there is a less restrictive way of meeting their needs

Independent advocacy (such as an IMCA) must be provided in certain situations where the person has no appropriate person to support them.

Gillick Competence

Gillick competence applies to children and young people under the age of 16. It is used to decide whether a child has enough understanding and intelligence to make their own decisions about specific matters.

A child may be considered Gillick competent if they can:

- understand the information relevant to the decision
- understand the consequences of the decision
- explain their reasoning

Gillick competence is:

- **decision-specific** – a child may be competent to make some decisions but not others
- **not based on age alone** – maturity and understanding are key

If a child is Gillick competent, they can make their own decisions without parental consent for that specific issue. If they are not Gillick competent, decisions will usually be made by those with parental responsibility, always taking the child's views into account.

Both Adult Social Care and Children's Social Care can provide advice, carry out Mental Capacity assessments where required, arrange best interests' processes, and refer to advocacy services when appropriate.

Transitioning from Children's Health to Adult Health Services

Moving from children's health services to adult health services is an important part of preparing for adulthood. In York, health providers work together to make this transition as smooth as possible so that young people continue to receive the right care at the right time.

When does health transition planning start?

Discussions about health transition should begin **no later than 17 years and 3 months**, and often earlier if a young person has complex health needs. Starting these conversations in good time

allows families and professionals to plan carefully and avoid gaps in support.

We understand this can feel like a big change for young people and their families. Health teams should involve you throughout the process and explain what will happen next.

What happens at age 18?

At 18, a young person's care will usually change from children's services to adult services. This may include:

- transfer back to their GP or primary care for ongoing support
- referral to adult specialist health services
- discharge from children's services if no further health support is needed
- links to social care, voluntary sector services, or residential education where appropriate

Every young person is different, and the level of support will depend on their individual needs.

Transition meetings and panels

For young people who need ongoing specialist support, York health providers use a transition panel or transition meeting to plan next steps. These meetings usually include:

- the young person and their parents or carers
- professionals from children's health services
- professionals from adult health services (for example adult mental health or learning disability services)

The meeting will:

- review the young person's current health needs

- discuss the transition plan
- agree which adult service is best placed to provide future support
- make sure everyone understands what will happen and when

You and your young person should be kept informed at every stage.

Tools to support transition

A range of tools are used to help young people prepare for adult health services, including:

- **Health / hospital passports-** to share important information about the young person's needs and communication [NHS England » Health and care passports: implementation guidance](#)
- **Ready, Steady, Go questionnaires-** to help young people think about their health, independence and confidence [Ready Steady Go: Steady questionnaire - patient information](#)
- **Transition plans** – setting out who will provide support and how care will change over time

In an emergency

- If urgent help is needed, use the NHS guide to finding the right service:
www.usethe rightservice.com

Annual Health Checks

Young people with a learning disability are entitled to an annual health check from age 14. These checks help identify health needs early and support a smooth move into adult services.

Further information

- York SEND Local Offer – Health Pathways:
www.yorksend.org/health/health-pathways

- NHS guidance on annual health checks:
www.nhs.uk/conditions/learning-disabilities/annual-health-checks
- York and Scarborough Teaching Hospitals – Transition Coordination Service [York and Scarborough Teaching Hospitals NHS Foundation Trust - Transition Coordination Service](#)
- TEWV transition process from child to adult mental health services [Transition-Timeline-Humber-final-singles-30.03.23.pdf](#)
- For the Mental health services, TEWV specific process see here: [Transitions-Procedure-Child-and-Adolescent-to-Adult-Services-Primary-Care.pdf](#)

If you are unsure who to contact about health transition, speak to your child's current health professional, GP, or the York SEND Local Offer team.

Continuing Healthcare:

Some children and young people (up to their 18th birthday) may have very complex health needs, as a result of congenital conditions, long term or life limiting/life threatening conditions, disability, or the after-effects of serious illness or injury. These needs may be so complex that they cannot be met by the services which are routinely commissioned, and an additional package of care may be required, this is known as Continuing Care. This is outlined in the National Framework for Children and Young People's Continuing Care (2016).

Once a young person reaches the age of 18 years, they are no longer eligible for continuing care for children but may be eligible for NHS Continuing Health Care or NHs funded Nursing Care which is subject to specific legislation and guidance. There are significant differences between children's continuing care and NHS Continuing Healthcare for adults. A young person in receipt of continuing care may not be eligible for NHS Continuing Healthcare or NHS Funded Nursing Care once they turn 18.

