

# Transition and beyond - A guide for parents or carers of young people with disabilities (part 3)

## **Towards independence**

## Towards independence

Richmond Council echoes the Government's commitment to the principle that 'everyone in society has a positive contribution to make to that society and that they should have a right to control their own lives'. (Independence, Well-being and Choice: Our Vision for the Future of Social Care for Adults in England. March 2001)

We help young people live in the community with any support that they need and with equal access to education, work, social and leisure opportunities.

This leaflet helps you consider how to prepare for how to make the person you care for independent. This includes thinking about housing, personal support and transport (money, education, relationships and health are covered in more detail in other leaflets in this series).



## Housing

There are several accommodation options for young people once they turn 18.

They may choose to live alone or with others. They may need varying levels of support to live independently. Each individual's housing and support needs should be discussed early in the transition process. This allows time for the young person to learn skills and find the right place to live.

Whatever they choose, their social worker or care manager can help them prepare. Their social worker is able to advise on possible options.

These are:

- living with parents or other family carers;
- renting from a private landlord or housing association;
- owning their own home;
- living in a supported living home with community-based support staff who visit and help with shopping and bills.
- residential care where there is 24 hour on-site staff support;
- adult family placement (similar to fostering); and
- residential college or apprenticeship.

More information about housing for people with learning disabilities is in the Housing Options Pack available on the Council website [www.richmond.gov.uk](http://www.richmond.gov.uk) or from Creating Opportunities in Richmond for People with Learning Difficulties on 020 8977 5447 or [www.corld.org.uk](http://www.corld.org.uk)



## Personal support

### Independent living

The person you care for may need support to live independently. This could include needing help with their personal care or daily living skills. For example:

- toileting;
- washing and personal hygiene;
- mobility and getting around at home;
- travelling in the community;
- understanding money;
- keeping safe; or
- communicating with others.



### Self-assessment and assessments of need

To establish the young person's needs as an adult, you and they will be asked to complete a self-assessment form. A care manager will also complete their specialist assessment. The needs identified in these assessments are used to work out the funding available to buy support, equipment and services for the young person after they reach 18. You can discuss all the options with a care manager (or broker) before developing a support plan.

# Managing the young persons support in adulthood

## Self-directed support and individual budgets

From September 2007 self-directed support started for adults in Richmond upon Thames. Each person is allocated a budget based on their needs. Using this, they can then buy the services they need to live independently. They can arrange the services themselves or have support from a care manager (or broker) to help them. This is a new way to arrange services. Once agreed the services and equipment mentioned in the plan will be bought and regularly reviewed.

## Direct payments

These are financial payments from Richmond Council to a young person or family member on their behalf. They are based on an assessment of need. They can be used for a range of options that help the young person to live as independently as possible for example, they could employ a personal assistant to support them with personal care or to go out.

## Independent Living Funds (ILF)

These were set up by the Government to financially support people with a disability to help them live in the community rather than in residential care. They are mainly used to employ personal assistants who care for people in their own homes.

If the person you care for is over 16 and receives social services support to the value of £200 or more per week, they may be eligible for ILF. Contact your Care Manager.

For more information on equipment and adaptations see page 7 and the 'Money matters' leaflet in this series.

## Advocacy

Advocacy services can help people find and get the help they want, need and are entitled to.

Advocates can help you understand the things that impact on your life and are important to you. This enables you to make informed choices and to communicate these to professionals and officials where necessary.

Local voluntary organisations run advocacy services for different people.

**Advocacy Partners** provide an advocacy service for adults with learning difficulties.

Contact them on 020 8892 6559

**Richmond AID** provides advocacy for people with physical disabilities.

Contact them on 020 8831 6070

Textphone: 020 8831 6078

**Richmond Advocacy** help people with mental health needs.

Contact them on 020 8744 9251

### **Action for Advocacy**

Central point for advocacy information.

Contact them on 020 7820 7868

E-mail: [info@actionforadvocacy.org.uk](mailto:info@actionforadvocacy.org.uk)

## Equipment and adaptations

Having the right equipment at home can help individuals to get out and about, and improve independence and quality of life.

Equipment might include sticky mats, specialist cups or bigger equipment such as stair lifts. Adaptations might include for example installing ramps, rails or a downstairs bathroom.

Services for Adults in Richmond upon Thames are integrated with Health Services, and so advice can be given by occupational therapists and physiotherapists as part of their specialist care management assessment. Recommended equipment and adaptations may be paid for or provided as part of the support they get from Adult Services, subject to individual circumstances.

**The Sensory Service** has equipment for people with difficulties hearing or seeing that can be tried. Contact the team at:

Room 9, Centre House, 68 Sheen Lane, Sheen SW14 8LP  
Minicom: 020 8487 1762 Day tel: 020 8487 1760 Fax: 020 8487 1761  
E-mail: [senservteam@richmond.gov.uk](mailto:senservteam@richmond.gov.uk)

If the equipment is not provided for you, you may want to buy it privately. The following shops could be of use:

### **Additional Aids mobility**

80 High Street,  
Whitton TW2 7LS  
Phone: 020 8755 0022

### **Opt 4 Mobility**

9-11 The Causeway,  
Teddington TW11 0HA  
Phone: 0800 1955 803  
Fax: 020 8943 8893  
[www.opt4mobility.com](http://www.opt4mobility.com)



## Transport

### Blue Badge scheme

This scheme provides national parking concessions to help disabled people park closer to their destination (driver or passenger). Some people automatically qualify, others are at the discretion of the local authority and a medical assessment may be required. Phone: 020 8831 6096

