

Options for The Future



Life



After



Queen Alexandra College

QAC



My



Social Story



Booklet



Contents



1 -



Page 1 - Introduction



2 -



Page 2 - My Transition Review



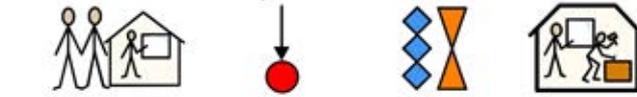
4 -



Page 4 - Can I Stay At



6 -



Page 6 - Further Education at a Different College



8 -



Page 8 - Supported Internship



10 -



Page 10 - Apprenticeship



11 -



page 11 - Volunteering



12 -



Page 12 - Direct Payments



14 -



Page 14 - Day Opportunities/Services



15 -



Page 15 - QAC Community Services



16 -



Page 16 - Supported Living



17 -



Page 17 - Residential Care



19 -



Page 19 - Stepout



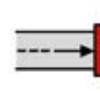
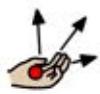
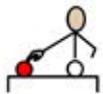
Introduction



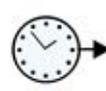
I am in the last year of my course at QAC.



This booklet is designed to help me understand some of the options



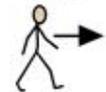
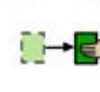
that could be available to me once I finish college.



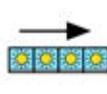
Feeling uncertain about the future can be worrying, but staff at



QAC will support me to make a plan, give me lots of



information and make sure I feel ready to move forward.



Planning for the future can be exciting and fun!



If I want to speak to the transitions team for more information,



I can ask a member of staff who can help me.

My Transition Review

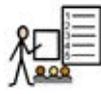
Every year at QAC I have an review meeting.



At this meeting, people talk about how things are going for me at



College.



This is my last year on my course at QAC, so my review meeting is



very important - it is called a **Transition Review**.



In my Transition Review, me and the people who know me best



will talk about what I want to do and where I want to go after my



course has finished.



It is a good idea to come to the Transition Review with some ideas we can



talk about.








 After the meeting, QAC will complete paperwork telling my






 local authority what we have talked about (the local authority are part of










 the council for where I live and help support me and my family



 with funding).








 My local authority will then work with QAC and my family to









 try and make what we've talked about in the Transition Review happen









 by providing advice, support and approving funding.







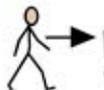


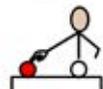
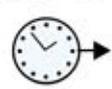

 Here are some of the options I could take after my course has

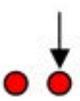
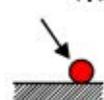


finished!

   
Can I Stay At QAC?

+1    
If I want to stay for an another year after my course ends at
    **+**
QAC, I have to be able to progress further academically and
    
continue to learn new qualifications or skills.

     
There are lots of different courses at QAC but if I want to
       
stay for another year, it must be to study a course that will
  
help me continue to progress forward.

       
Sometimes staying for another year at QAC might not be the
     
best option for me, even though I like it there.











 There might be another place I can go that will be better for



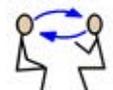
 me than QAC.










 I can speak to my tutor for more information and we can






 discuss this in my transition review but it is important to remember that






 funding for an additional year at QAC must be approved by my


 local authority.








 They have the final say in the decision, not QAC.



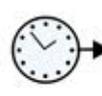
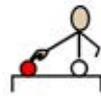
Further Education at a Different College



I might decide that I want to study a course at a different specialist



college.



Staff can help me look for a course that will be suitable and



the best choice for me.



I will need to have worked hard and had good attendance at



QAC

as this shows the new college that I want to carry on



learning.



Once I find a course I like, I can go and visit the college



and then give them my application to go and study there.



My local authority

need to



know



where

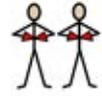


I want to



go,

so



we

will



talk about

it in my



review



meeting

+

and



QAC

will



tell



them



my



plan.

Supported Internship

A supported internship can give me the training, support and work skills



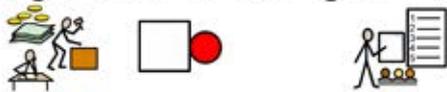
that I need to help get a job.



I would do placements with real employers as well as studying at



college and I will gain valuable experience and skills to help me get



a job after the course.



I would need to have good attendance, have already completed a work



placement and done travel training.



Lots of different colleges offer Supported Internships, including QAC.



If I want to do a supported internship I need to research placements and



then we can talk about it in my transition review this year.



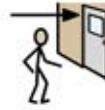
Apprenticeships



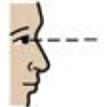
An apprenticeship is a paid job that allows me to gain a qualification



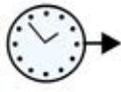
while learning to do a job at the same time.



I will need qualifications, good attendance and want to work hard.



I can search for and apply for apprenticeship opportunities online.



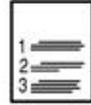
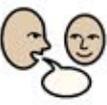
I will attend an interview if my application is successful.



QAC can help me find placements and prepare to apply.



