CHANGES AT 16 AND LIFE AFTER SCHOOL

Even before 18, you are likely to be involving your son or daughter in decisions about their life and plans for the future. Many services will also change. Professionals often call the period of moving from child to adult services 'transition'.

MAKING PLANS

Becoming an adult does not happen overnight; you can set some short, medium, and longer term goals. It might be helpful to write these down:

- **Use social stories to help.** Social stories describe social situations which may be difficult or confusing. They help to explain why and how things happen, why other people do things and how people feel. You could try make up your own social stories for your child. You can find social story examples at Parent Talk's website.
- **Involve your son or daughter in decisions.**
- **Know your young person's rights; and yours too.** Knowledge is power.

DECISION MAKING AND MENTAL CAPACITY

Learn about parental responsibility and mental capacity beyond 16 on our website. This page includes information about the Mental Capacity Act.

Visit our website at:
contact.org.uk/mental-capacity

BENEFITS

If your child is unable to manage their own benefits, you can become their appointee. As an appointee you will be responsible for making and maintaining their benefits claims post 16. You will be able to manage and budget your child's benefits in their best interest.

Learn about how your benefits might change and what benefits your son or daughter may be entitled to in their own right at:
contact.org.uk/benefits-16



HEALTH AND SOCIAL CARE

At 14, healthcare professionals can start to discuss plans for transferring to specialist adult healthcare teams with you and your child. When you get the chance, introduce your child to the adult specialist healthcare professionals and agencies as part of the transition process.

Read the Welsh government guide for young people on **moving from children's to adult health services**

If your child has a learning disability they will be entitled to annual health checks once they get to 18. GP practices should keep a register of people with a learning disability.

Read more about how **NHS Annual Health Checks** work.

A disabled young person receiving support from the council's children's services will move to adult services when they turn 18, if they meet the threshold for support.

Adult services will carry out their own assessment of needs. Under the Social Services and Well-being (Wales) Act 2014, if it seems an adult may have need for care and support, the local authority must assess their needs. They then decide if the needs meet the eligibility criteria for services and support to be provided, such as Direct Payments

HOUSING

Housing options should be another thing you talk about as part of ongoing transition planning for your child.

There may be different options to enable your son or daughter to live in the kind of setting that best suits. This might be at home with you, at university, in residential or supported living, or living independently.

Our page on independent living and housing has more information. Visit:
contact.org.uk/housing

GETTING TO SCHOOL OR COLLEGE

Transport to school or college might change too. Local authorities have a duty to provide transport up to 16 for some children. Post-16 they only have a power, rather than a duty, to provide transport.

Visit our website to find out more about transport:
contact.org.uk/transport-wales

EDUCATION AND EMPLOYMENT

Talk to school or college about options for education. This might include a life skills course if your young person has a learning disability.

Speak to Working Wales for specialist support and careers advice for disabled people, or your local careers office Careers Wales. Our page Getting a job has more information.

DON'T PANIC!

Do your research. Join groups and forums and talk to lots of other parents if you can. Get in touch with different provider organisations to get a feel for what they offer.

The transition process can be a long one and you may feel overwhelmed, especially at the beginning. Try not to panic. It won't all be at once; things will happen at different stages.

Be prepared to drive the process yourself if the professionals aren't doing it. Don't rely on professionals to have all the answers. Keep going; but try to make sure you find ways to look after yourself too.

HOW CONTACT CAN HELP

If you come across challenges during this process, for example if there are limited resources or funding difficulties in your area, get in touch with our team:

Cymru@Contact.org

We have a range of in-depth guides for parents. All our guides are free to parents who call our helpline, and are free to download.

contact.org.uk/publicationslist

FREEPHONE HELPLINE
0808 808 3555
helpline@contact.org.uk
www.contact.org.uk

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NEWIDIADAU YN 16 OED A BYWYD AR ÔL YSGOL I DEULUOEDD YNG NGHYMRU

Hyd yn oed cyn eu bod nhw'n 18 oed, mae'n debyg y byddwch chi'n cynnwys eich mab neu eich merch mewn penderfyniadau am eu bywyd a'u cynlluniau ar gyfer y dyfodol. Bydd llawer o wasanaethau hefyd yn newid. 'Trosglwyddo' y mae gweithwyr proffesiynol yn aml yn galw'r cyfnod o symud o wasanaethau plant i wasanaethau oedolion.

GWNEUD CYNLLUNIAU

Nid yw dod yn oedolyn yn digwydd dros nos; gallwch ysgrifennu nodau tymor byr, canolig a hirdymor.

- **Nid yw dod yn oedolyn yn digwydd dros nos; gallwch ysgrifennu nodau tymor byr, canolig a hirdymor.**
- **Defnyddiwch straeon cymdeithasol i helpu.** Mae straeon cymdeithasol yn disgrifio sefyllfaoedd cymdeithasol a all fod yn anodd neu'n ddryslyd. Maen nhw'n helpu i esbonio pam a sut mae pethau'n digwydd, pam bod pobl eraill yn gwneud pethau a sut mae pobl yn teimlo. Gallech geisio creu eich straeon cymdeithasol eich hun ar gyfer eich plentyn.
- **Ceisiwch gynnwys eich mab neu ferch mewn penderfyniadau.**
- **Ceisiwch wybod hawliau eich person ifanc; a'ch hawliau chi hefyd.** Mae gwybodaeth yn beth pwerus.

GWNEUD PENDERFYNIADAU A GALLUEDD MEDDYLIOL

Ar y dudalen yma, fe gewch chi wybodaeth am y Ddeddf Galluedd Meddyliol.