It is important that there is a single key contact person for families of a young person approaching transition. Entitlement to adult NHS Continuing Healthcare should be clarified as early as possible in the transition process:

- **At 14 years of age**, the young person should be brought to the attention of the CCG as likely to need an assessment for NHS Continuing Healthcare.
- **At 16 -17 years of age**, screening for NHS Continuing Healthcare should be undertaken using the adult screening tool, and an agreement in principle that the young person has a primary health need and is therefore likely to need NHS Continuing Healthcare.
- At 18 years of age, full transition to adult NHS Continuing Healthcare or to universal and specialist health services should have been made, except in instances where this is not appropriate.

It is essential that transition is planned and agreed with the young person and their family in good time to avoid any disruption or delay in implementing the package of care. The focus should always be on the individuals desired outcomes and the support needed to achieve these. Even if a young person is not entitled to NHS Continuing Healthcare they may have certain needs that are the responsibility of the NHS and appropriate arrangements should be put in place to meet these needs through commissioned health services.

[NHS Vale of York Clinical Commissioning Group - NHS Continuing Healthcare](#)

Further detailed guidance can be found at:

[Children and young people's continuing care national framework - GOV.UK](#)

[National framework for NHS continuing healthcare and NHS-funded nursing care - GOV.UK](#)

Mental Health Services

Young People under the care of Children and Adolescent Mental Health Service (CAMHS)

Child and Adolescent Mental Health Services (CAMHS) support children and young people (typically up to age 18) who are experiencing mental health difficulties that affect their daily life. CAMHS provides assessment, treatment, therapy and support for conditions such as anxiety, depression, behavior and emotional problems, and eating disorders.

Local CAMHS in York

- **Orca House (York CAMHS)** – A community base for CAMHS services in York where assessments and ongoing support are delivered. *Contact:* Orca House, Link Road Court, Osbaldwick, York YO10 3JB — **01904 420950** (email available via service website).
- **CAMHS at Mill Lodge** – Part of the NHS Leeds and York Partnership NHS Foundation Trust, offering both community and specialised services, including assessment and treatment pathways for young people with more complex needs.
- **CAMHS crisis and liaison support** – In the event of a mental health crisis for a child/young person, urgent help can be accessed through local CAMHS crisis teams via **NHS 111 (mental health option)**, available 24/7

Who can access CAMHS?

Referrals to CAMHS are usually made via a GP, school nurse, health visitor or other professional, although some areas operate open referral systems where parents/carers can initiate contact too.

Services are for children and young people whose emotional, behavioral or mental health difficulties are significantly affecting their daily life.

Other mental health services in York

Other mental health services in York

In addition to CAMHS for younger people, there are a range of **adult and community mental health services** in York:

Adult community mental health teams

- Community mental health support for adults (typically ages 18–65) is provided by Tees, Esk and Wear Valleys NHS Foundation Trust (TEWV) at local hubs in York and Selby. These teams work with individuals experiencing mental health challenges to support recovery, independence and wellbeing. More information can be found here: [Community mental health services for adults in York and Selby - Tees Esk and Wear Valley NHS Foundation Trust](#)

Mental Health Access and Wellbeing Services

- **The Mental Health Access Team** (York & Selby) provides primary care mental health assessments and brief psychologically-informed support for problems such as low mood, anxiety and emotional distress. Referrals are usually made via GP or NHS services. [Mental Health Access Team | Live Well York](#)
- **Crisis support** For urgent mental health crises (risk of harm, severe distress or emergency), contact NHS 111 (mental health option) 24/7. This links callers to a mental health clinician who can help with triage and immediate next steps. [Crisis Teams | Live Well York](#)
- **Voluntary and community sector support (young people and adults)** Organisations such as York Mind's Young People's Services offer drop-ins, counselling, group support and tailored services for people aged roughly 11–25, including services for

- those with SEND. More information can be found here: [York Mind - Young People's Services \(11-25\)](#)
- Other community and crisis support services (e.g., Samaritans, The Mix helpline) can provide additional emotional support
 - **GP and Primary Care Mental Health Support**
If a young person or adult is struggling with their mental health, their **GP practice** is often the first point of contact, and can refer to specialist services, prescribe treatment, or signpost to community support.

Finance and Benefits

Appointeeship

What is an appointee (DWP appointeeship)?

A DWP appointee is someone appointed by the Department for Work and Pensions to manage a person's benefit claims and benefit money if the person cannot manage them themselves. The appointee must act in the person's best interests, report changes, and make/maintain claims.

More information can be found here: [Become an appointee for someone claiming benefits - GOV.UK](#)

Local (York) support

If a person cannot manage their finances and there is no suitable family/friend arrangement, City of York Council has a Court of Protection and Appointee Service (this is separate from DWP appointeeship and may involve deputyship where needed).

More information can be found here: [Court of Protection and Appointee Service – City of York Council](#)

Universal Credit

What Universal Credit is

Universal Credit (UC) is a payment to help with living costs for people on a low income, out of work, or unable to work. It is usually claimed and managed online

More information can be found here: [Universal Credit: What Universal Credit is - GOV.UK](#)

UC and education (important for transition years)

Whether a young person can claim UC can depend on their age and education/training situation. There is specific guidance on how education course levels and student status affect UC.