We will talk about it at my transition review so QAC can

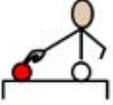


tell my local authority my plan.



Volunteering







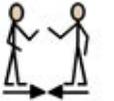



 Volunteering is unpaid work that helps me engage within my



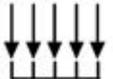








 community, learn skills, have fun and meet new friends.

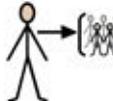





 There are opportunities for people of all skill levels but I will








 need a positive attitude towards getting involved and to be able to





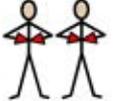
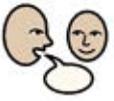

 do a certain amount of hours each week.







 QAC can help me find the right opportunity and then





 we can contact the organisation to find out more and apply.






 If I want to do volunteering we can talk about it more in my transition




 review this year.



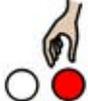
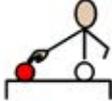
Direct Payments

If the council has agreed that I can get social care support, then I should be able to have Direct Payments.

These payments can be used to pay to access services, activities or to employ a personal assistant (PA) to help support me.

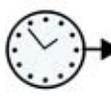
To access these payments, I will need an assessment, which is usually carried out a social worker. This assessment will show what I'm able to do for myself + and what I need help with.



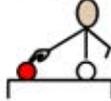







 If the assessment decides that I can have direct payments, then





 the council will give the payments to me, so that I can





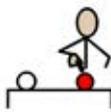


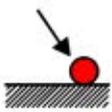


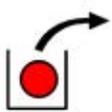
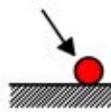

 buy the care and support I need for myself. (My family or



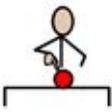




 carers can help me with this).



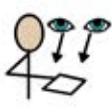




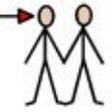



 There are lots of providers out there and I can choose the ones







 I want, as long as I am able to show how they meet




 my assessed needs.



Day Opportunities/Services



These are health, social care or leisure provisions that help me to



be active, learn skills, have fun and to make friends.



Local Authorities provide lots of different, exciting opportunities for people



with disabilities.



Myself or my family will need to ask my local authority for a



social worker to assess my needs and help pay for this.

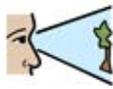


QAC

Community Services



allows me to use direct payments



12



+

(see page 12) to access the community, develop my skills and



to access fun activities that I will help plan for myself.

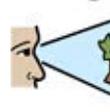
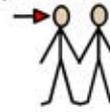
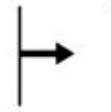


To access community services I will need to have a social care



+

assessment (this can be requested through my councils website) and to



12

receive direct payments from them (see page 12)



I can then use these payments to access Community Services.



Supported Living



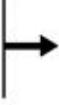






 Supported living allows people with disabilities to live in the




 community with help from support workers.










 Supported living can help me to develop and maintain my








 independent living skills such as cooking, cleaning and gardening.

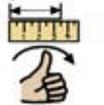







 Myself or my family will need to ask my local authority for a










 social worker who assess my needs and the amount of funding I



 am entitled to.






 This funding will then go towards the cost of supported living.



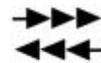
Residential Care



Residential care homes are group homes where adults with disabilities live



together while staff provide 24 hour support and care.



Residential care homes are useful for people with more complex needs,



so if I have a health, behavioural or specialist support need it could be a



good choice for me.



Residential staff are well trained to understand me and will help



me to be as independent as I can.



Myself or my family will need to ask my local authority for a



social worker to assess my needs and the amount of funding I am



entitled to.



This funding will then go towards the cost of residential care.



StepOut is a programme at QAC for students who may use



social



care



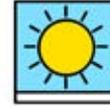
provisions



like



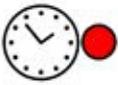
residential care



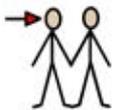
or day



opportunities



after



they



finish



college.

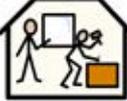
I would learn about what to expect and join in with sessions

and leisure activities like arts and crafts, gardening, cleaning and

cooking to develop my living skills.











 StepOut consists of 3 days at college and 2 days in community care






 settings to help prepare me for the future.









 Stepout requires funding from my local authority and social care, so









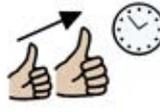

 I need to ask my local authority and QAC if Stepout




 is right for me.









 Me and my family can discuss this at my transition review this year







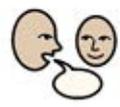
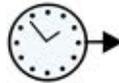
 and ask for support with applying for Stepout.



These are just some of the options available to me for the future.



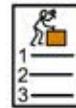
There are lots available that I can ask about.



Staff at QAC will help me and I can talk to my



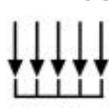
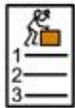
family, friends, the transitions team, my personal tutor or any other



staff that know me well to help me plan my future.



If I am well prepared and given lots of information and support,



then planning for my future doesn't have to be worrying at all.



It can be fun and exciting!