Darllenwch am **gyfrifoldeb rhieni a galluedd meddyliol ar ôl 16 oed**.

MANTEISION

Os nad yw'ch plentyn yn gallu rheoli ei fudd-daliadau ei hun, gallwch ddod yn benodai (appointee) iddo/iddi. Fel penodai, byddwch yn gyfrifol am wneud cais a chadw'u hawl i fudd-daliadau ar ôl iddynt droi'n 16 oed.



Byddwch yn gallu rheoli a defnyddio budd-daliadau eich plentyn yn y ffordd orau.

Ar ein tudalen **Budd-daliadau yn 16 oed**, cewch fwy o wybodaeth am fod yn benodai.
Dysgwch am **Fudd-daliadau yn 16 oed**; sut y gallai eich budd-daliadau newid a pha fudd-daliadau y

IECHYD A GOFAL CYMDEITHASOL

Yn 14 oed, gall gweithwyr gofal iechyd proffesiynol ddechrau trafod cynlluniau ar gyfer trosglwyddo i dimau gofal iechyd oedolion arbenigol gyda chi a'ch plentyn.

Dyma ganllaw i bobl ifanc ar **Symud o wasanaethau gofal iechyd plant i wasanaethau oedolion**.

Pan gewch chi'r cyfle, cyflwynwch eich plentyn i'r gweithwyr proffesiynol ac asiantaethau gofal iechyd arbenigol oedolion fel rhan o'r broses drosglwyddo.

Os oes gan eich plentyn anabledd dysgu, bydd ganddynt hawl i wiriadau iechyd blynyddol unwaith

y byddant yn cyrraedd 18 oed. Dylai meddygon teulu gadw cofrestr o bobl ag anabledd dysgu.

Dyma fwy am sut mae **Gwiriadau Iechyd Blynyddol yn gweithio**.

Bydd person ifanc anabl sy'n derbyn cymorth gan wasanaethau plant y cyngor yn symud i wasanaethau oedolion pan fyddant yn troi'n 18 os ydynt yn cwrdd â'r trothwy am gymorth.

Bydd gwasanaethau oedolion yn cynnal eu hasesiad eu hunain o anghenion. O dan Ddeddf Gwasanaethau Cymdeithasol a Llesiant (Cymru) 2014, os yw'n ymddangos y gallai fod angen gofal a chymorth ar oedolyn, rhaid i'r awdurdod lleol asesu ei anghenion. Yna, byddant yn penderfynu a yw'r anghenion yn bodloni'r meini prawf cymhwysedd ar gyfer darparu gwasanaethau a chymorth.

CARTREF

Dylech chi hefyd fod yn siarad am opsiynau tai fel rhan o gynllunio'r trosglwyddo ar gyfer eich plentyn.

Efallai y bydd gwahanol opsiynau i alluogi'ch mab neu eich merch i fyw yn y math o leoliad sydd fwyaf addas. Gallai hyn fod gartref gyda chi, yn y brifysgol, mewn cartref preswyl neu gartref â chymorth, neu fyw'n annibynnol.

Mae mwy o wybodaeth ar ein tudalen **Byw'n Annibynnol a Thai**.

CYRRAEDD YR YSGOL NEU'R COLEG

Efallai y bydd cludiant i'r ysgol neu'r coleg yn newid hefyd. Mae gan awdurdodau lleol ddyletswydd i ddarparu cludiant hyd at 16 oed i rai plant.

Ar ôl 16 oed, dim ond pŵer, yn hytrach na dyletswydd, sydd ganddynt i ddarparu trafnidiaeth. Trafnidiaeth yng Nghymru

ADDYSG A CHYFLOGAETH

Siaradwch â'r ysgol neu'r coleg am opsiynau ar gyfer addysg. Gallai hyn gynnwys cwrs sgiliau bywyd os oes gan eich person ifanc anabledd dysgu.

Siaradwch â Cymru'n Gweithio i gael cymorth arbenigol a chyngor gyrfaoedd i bobl anabl, neu'ch swyddfa yrfaoedd leol, Gyrfa Cymru.

Mae mwy o wybodaeth ar ein tudalen **Cael swydd**.

PEIDIWCH Â PHOENI

Gwnewch eich gwaith ymchwil. Ymunwch â grwpiau a fforymau a siaradwch â llawer o rieni eraill os allwch chi. Cysylltwch â gwahanol sefydliadau darparu i gael teimlad o'r hyn maen nhw'n ei gynnig.

Gall y broses drosglwyddo fod yn un hir ac efallai y byddwch chi'n teimlo bod pethau'n ormod, yn enwedig ar y dechrau. Ceisiwch beidio â phoeni. Ni fydd popeth yn digwydd ar unwaith; bydd pethau'n digwydd ar wahanol adegau.

Byddwch yn barod i yrru'r broses eich hun os nad yw'r gweithwyr proffesiynol yn gwneud hynny. Peidiwch â dibynnu ar weithwyr proffesiynol am yr holl atebion. Daliwch ati, ond ceisiwch wneud yn siŵr eich bod chi'n dod o hyd i ffyrdd i ofalu amdanoch chi eich hun hefyd.

SUT Y GALL CONTACT HELPU

Os byddwch chi'n dod ar draws heriau yn ystod y broses hon, er enghraifft os ydi adnoddau yn brin neu fod anawsterau ariannu yn eich ardal, cysylltwch â'n tîm ar:

Cymru@contact.org

I gael rhagor o wybodaeth, ewch i'n tudalennau gwe ar gyfer Cymru **Contact Cymru**

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