## Further information, support and advice is available via:

**SENCO** (Special Educational Needs Coordinator) at your child's school.

**Rainbow Resource** www.rainbowresource.org.uk. This is the Local Offer for families with a child or young person aged 0-25 years, who has special educational needs, a disability or additional needs.

### SEND Partnership Service 01225 394382

send\_partnershipservice@bathnes.gov.uk. SPS offers confidential, impartial and independent advice and support to families regarding their child's SEND provision in pre-school and school settings and college up to age 25.

**SEND Team** 01225 394306 special\_educationalneeds@bathnes.gov.uk. This team is responsible for completing your child's Education and Health Care plan, organising provision and administering the plan.

Carers Centre & Parent Carers Aiming High 0800 0388 885 www.banescarerscentre.org.uk a local charity supporting people who care for family and friends who need extra support day-to-day.

#### Youth Connect 01225 396980

youthconnect\_supportservices@bathnes.gov.uk. Works with young people aged 11-25 to support, challenge and enable the learning of young people to realise their full potential.

**Off The Record** 01225 312481 <u>www.offtherecord-banes.co.uk</u> provide a range of free, confidential and independent services for children and young people that supports the development of their emotional health and well being.

**Sirona** 01225 831400 <u>www.sirona-cic.org.uk</u> provide health and social care support in B&NES.

Preparing for Adulthood www.preparingforadulthood.org.uk

Transition Information Network www.transitioninfonetwork.org.uk

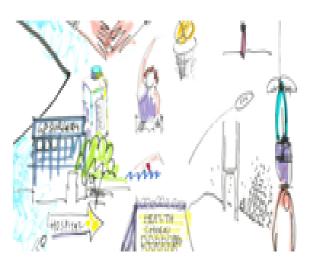
This document can be made available in a range of languages, large print, Braille, on tape, electronic and accessible formats





Bath and North East Somerset Clinical Commissioning Group

# Supporting Preparation for Adulthood Information for Families Health





### **Planning for Good Health In Adulthood**

Supporting your young person to maintain good health in adulthood is a key part of the review process.

Your young person may have been receiving support from a Paediatrician and this support ends at 18. The person who will need to know about your young person's health needs when they are 18 is their General Practitioner.

# Things to think about

- Does your young person need help to understand their condition
- What good support looks like for your young person to maintain good health
- What needs to happen for your young person to stay as healthy as possible?
- Do they need a Health Support Plan?
- What will happen to any equipment?
- Is a Hospital Passport needed?
- Can you get annual health checks via your GP?
- What are the discharge dates from Children's Services and who will take over any therapies in adult life?
- Will any existing paid supporters continue to support them when they are 18?

Information can then be used to inform the Education Health and Care plan



### www.rainbowresource.org.uk

On The Rainbow Resource you can find out about a variety of support organisations that aim to improve the quality of life.

This includes counselling, support groups and information about keeping healthy, you will find local and national services that provide information and advice to help you with physical and mental health and wellbeing.

Through the Rainbow Resource you can view support organisations that can provide support in health and improving the quality of your life including:

- Sexual Health
- Healthy Eating and Diets
- Continuing Health Care (subject to assessment and eligibility criteria)
- Personal Health Budgets (subject to assessment and eligibility criteria)
- Exercise and Being Active
- Substance Abuse
- Young Persons Health Groups
- Swimming Pools
- Gyms
- Equipment and Adaptions
- Health Services
- Leisure Centres

Additional sources of support are listed overleaf