



**Dorset  
Council**

# How to prepare for your transition assessment



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# Contents

**About the Transitions Team**

**3**

**What the transitions social workers do**

**4**

**What happens at the transition assessment**

**5**

**Getting ready for your assessment**

**7**

**What happens after the assessment**

**9**

**Getting ready sheets**

**11**



## About the Transitions Team



**They are a small team of social workers who work with young people aged 14 to 25 years old who may need adult social care support.**



**They work with young people with special educational needs or disabilities to plan for adulthood.**



**They want young people to be as independent as possible. They want young people to be able to do the things they want.**



**They work with young people and their families to find out what support they need as adults. These are called likely needs.**



## What the transitions social workers do



They find out what information and advice you, your family or your carer need to help you get ready for adulthood.



They will ask you about your plans and what you want to do when you are an adult.



They will tell you if you can get help with your care and support from the council.



This is called a transition assessment.



## What happens at the transition assessment



They will ask you what you like to do.



They will ask you what you are good at.



They will ask you about your plans when you leave school.



This will include things like learning, training, doing voluntary work or getting a job.



They will ask you what skills you want to learn.



## What happens at the transition assessment



**They will ask you what help you need.**



**They will talk to you about any worries you have.**



**They will ask you if you have any questions.**



**They will include your family or carer.**



**If your parents or carer need an assessment for themselves, this will be arranged.**



## Getting ready for your assessment



**This meeting is about you.**



**It is important for you to be able to tell us what you want to do when you leave school.**



**We have prepared some getting ready sheets with things for you to think about. You can write on them and bring them with you to the meeting.**



**You may have some questions to ask the social worker. You can write these on the getting ready sheets.**



**The getting ready sheets are at the end of this booklet on pages 11 to 19.**

## Getting ready for your assessment



**You need to think about who you want to be at the meeting with you.**



**This could be your parents or carer, or other people who know you well.**



**You may also want to have someone who is independent and who can speak on your behalf. We call this person an advocate.**



**An advocate gets to know your views and wishes and helps you to tell others. This could be a family member, a friend or someone we arrange for you.**



**If you would like an advocate to help you, please tell the social worker before the meeting.**



## What happens after the assessment



The social worker will write notes about what was said.



This will include any information and advice you have been given.



It will also say if you may be eligible for social care support from the council as an adult.



You will be sent a copy of the assessment. We will also send a copy to your advocate if you needed one.



You will be asked if you agree with what has been written. It can be changed if needed.



If your parent or carer had their own assessment, they will be sent this.





## What happens after the assessment



If you are likely to be eligible for social care support as an adult, the assessment will be passed to the adults services social work team.



They will start working with you to make sure the right services and support are in place.



If you are not eligible for social care support from the council as an adult, the social worker will give you information about other services that may be able to help you in the future.



They will give you some ideas about how to get ready to live as independently as possible when you are an adult.



# Getting ready sheets



## Being part of your community



Some things to think about.....



Where I like to go?



What I like to do?



How I can get there?



# Getting ready sheets



**Who I like to meet?**



**How I can stay safe?**



**What else do you want to tell us?**

**What information or support do you need?**



# Getting ready sheets



## Work and training



Some things to think about.....



I want to do some learning or training?



I want to get a job?



I want to do some volunteering?



## Getting ready sheets



**The skills I want to learn?**



**How I want to spend my time?**



**What else do you want to tell us?**

**What information or support do you need?**



# Getting ready sheets



## My health



Some things to think about.....



What I do to stay fit?



How I make sure I eat well?



I know where to get help to stay healthy?



## Getting ready sheets



I know how to manage medications that I take?



What else do you want to tell us?

What information or support do you need?



## Getting ready sheets



### Independent living



Some things to think about.....



Where I want to live:

With family?

With friends?

On my own?



I can do things around the house myself:

Cooking?

Cleaning and washing?



# Getting ready sheets



**Looking after money:**

**I can do this myself?**

**I need help to do this?**



**I can get to places I want to go:**

**On my own?**

**With help?**



## Getting ready sheets



**I can keep myself safe?**



**I know who I can talk to if I am worried?**



**What else do you want to tell us?**

**What information or support do you need?**