



**Young People with Special Educational Needs and/or Disability  
(SEND)**

**Moving into adult health services  
and Annual health Checks  
14 – 25 years**

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# Young People with SEND Transition to adult Services Overview



NHS Health is a Large Beast!  
Often trying to navigate a large  
ocean of water without a  
navigation system or clear  
captain!



Complex mess of  
information and  
pathways



## Transition Planning in Health Services

- Transition in Health services, means the change from Children's to Adult's health care services.
- It should be a planned and gradual process.
- Transition from child health services to adult health services will mean parents/carers and the young person may start seeing a different team at their local health services.
- This can start formally between 14 -18years.
- Young people will be given a lot more independence, where appropriate, and will be encouraged to learn about their health, so that parent/young person can be more involved in their healthcare and decision making.



# Health Resources

- Some health services use the [Ready Steady Go Transition](#) Programme as produced by Southampton NHS Trust to support you/your child and develop your/their confidence to understand and look after your/their health.
- They also use health passports to ensure information is kept in one place and up to date
- One page profile Similar (Education for EHCPs)
- Child in Care health passports



# Access to comparable Health Services

**Child/young person  
0-18**

Transitional planning

**Adult 18+**

**Primary Health Care  
/Essential Universal health  
services**

- GP Surgery, practice nurse
- Midwife
- Health Visitor, School Nurse, (Healthy Child Programme 0-19)
- Immunisation programme ( & routine Screening)
- Dentist
- Optician
- Pharmacy
- Emergency Care
- Contraception and Sexual health



**Primary Healthcare/Essential Universal health  
services,**

- GP Surgery, practice nurse
- Midwife
- No equivalent service
- Immunisation & Screening
- District Nurse
- Dentist, optician
- Pharmacy
- Emergency Care
- Contraception and sexual health

**From 14 years People with LD entitled to  
an annual health check**

0

5yrs

10yrs

14yrs

16yrs

18yrs

21yrs

25yrs

**Good Transitional planning should commence  
with good communication throughout**



## Child/young person 0-18

Transitional planning

## Adult 18+

### Secondary/Specialist Health Services

- **Consultant community Paediatrician**
- **Other Specialist services and consultants for children, (Neurologist, orthopaedics, audiology,**
- Physiotherapy,
- Occupational Therapy,
- Speech & Language Therapy,
- Psychology
- **Specialist LD CAMHS services**
- Specialist Nurses/services (Continence, Diabetes, Asthma, Epilepsy)
- Child Adolescent Mental Health Services (0-25)
- Children Continuing Care



Specialist services for age criteria may vary

### Secondary/Specialist Health Services

- **No equivalent Paediatrician in Adult health care.** GP or Paediatrician before discharge would refer on to appropriate specialist consultants in health services.
- Other professionals often referred to as allied health have similar services in adult would need to consider referral on if appropriate due to eligibility for the service.
- Specialist nurses dependent on service design some cover all age
- **Adult learning disabilities services (Transition worker)**
- Adult Mental health post 25 years
- Adult Continuing Healthcare

0

5yrs

10yrs

14yrs

16yrs

18yrs

21yrs

25yrs

**Good Transitional planning should commence with good communication throughout**



# Annual Health Check Learning Disability

Did you know that if a young person (14 – 25yrs) has a learning disability, they are eligible for an annual health check with their doctor/nurse?

## What is an annual health check?

- It is a health check for young people (14-25yrs) and adults over 25 yrs who are known to Family Doctors and Social Services with
- Moderate learning disability OR
- Severe learning disability OR
- People with a mild learning disability who have additional complex needs.



# How do they get an annual health check ?

Need to be registered with a GP surgery

Identified to have a Learning Disability

Parents, carers/other professionals can let the GP Surgery know they have a learning disability

GP surgery can invite and offer a health check every year

Parents/carers can ask for a health check





# What can they expect at an annual health check?

- A health check will normally last about 1 hr
- The doctor/nurse will measure height and weight
- The doctor/nurse will listen to their chest.
- The doctor/nurse will ask lots of questions about their lifestyle, what they eat and drink.
- Young people can tell the doctor/nurse about their lifestyle, what they like to eat and drink.
- They can tell the doctor/nurse about their sleep, and the things they like to do in school/college/work and outside of school/college /work
- They can also tell the doctor/nurse how they keep healthy and active.
- Remember, they can ask the doctor/nurse about any worries about their health.
- The doctor/nurse can give more ideas to help them keep healthy and active.

**After the health check young people can have a health action plan that has been agreed to help with their health, this may need to be checked on a regular basis to make sure things are working**



# Reasonable Adjustments

The Disability Discrimination Act says that: Organisations including health services should make sure they are **accessible** to disabled people. In law this is called making reasonable adjustment. For examples, young people might get an accessible letter about how the screening went, they might also get a longer appointment with the GP



# The Mental Health Capacity Act

- The Mental Capacity Act (MCA) is designed to protect and empower people who may lack the mental capacity to make their own decisions about their care and treatment. It applies to people aged 16 and over.
- **Assume capacity:** a person must be assumed to have capacity unless it is established that they lack capacity
- **Maximise capacity:** a person is not to be treated as unable to make a decision unless all practicable steps to help him to do so have been taken without success
- **Unwise decisions:** a person is not to be treated as unable to make a decision merely because s/he makes an unwise decision
- **Best interests:** an act done, or decision made, under the Act for or on behalf of a person who lacks capacity must be done, or made, in their best interests
- **Least restrictive option:** regard to whether the purpose can be as effectively achieved in a way that is less restrictive of the person's rights and freedoms



# Future?



More confusing complications to untangle?



Clear direction of travel despite having numerous captains of the ship?

DISASTER



# Further information

## Contact details for DCO team Suffolk

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Annual Health Checks - <https://www.gov.uk/government/publications/annual-health-checks-and-people-with-learning-disabilities/annual-health-checks-and-people-with-learning-disabilities>

Mental Health Capacity Act - <https://www.nhs.uk/conditions/social-care-and-support-guide/making-decisions-for-someone-else/mental-capacity-act/>

Ready, Steady, GO - <https://www.nice.org.uk/sharedlearning/implementing-transition-care-locally-and-nationally-using-the-ready-steady-go-programme>





Thanks for your participation  
and Listening.....

Any Questions?

