



# Supporting you to live independently

Our guide to transitioning  
to adult services

**lifeways**<sup>+</sup>  
yes to you



**Moving from children's to adult services can be a daunting time for both you and your family. There's a lot to think about and do; from looking for information about available support, searching for what services are available in your area, to contacting and talking to new people.**

**Here at Lifeways, we can help guide you through the process and plan for a smooth and successful transition.**

## Making the first step

**Transition is a period of change, and as with all change, planning is key. The transition process usually starts when you're around 14 years old, giving plenty of time to explore all the options and have the right conversations with everyone involved in your support.**

Whether you're going to be moving from school, hospital or your family home, we can help you find the right place to live, whether it's in a residential or supported living setting.

First of all, together with your social worker, we'll spend lots of time talking to you (and your family) to get to know you really well and understand everything you're looking for, so we can help suggest what options are best suited for your needs.

You can rely on Lifeways to keep you informed every step of the way. We will keep the people and teams involved in your support updated regularly, also ensuring minimal disruption to any existing routines. We'll even arrange regular joint meetings to keep everyone in the loop, so that you'll know what to expect and when.

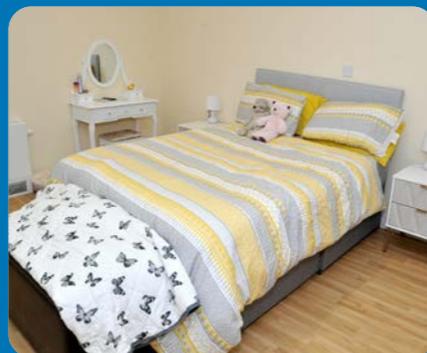
**Read on to find out more about our move-in process, and life at Lifeways.**

# Choosing your perfect home

At Lifeways, there's plenty of choice when it comes to places to live. We support people in shared houses, bungalows, residential houses and individual apartments. Each home has its own feel, so you'll be sure to find the one that's right for you.

Maybe you'd like to live in a shared house? Or perhaps you'd like your own self-contained apartment? Our supported living apartments are accessible, modern and spacious, and include white goods like a fridge and a washing machine. Assistive technology is built into all of our new apartments, and extra can be added if you need it.

When it comes to location, we've got great places to live all over the UK, in great locations close to shops and transport links. You'll have the option to stay close to family, friends and local communities, or discover somewhere new.



**“When I was given the keys for the first time it was like I was in a different world! My life has changed in so many ways.”**



## The move-in process

When you're ready to move in, we offer a staggered transition so you can visit your new home for a few hours, then for a day, and finally for an overnight stay to see if it suits you.

During this time, we'll help you maintain your routines and keep up any existing hobbies and interests. Plus, we'll support you with exploring the local area, so you can get the most out of your new home and your new community.

Above all, we'll listen to you and your needs, and do everything we can make sure your transition is well co-ordinated, timely and ultimately, runs smoothly.

[Read more on the whole process in our step-by-step guide on the next page.](#)

# Transitioning to adult services

## Our step-by-step guide

1

Call us on 0333 321 4881 or email us at [referrals@lifeways.co.uk](mailto:referrals@lifeways.co.uk), and we'll allocate you a local referrals manager who will contact you about your needs.

2

We'll arrange a visit to meet you in person with your family, as well as your current support team and anyone else involved in your life such as medical professionals. We'll find out about your current support, what you want for your future and start to explore your options.

3

We'll liaise with your transitional team to create a funding proposal for your local council. You'll be kept up-to-date throughout the whole process.

4

We'll show you round some different places – apartments and shared houses – so you can see them for yourself, ask any questions and meet some of the people we support.

We can also help you build a moving-in plan. This can include information about your new home, how much things such as utilities will cost, photographs of your flat or bedroom, and information on the staff team.

5

Once funding is approved, we can set a move-in date, and will be on-hand to support you to make the move as smooth as possible. If you like, you can stay the night in your new home before you move in. We can even arrange a tea or lunch with the other tenants prior to your move.

6

We practise inclusive recruitment – this means that you can be involved in choosing your support team, so that you have the right people supporting you, with the right skills; where possible they may also share the same hobbies and interests as you.

