

# My moving on plan

Moving on from Children and Young People's Services

Name:



## Welcome to your moving on plan

Moving on from a service that you know can seem daunting, we want to make sure that moving on is a positive journey to a service that will meet your needs as an adult.

This moving on booklet has been developed by Children and Young People's Services (CYPS) and Adult Services in partnership with the CYPS Participation Team and young people from the Morpeth Participation Group to:

- ✓ Make moving on easier
- ✓ Make sure that you are prepared and ready
- ✓ Make sure that you understand everything that is happening and why it is happening
- ✓ That all young people share the same, positive experience of moving on.



## Moving On: What should I expect?

When you reach 18 years old if you still need support you will move on from Children and Young People's Services to a service that can meet your needs as an adult. This shouldn't be stressful and should be supported to ensure that moving on is a positive experience!

This is what you can expect to happen and if it doesn't you should speak to your contact person/care coordinator as soon as possible.

- ✓ Before you reach 17 and a half years old you will be made aware that you will soon be moving on
- ✓ At 17 and a half years old you will be invited to meet with your CYPS worker(s) and new contacts from adult services to begin to plan your future care.
- ✓ Your care coordinator or allocated transition mentor will be available to answer your questions. You can also access some independent support and guidance if you need it.
- ✓ Before you move on at 18 you may need to participate in further get together sessions to build relationships with new workers and make sure that the new service meets all of your needs.
- ✓ If everyone agrees that moving on to adult services isn't the best option for you then you will be supported to access alternative services if required.
- ✓ If you don't move on to adult services at 18 but access these services later on, CYPS will still liaise with them about your care.
- ✓ CYPS may stay involved until 3 months after your 18<sup>th</sup> birthday to ensure that moving on has been a positive experience. You will need to consent to this

## My moving on checklist

- I know who to contact with my questions and concerns
- I know when I will move on to a new service
- I have met the people who will be involved in my care
- I am happy that my mental health and emotional wellbeing needs will be met
- I have the additional support that I need from family/friends and/or external organisations
- I understand the level of housing support/benefits that I will be entitled to when I move on
- I have had chance to talk about my future education, training and employment
- I have had opportunities to talk about my social and leisure needs

## My hopes, fears and questions

Use this page to write down your hopes, fears and questions to make sure that you get the answers and support that you need.



|              |                      |
|--------------|----------------------|
| <b>Hopes</b> | <b>Fears/worries</b> |
|--------------|----------------------|

| <b>My questions</b> | <b>Did I get an answer?</b> |
|---------------------|-----------------------------|
|                     | Yes/No                      |
|                     | Yes/No                      |
|                     | Yes/No                      |
|                     | Yes/No                      |
|                     | Yes/No                      |

## My moving on get together sessions

You will meet with your workers from CYPS and your workers from your new service three times before you move on.

You **do not** need to fill these sheets in before your get together sessions.



## Moving on first get together

|                  |  |
|------------------|--|
| Date:            |  |
| Venue:           |  |
| Things to bring: |  |

|                       |
|-----------------------|
| What we talked about? |
| Next steps:           |
| Any concerns:         |



## Moving on get together - 2

|                  |  |
|------------------|--|
| Date:            |  |
| Venue:           |  |
| Things to bring: |  |

|                       |
|-----------------------|
| What we talked about? |
| Next steps:           |
| Any concerns:         |

## Moving on get together - 3

|                  |  |
|------------------|--|
| Date:            |  |
| Venue:           |  |
| Things to bring: |  |

|                       |
|-----------------------|
| What we talked about? |
| Next steps:           |
| Any concerns:         |

## Useful contact numbers:

Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre  
Tel: 0191 246 7288



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