More information can be found here: [Universal Credit and education course levels - GOV.UK](#)

Where to claim / get help

How to claim UC is on GOV.UK. For local support in York with benefit queries, see the York benefits advice and local welfare advice pages. [Get benefits and money advice – City of York Council](#)

16 - 19 Bursary Fund

The **16–19 Bursary Fund** helps some students with the costs of staying in education or training (for example travel, meals, equipment). It is administered by the school/college/training provider, using their bursary policy.

More information can be found here: [16 to 19 Bursary Fund guidance - GOV.UK](#)

Who it can support (high level)

There are two types:

- **Bursary for defined vulnerable groups** (for example some young people in care / care leavers)
- **Discretionary bursary** (provider decides based on their policy and individual need)

More information can be found here: [16 to 19 Bursary Fund guide: 2025 to 2026 - GOV.UK](#)

Families should ask the education provider directly for eligibility and the application process, as evidence requirements and how payments are made can vary.

Banking

Having a bank account helps young people receive wages/benefits, pay bills and learn money skills. If a young person cannot get a standard current account, they may be able to open a basic bank account (usually fee-free for standard operations).

More information can be found here: [What is a basic bank account? | MoneyHelper](#)

If you are struggling to open an account, Citizens Advice explains options and what banks must tell you about basic bank accounts.

More information can be found here: [Getting a bank account - Citizens Advice](#)

If someone needs formal help to manage banking/finances, consider whether DWP appointeeship, Lasting Power of Attorney, or Court of Protection deputyship is appropriate (see Appointeeship / Wills and Trusts sections). More information can be found here: [Help managing your money – City of York Council](#)

Wills and Trusts

A will sets out what happens to your money, property and possessions after you die. It can be especially important where a family member has additional needs. MoneyHelper provides practical steps on planning and writing a will (including using a solicitor).

[Making a will and planning what to leave | MoneyHelper](#)

Trusts (including for disabled / vulnerable beneficiaries)

Some trusts set up for a disabled person/vulnerable beneficiary can receive special tax treatment (rules apply and professional advice is strongly recommended). GOV.UK explains “trusts for vulnerable people”

More information can be found here: [Trusts and taxes: Trusts for vulnerable people - GOV.UK](#)

Related planning: Lasting Power of Attorney (LPA)

An LPA for property and financial affairs lets someone you trust help manage bank accounts, bills and finances. It must be made while the person has capacity and registered before use.

More information can be found here: [Make, register or end a lasting power of attorney: Overview - GOV.UK](#)

Child Benefit and Child Benefit Extension

Child Benefit after 16

Child Benefit usually continues until 31 August on or after a child’s 16th birthday, but it can continue up to age 20 if they stay in approved education or training. You must tell HMRC if your child stays in approved education/training after turning 16, or if they leave. [Report changes that affect your Child Benefit: If your child’s circumstances change - GOV.UK](#)

Child Benefit “extension” (up to 20 weeks)

If your child is 16 or 17, leaves approved education/training, and meets the criteria (for example registers with a qualifying body), you may be able to get an extension of Child Benefit for up to 20 weeks.

More information can be found here: [Child Benefit when your child turns 16 - GOV.UK](#)

If you need help understanding benefits, money worries or debt, York has free local advice services and directories to signpost support, including City of York Council's money/benefits advice pages, Live Well York, York SEND Local Offer financial support signposting, and Citizens Advice York.

[Get benefits and money advice – City of York Council](#)

Further Help and Support

Advocate support

Advocacy helps people to understand their rights, express their views, and be involved in decisions about their lives. An advocate is independent and works for the person, not the council, NHS or family.

Advocacy can support young people and adults with SEND to:

- understand information and options
- express their wishes, feelings and views
- take part in meetings and assessments
- challenge decisions where appropriate

There are different types of advocacy, depending on a person's situation and needs.

Statutory advocacy (legal entitlement)

Some people have a legal right to an advocate, including:

- **Care Act advocacy** – for adults who have substantial difficulty being involved in care and support assessments, reviews or safeguarding processes and have no appropriate person to support them
- **Mental Capacity Act (MCA) advocacy** – Independent Mental Capacity Advocates (IMCAs) support people who lack capacity to make certain decisions (for example about serious medical treatment or accommodation)
- **Children and young people’s advocacy** – including support for looked-after children and care leavers

Local authorities must arrange statutory advocacy when the legal criteria are met.

Non-statutory advocacy

Some advocacy services provide support even where there is no legal entitlement. This can include help with housing, benefits, education, health appointments, or complaints.