### Disabled Persons Freedom Pass

Disabled people can now travel free on buses, trains, and the underground in Greater London. There are accessible buses that have ramps for people with mobility difficulties. Passes for free travel are available for permanent residents of Richmond upon Thames who have a disability and are eligible. Phone: 020 8831 6094

### Disabled Person's Railcard

This allows discounted rail tickets to be purchased, usually one third off. If another adult accompanies the holder, they can also travel at the same discounted fare. The card is valid for 12 months and costs £18. A Young Person's Railcard (16 to 25 years) may be available if the young person is not eligible for the Disabled Persons Railcard. [www.disabledpersons-railcard.co.uk](http://www.disabledpersons-railcard.co.uk) Phone: 08457 48 49 50. Textphone 0845 60 50 600

### Taxi card

This allows members to have subsidised travel in licensed taxis. It is available to people over 2 years old who have permanent and substantial disabilities that are usually unable to use public transport. Phone: 020 8831 6097

### The Accessible Transport Unit

This unit can offer advice and information on all the above and more.

Phone: 020 8831 6312



## Local Contacts

### Richmond website

[www.richmond.gov.uk](http://www.richmond.gov.uk)

### Disabled Children's Team

The Croft Centre, 16 Windham Road, Richmond TW9 2HP

Phone: 020 8831 6060

Minicom: 020 8831 6049

[dct@richmond.gov.uk](mailto:dct@richmond.gov.uk)

### Richmond Direct (Services for Adults)

Phone: 020 8891 7971

Text: 07800 002439

[adultsocialservices@richmond.gov.uk](mailto:adultsocialservices@richmond.gov.uk)

### Community Team for People with Learning Disabilities

6th Floor Regal House, 70 London Road, Twickenham TW1 3QB

Phone: 020 8487 5315/5346

### Accessible Transport Unit (Richmond)

4 Waldegrave Road, Teddington TW11 8HT.

Phone: 020 8831 6312

Minicom 020 8831 6078

E-mail: [accessibletransport@richmond.gov.uk](mailto:accessibletransport@richmond.gov.uk)

### Sensory Team

The Sensory Services Team support adults with visual or hearing impairment.

Room None, Centre House, 68 Sheen Lane, Sheen SW14 8LP

Day tel: 020 8487 1760

Fax: 020 8487 1761

Minicom: 020 8487 1762

E-mail: [senservteam@richmond.gov.uk](mailto:senservteam@richmond.gov.uk)

### The Centre

Offers a range of support options for carers from all backgrounds.

Carers Support Line telephone 020 8867 2380.

E-mail: [info@richmondcarers.org.uk](mailto:info@richmondcarers.org.uk), or visit the website

[www.richmondcarers.org.uk](http://www.richmondcarers.org.uk)

## **National contacts**

### **Housing Options**

Advice and information for people with learning disabilities.

Phone: 0845 4561497

[www.housingoptions.org.uk](http://www.housingoptions.org.uk)

### **National Centre for Independent Living**

Phone: 020 7587 1663

Text: 0207 5871177

[www.ncil.org.uk](http://www.ncil.org.uk)

### **Independent Living Funds**

Phone: 0845 601 8815

[www.ilf.org.uk](http://www.ilf.org.uk)

### **Door to Door**

Transport and travel website for disabled people.

[www.dptac.gov.uk/door-to-door](http://www.dptac.gov.uk/door-to-door)

### **Contact a Family**

Information for families with disabled children.

Free helpline 0808 808 3555

[www.cafamily.org.uk](http://www.cafamily.org.uk)

### **Valuing people support team**

Information, guidance and best practice for people with learning disabilities.

[www.valuingpeople.gov.uk](http://www.valuingpeople.gov.uk)



## What did you think of this leaflet?

## Do you need more information?

Contact the Public Information Officer on

Phone: 020 8487 5093

Visit us online at [www.richmond.gov.uk](http://www.richmond.gov.uk)

## Translation advice

If you have difficulty understanding this publication, please visit reception at the address below, where we can arrange a telephone interpreting service.

إذا كانت لديك صعوبة في فهم هذا المنشور، فنرجو زيارة الإستقبال في العنوان المعطى أدناه حيث بإمكاننا أن نرتب لخدمة ترجمة شفوية هاتفية.

Arabic

اگر در فهمیدن این نشریه مشکلی دارید لطفاً به میز پذیرش در آدرس قید شده در زیر مراجعه نمایید تا ترتیب ترجمه تلفنی برایتان فراهم آورده شود:

Farsi

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਪਰਚੇ ਨੂੰ ਸਮਝਣ ਵਿਚ ਮੁਸ਼ਕਲ ਪੇਸ਼ ਆਉਂਦੀ ਹੈ ਤਾਂ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਪਤੇ ਉੱਪਰ ਰਿਸੈਪਸ਼ਨ 'ਤੇ ਆਓ ਜਿੱਥੇ ਅਸੀਂ ਟੈਲੀਫੋਨ ਤੇ ਗੱਲਬਾਤ ਕਰਨ ਲਈ ਇੰਟਰਪ੍ਰਿਟਰ ਦਾ ਪ੍ਰਬੰਧ ਕਰ ਸਕਦੇ ਹਾਂ।

Punjabi

Please contact us if you need this publication in Braille, large print, on audio tape or in another language.  
Phone 020 8891 7500 or Minicom 020 8891 7539

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