



Expert Parent Programme: Complex Health Needs and Transition to Adulthood

General information (M1.1a)

Resources and information from Together for Short Lives: <https://www.togetherforshortlives.org.uk/get-support/supporting-you/family-resources/pathways/transition-to-adult-services/>

Including:

- Checklist for a good transition: <https://www.togetherforshortlives.org.uk/get-support/supporting-you/family-resources/a-checklist-to-a-good-transition/>
- Moving to adult services, what to expect: <https://www.togetherforshortlives.org.uk/get-support/supporting-you/family-resources/moving-to-adult-services-what-to-expect/>
- Family Fact sheets: <https://www.togetherforshortlives.org.uk/get-support/supporting-you/family-resources/family-factsheets-complete-pack/>

Resources and information from the Council for Disabled Children (CDC)

The original Expert Parent Programme: www.councilfordisabledchildren.org.uk/expertparent

- Including handouts covering:
 - Building a good relationship with your child's GP/Appointment top tips
 - Health and wellbeing summary tool for planning appointments/interactions with health professionals
- E-learning modules:
 - The NHS structure and your child's rights within it
 - Personal Health Budgets
 - Making complaints and giving feedback
 - Learning Disabilities and behaviour that challenges

Jargon busters: <https://councilfordisabledchildren.org.uk/help-resources/resources/jargon-busters>

Transition advocacy toolkit: <https://councilfordisabledchildren.org.uk/help-resources/resources/advocacy-toolkit-rights-disabled-young-people-transition-planning-process>

General information from other organisations

Disability Matters - free online materials and learning developed by Department of Health, Royal Colleges and parents working together with other key partners: <https://www.disabilitymatters.org.uk/>

Helplines for specific queries

- Mencap's Learning Disability Helpline - 0808 808 1111 or helpline@mencap.org.uk
- Together for Short Lives Together for Families Helpline - 0808 8088 100 or <https://www.togetherforshortlives.org.uk/get-support/supporting-you/emailhelpline/>

One page profiles

One page profile templates from Helen Sanderson – let professionals know what's important to your young person and how to support them: <http://helensandersonassociates.co.uk/person-centred-practice/one-page-profiles/one-page-profile-templates/>