

Contacts

Your social worker:

Your social worker's telephone number:

Contact Northamptonshire County Council

- 0300 126 1000
- www.northamptonshire.gov.uk
- [Facebook.com/mycountycouncil](https://www.facebook.com/mycountycouncil)



Step Down

A guide for parents and carers

What is step down?

Step down means things in your family's life are at a point where social care don't need to be involved anymore. It means your time with a social worker is coming to an end.

What happens during step down?

Step down is different for every family. You might feel ready to get on with life without any extra help from anyone. Or you might feel that you still need support from a service (like family support or therapy or a children's centre) to help you and your family keep making progress and keep feeling stronger.

Your opinion, and the opinion of your children, is very important in this decision. Your child's social worker will talk with you all about next steps and you will make a plan together.

You and your child's social worker will start making this plan for the future at least 6 weeks before your child's social worker stops seeing you. Decisions won't happen without you. If you do feel you still need support, you can say what help you think you and your family might need.

If you feel you would still like support, you and your child's social worker will find someone in your life to help. We call this a lead professional. This person might be a teacher at your child's school, or your GP, or your health visitor, or your housing support worker.

If you feel you need a lot of help and support, your lead professional might be a family support worker or a therapist. These are just examples. You and your child's social worker will work together to find the right person for you.

Whoever it is, it's really important that you are happy and comfortable with that person because you'll be spending some time with them in the coming weeks and months. They will help you keep things on track.

There will be a meeting with you, your child's social worker and your new lead professional. It's your chance to say what's important to you, talk about how far you've come, and what you and your family still want to work on to keep getting stronger.

Your child's social worker will need to share some information about you and your family with your new lead professional. You need to be happy with this and give your permission. This is to make sure the new person supporting you is able to do a good job for you and understands the journey you and your family have been on.

Once you've spent some time with your lead professional, your child's social worker will gradually see less of you. After 6 weeks, your child's social worker will write to you to say that your time with social care has ended and your new lead professional will be supporting your family.

What if I've got concerns?

We know it can be an anxious time when your child's social worker leaves. That's why it's so important that we find someone else who can be there to support you and your family if you need it.

If you're worried, or have questions, please do tell your child's social worker.