7

We can arrange a workshop with you and your family to introduce yourself to your new team. It's a useful opportunity to meet the team, get to know each other, and start to build a great relationship.



## Staying connected

We understand that regular contact and quality time with your friends and family is really important to your happiness and well-being. So we will support you to stay close to your friends and family and keep doing all the things you did before. We can also help you make new friends, by supporting you to find new hobbies or social groups in the local area.



## Hobbies and activities

Once you're settled in, we can help you plan new and fun activities. You might like the idea of trying a new sport, taking up a new hobby, or planning a holiday. We'll help with all of these things. We can also help you get out and explore the local area, getting you acquainted with local transport links and timetables, so you have the confidence to plan trips out.



## Supporting your future

Whether you're planning to continue your education and go to college, find a job or volunteer somewhere in the future, we'll be able to support you every step of the way. We'll also help you to learn important life skills like cooking and shopping so that you can enjoy and feel confident with your new-found independence.



## Managing your finances

Dealing with money for the first time can feel like a big responsibility. If you're new to budgeting, we can talk you through everything and make sure you can keep track of your money. We'll support you to manage budgets for things such as food and entertainment, as well as all your household bills.

## It's all about you

It's really important to us that you are supported in exactly the way you want. So, we put you at the centre of your support plan – including you in all decisions and asking you to tell us what you want to do, how you want to live, and how we can support you to fulfil your goals and dreams. We know it can be daunting moving into your own place for the first time. But, by spending time with you and getting to know you well, we'll help you to feel welcomed, comfortable and confident in your new home.

## Your support team

Our teams at Lifeways have been chosen based on their values and behaviours. We provide comprehensive in-house training and development, in addition to specialist training, which is specific to you, to ensure the team supporting you has the knowledge and skills to support you to your fullest potential. This could include epilepsy management, moving and handling or positive behaviour support (PBS).



**“I like the fact I can get out on my own and be more independent. I also enjoy cooking my own meals and going shopping.”**

# Alisha's story

**When the time came to move on from college, Alisha was keen to transition into supported living and found out about Lifeways during one of our transition events.**

Alisha visited a Lifeways property near her college. *"I thought it was perfect, I could really make it my own."*

Independence is important to Alisha, so she decided she didn't want to live too near her parents in order to maintain the skills she'd learned.

*"My family wanted the best outcome for me, but to be honest, mum wanted me to live nearer to her" said Alisha. "Lifeways reassured her that I'd have full control of my support and she would still be able to be in the picture as much as she could, so I think that helped her accept my decision."*

Alisha was involved in choosing her Support Team and decorated her room how she wanted and made it feel like home. She initially found it strange going from an environment of living with 23 other people, to being on her own with one member of staff. But since moving in, she has flourished and is enjoying life to the full.

More people have now moved to the supported living shared house and she enjoys spending time with them, having group dinners and themed nights. Alisha enjoys keeping fit, and has taken up boxing as a new hobby.

Alisha's goals for the future are to get a job, possibly in advocacy. She's also hoping to book an adventure park holiday and go to more concerts.



**"Lifeways has helped me to carry on directing my independence and doing the things I enjoy."**

# Further reading and useful contacts

**NHS: Moving from children's social care to adult social care**

Visit [nhs.uk](https://www.nhs.uk) and search for 'Moving from children's social care'.

**NICE: National Institute for Health and Care Excellence**

Visit [nice.org.uk](https://www.nice.org.uk) and search for 'Transition from children's to adult's services'.

**Royal College of Nursing: Children and Young People: Transition to adult services**

Visit [rcn.org.uk](https://www.rcn.org.uk) and search for 'Transition to adult services'.

**POhWER delivers information, advice, support and advocacy services throughout England.**

[www.pohwer.net](https://www.pohwer.net)

**“As Kirsty’s mum it’s hard to put into words how grateful we are to the Lifeways team for the care and support they have given Kirsty (and us) since she moved into her new home.”**

Parent of person we support at Lifeways.

To start planning your future today,  
call us on **0333 321 4881** or email us  
at **[referrals@lifeways.co.uk](mailto:referrals@lifeways.co.uk)**

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