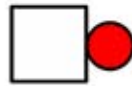




# Options for The Future



Life



After



QAC



My



Social Story



Booklet



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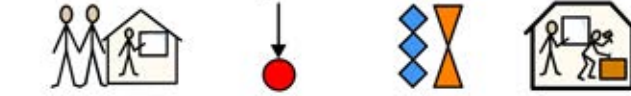
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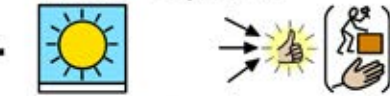
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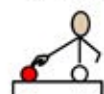
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Introduction

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.



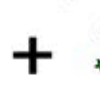
Feeling uncertain about the future can be worrying, but staff at



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!

**+1**    

If I want to stay for an another year after my course ends at



+

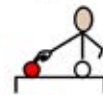
QAC, I have to be able to progress further academically and



continue to learn new qualifications or skills.



There are lots of different courses at QAC but if I want to



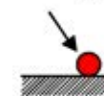
stay for another year, it must be to study a course that will



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

+1



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



local authority.



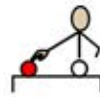
They have the final say in the decision, not QAC.

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



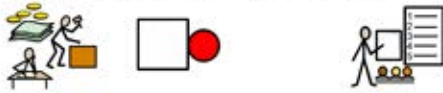
that I need to help get a job.



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

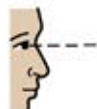
An apprenticeship is a paid job that allows me to gain a qualification



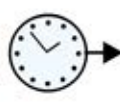
while learning to do a job at the same time.



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.

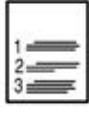
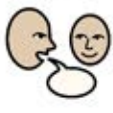


QAC

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
 






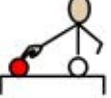






  
 we can contact the organisation to find out more and apply.







  
 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












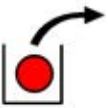




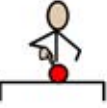

 buy the care and support I need for myself. (My family or








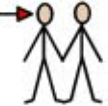










 carers can help me with this).










 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.





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

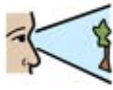
to use



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.

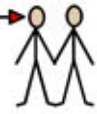
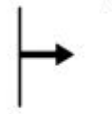


To access community services I will need to have a social care



+

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



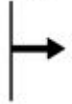
community



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

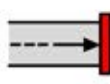
like

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











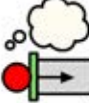


cooking


















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
   


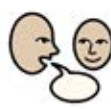



  
 and ask for support with applying for Stepout.



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

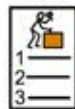
and

I can

talk to my



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



staff

that

know

me

well

to

help

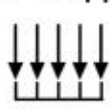
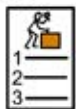
me

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!