

Taking on AND TAKING OVER

HOW YOU CAN SUPPORT PHYSICALLY DISABLED YOUNG ADULTS TO MANAGE THEIR CARE AND SUPPORT ARRANGEMENTS

THE CHALLENGES

YOUNG ADULTS WITH PHYSICAL DISABILITIES:

- Can feel daunted and ill-equipped to take responsibility for managing their care.
- Report that their age and relative immaturity can lead to difficulties in managing personal assistants (PAs) and carers.
- May have had no previous contact with social care or transition services.
- Dislike the way most information about services is written for older service users.

PRACTITIONERS:

- Report limited experience and no training for working with this group.
- Can assume the issues for young adults are the same as for older service users.

THE SOLUTIONS

WHAT YOU CAN DO TO HELP:

- Recognise that taking control of a personal budget (PB) is a significant task for a young adult.
- Help them make contact with others (especially of around the same age and/or with the same condition) who have taken over their support arrangements already. Social media can be good for this.
- Respect how young adults want to involve their parents.
- Be aware that they may prefer to have PAs of a similar age.
- Offer training, advice and support about employing PAs – particularly establishing boundaries and dealing with poor performance.
- Allow extra time to prepare young adults for managing their own support arrangements.
- Include opportunities for young people to ‘trial’ managing their care and support arrangements during transition and/or start by managing only part of their PB.
 - Target information specifically at this user group.
 - Encourage use of direct payment support services.



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