

From 16 – 18, what can I expect?



*The Child Brain Injury Trust is a national charity supporting anyone affected by childhood acquired brain injury. The following information has been developed to help the reader understand more about brain injury and some of the associated issues. Every effort has been taken to ensure the information is accurate and up to date. If you require more immediate support or assistance please contact our **Advice, Information & Referral Service on 0303 3032248.***

The following E-Learning sessions which families and some professionals can access free of charge may also be beneficial:

[Understanding Childhood Acquired Brain Injury](#)

[Sexuality and Relationship Transitions](#)

[Lost in Transitions](#)

[Transition to Adulthood](#)

From 16 to 18 - what can I expect?

Turning 16 is often the time when you may move from children's services to adult services. It may also be a time when you are given more independence choice about your life.

Also, after you've turned 15, make sure your parents find out about benefits before your 16th birthday, otherwise you might not receive the full entitlement.

Turning 16

At 16, you have the right to decide whether to inform anyone of your acquired brain injury. This is referred to as 'disclosing disability'. It may be that you want to be treated the same as everyone else and don't want a label of disability. This is totally understandable, but in doing so, it will mean there may be fewer opportunities for extra support.

Health

Medical appointments and confidentiality: At 16, young people have the right to say they don't want parents to attend medical appointments with them. As a result, your parents may find that they don't know what is being said in these appointments and you may not remember. Not all doctors will understand this.

A 16 year old man with an acquired brain injury visits the doctor's surgery. He's relieved that his parents don't have to come in with him anymore. Some of it is just so embarrassing! The appointment goes well and the doctor makes some good suggestions. The problem is that when the young man arrives home, he cannot recall what was said, or what had been agreed.

Child to Adult Services

At 16, some paediatricians will insist that the young person is passed over to Adult Services. In other areas, this will take place gradually up to age 18. Some paediatricians hold joint clinics with their Adult



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Service 'equivalents' in order to ease the transition process but, where this is not the case, it can be quite a shock for a family to experience this change in service and support.

A smooth transition from Child to Adult Services will reduce the likelihood of unforeseen challenges, or difficulties, emerging in adult life.

Top Tips

- Find out if there is a Transitions Officer in your area. Your Local Authority should be able to give you further information.
- Have a look at the **Council for Disabled Children** web pages for useful information and links to helpful resources in the [young people's section](#); or if you are a parent you may like to [click here](#) for more information.

Doctor's appointments

Now is the time to consider 'supported' visits to the doctor, allowing you to take the lead on the meeting, with your parents being there to provide support.

In preparation:

- Book a double appointment to allow extra time.
- Work with your parents to identify a list of questions to ask.

At the meeting:

- Go prepared with notepaper and a pen, or ask the GP/Consultant for permission to record the consultation on your mobile phone, to play back later.
- Make sure your parents give you time to ask questions and write down the answers.

After the meeting:

- Review the notes with your parents to see what was recorded.

Social Services

Where Social Services have been involved, a Care Plan will have been developed. When you reach age 16, you will need to have a 'Pathway Plan' prepared within 3 months.

Depending on the county in which you live, you may be subject to an 'Adult Social Care Assessment' at the age of 16. Be aware that the level of support can change following this assessment, and this can spell the end of services that have, until now, been available.

Specialist Services

There is a shortage of specialist services for adults with an acquired brain injury, although they are more common than services for children. Please speak to your [Regional Child & Family Support Coordinator](#) who will be able to signpost you to services in your locality.

Living Arrangements

Refer to the factsheet on '[Independent Living](#)' for further information.

Turning 17

If Children's Services have been involved with your family, it is most likely that your contact will have been with the Children and Families' Teams or Children with Disabilities Team. At the age of 18 you are likely to be transferred to a Social Services team for adults, although this shouldn't just happen. It should involve planning, and a detailed exchange of information and should include Social Workers, whose job it is to focus on the transition from Children's to Adult Services.

Learning to drive

Refer to our factsheet on '[Learning to Drive](#)' for further information

Top Tips

- Now is the time to find out what will happen in relation to the transfer of your care from Children's to Adult services.
- Children's and Adult's Services should work closely together in order to ensure that services don't come to an abrupt end, as this will be to the detriment of the young person.
- The Children Act 2004, Section 17, requires Local Authorities to prepare and publish a plan which sets out how children and young people in need will be provided for. Transition planning should form part of this. Where Local Authorities are not required to produce a plan, it is still considered to be a good way of working.
- Child Brain Injury Trust continues to provide support to a young person up to the age of 24 where there is no local support. With permission, we can also liaise with other appropriate voluntary agencies that might be able to provide support to you. If you are not already being supported by one of our Regional Child and Family Support Coordinators and would like to self-refer please [click here](#) for more details.

Turning 18

Education – Universities

Your career path may involve study at University. Refer to our factsheet on '[Staying in Education](#)' for further information.

Job Centre Plus

They can help you find a job or gain new skills and tell you about disability-friendly employers in your area. They can also refer you to a specialist work psychologist, if appropriate, or carry out an 'employment assessment', asking you about your skills and experience and what kind of roles you're interested in. Ask the Work Coach at your local Jobcentre

Social Services



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In order to access Social Services from 18 years of age, a 'Care and Support Needs Assessment' is used to assess eligibility. The need that is identified will usually lead to you being allocated to a particular Social Work department (such as a Physical Disability Team).

Finances

If your parents are in receipt of Direct Payments for you, payment will now be made directly to you. For further information on finances, please speak with your Regional Child and Family Support Coordinator who may be able to refer you to our specialist independent Benefits Support advisor, or ask about our Small Grants scheme.

MAKE A DONATION TODAY

The Child Brain Injury Trust relies on grants and donations to enable us to continue our work supporting families affected by childhood acquired brain injury.

Please help us to continue our work by making a donation today – [CLICK HERE](#) to make a one off donation or set up a monthly gift.

Thank you – your donation does make a difference.



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