Advocacy services in York

Advocacy services for adults in York are commissioned by City of York Council. Referrals can be made by professionals, families or individuals themselves, depending on the service and eligibility.

Information about advocacy services in York is available via:

- **Live Well York – Advocacy services** [Advocacy | Live Well York](#)
- **York SEND Local Offer – advocacy and advice services**

York’s SEND Local Offer provides advocacy and advice through resources like the York SENDIASS (Information, Advice and Support Service) for impartial help, the Speak Up service for children in care’s rights, York Advocacy for adults, and the new SEND CENTRAL hub for families seeking information and support, all accessible via

the [York SEND Local Offer website \(www.yorksend.org\)](http://www.yorksend.org) or direct contact for tailored guidance on education, health, and care.

Key Advocacy & Advice Services

- **York SENDIASS:** [York SENDIASS \(www.yorksendiass.org.uk\)](http://www.yorksendiass.org.uk): Offers free, impartial information, advice, and support to parents, carers, children, and young people (up to 25) with SEND.
- **SEND Central Hub-** a new physical hub in Clifton for families to get advice, information, and support, including help with Education, Health and Care Plans (EHCPs).
<https://www.yorksend.org/parents/send-central>
- **Speak Up Service:** York's Children's Rights and Advocacy Service, supporting children and young people in care with their rights and getting help. <https://www.speakupyork.co.uk/>
- **York Advocacy:** For adults (18+) in York, helping to ensure their voice is heard and providing support to speak up on their behalf. <https://www.yorkadvocacy.org.uk/>
- **Parent Carer Forums & Groups:** Opportunities to get involved with support and advocacy groups for parent carers. <https://www.parentcarerforumyork.org/>

How to Access Support

- **Website:** Visit www.yorksend.org for comprehensive online resources, information, and contacts.
- **Email:** Send inquiries to yorklocaloffersend@york.gov.uk or sendept@york.gov.uk.
- **Phone:** Call 01904 554444 for general inquiries or 07983951277 for direct Local Offer contact.
- **In-Person:** Visit the new SEND CENTRAL hub for direct family support.

If a young person or adult is unsure whether they are entitled to an advocate, their social worker, health professional or the Adult Social Care team can help make a referral.

Annex 1: Words and acronyms we use

This guide uses some shortened words (acronyms) and terms that are education, health and social care. This glossary explains what they mean.

SEND

Special Educational Needs and Disabilities

A child or young person has SEND if they have a learning difficulty or disability that means they need extra help or support to learn, access services, or take part in everyday activities.

EHC Plan / EHCP

Education, Health and Care Plan

A legal document for children and young people aged 0–25 with SEND who need more support than is usually available. It sets out their needs, the support they should receive, and the outcomes they are working towards.

SENCO

Special Educational Needs Coordinator

A teacher or staff member in a school or college who is responsible for coordinating support for children and young people with SEND and working with parents, carers and professionals.

CAMHS

Child and Adolescent Mental Health Services

NHS services that support children and young people (usually up to age 18) who are experiencing mental health difficulties, such as anxiety, depression, or emotional and behavioral challenges.

TEWV

Tees, Esk and Wear Valleys NHS Foundation Trust

The NHS Trust that provides many mental health and learning disability services for children, young people and adults in York and surrounding areas.

MCA

Mental Capacity Act 2005

A law that protects people aged 16 and over who may have difficulty making some decisions. It sets out how capacity is assessed and how decisions should be made in a person's best interests if they lack capacity.

IMCA

Independent Mental Capacity Advocate

A specially trained advocate who supports a person who lacks capacity to make certain decisions and has no appropriate family member or friend to support them. IMCAs are required by law in specific situations.

UC

Universal Credit

A benefit that helps people with living costs, including housing costs, if they are on a low income or unable to work. It replaces several older benefits and is usually claimed online.

DHP

Discretionary Housing Payment

A short-term payment that can help with rent or housing-related costs if Housing Benefit or Universal Credit does not cover the full amount.

DFG

Disabled Facilities Grant

A grant that helps pay for essential adaptations to a home so a disabled person can live safely and independently (for example ramps, widened doorways or level-access showers).

ASC

Adult Social Care

Council services that support adults (aged 18 and over) who need help with daily living, independence, care or support. Support is usually provided following an assessment.

CSC

Children's Social Care

Council services that support children and young people under 18 who need additional help, including disabled children and their families.

PfA

Preparing for Adulthood

Planning and support to help young people move successfully into adult life. This focuses on four key areas: employment, independent living, community inclusion and good health.

NEET

Not in Education, Employment or Training

A term used for young people who are not currently in school, college, work or training.

Shared Lives

An adult care and support arrangement where a person lives with, or regularly visits, an approved carer who provides support as part of family and community life.