

Preparing for Adulthood – Easy Read Guide



This is a guide you can read on your own or with a person of support to help you understand your options.

Introduction

<p>This is a guide for people who:</p> <ul style="list-style-type: none">• are 13 to 25• have special educational needs and disabilities <p>You may have an education, health and care plan (EHCP) or may not.</p>	
<p>Becoming an adult can be tough, but also exciting!</p> <p>This guide will help you think about your future as you become an adult.</p>	
<p>You will be asked what matters to you and what you would like to do when you leave school.</p>	
<p>There are lots of people to support you on this journey to adulthood.</p>	
<p>The main things to think about are:</p> <ul style="list-style-type: none">• school or college• employment	

<ul style="list-style-type: none">• friends, relationships and community• physical and mental health	
<ul style="list-style-type: none">• independent living	
<p>People that can help you think about these things are:</p> <ul style="list-style-type: none">• your parent or carer• your teachers• a health professional• your social worker (if you have one)	

Making Decisions

<p>If you are under 16 years old, you should be asked what your opinion is to decide what is best for you.</p>	
<p>When you are 16 years old or older, you will decide what happens with your care and support if you are able to.</p> <p>Support is available if you need it. You can use the SEND Local Offer webpages to find out more about making your own decisions.</p>	



If you don't have an EHCP, schools and health services will help you plan your future from the age of 13.



If you have an EHCP, the first step will be your Year 9 annual review.

Your teacher will invite you to join your annual review.



You can talk to the people at the meeting about what you want to do when you are an adult.



Your wishes and goals will be written down and called outcomes.



Your parents, carer, teacher and other professionals can support you to achieve your outcomes.



Leaving School

You need to stay in education or training until you are 18 years old.

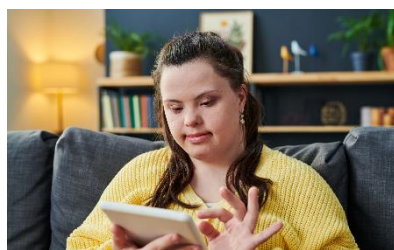


When you are 16 you have lots of choices. You can:

- go to sixth form at your own school or a different school
- go to college, training or further education
- get work experience by doing an apprenticeship or supported internship
- combine education and training with a job



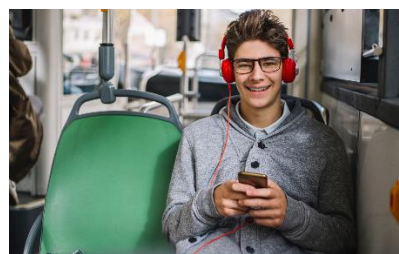
The SEND Local Offer webpages have lots of information about [preparing for adulthood](#).



You may want to ask your school about how to travel there by yourself.

This is known as independent travel.

Find out more about [independent travel training](#).



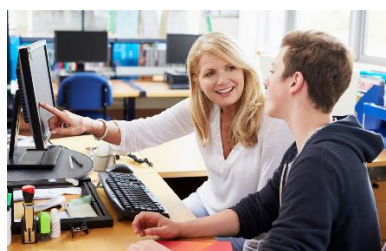
Going to college, further education and employment

If you have an EHCP, tell your annual review group what you want to happen. It is ok to say if you are not sure or to change your mind.



Your school or college will support you to look at options for continuing education.

You can ask your school's career advisor to give you advice.



Your parent or carer can also help you to look at options including apprenticeships, work experience or volunteering.



There might be courses that have a mix of learning and practical work. These are called supported internships or apprenticeships.



You will need to make an application to start a course or job.

Your parent or carer or a career advice service can help you with your application.





Physical and mental health

It is good to make sure that your doctor knows about your additional needs or disabilities.



When you are 14 make sure to ask your GP about your annual health check.

Find out more about [annual health checks](#).



When you are 14 you should start to think about what health and social care services you will need as you grow older.



It is also important to keep fit and healthy by taking part in activities. See the next page for information on how to find these.



Friends, relationships and community

Making friends and taking part in activities is great way to have fun and try new things.



There are lots of clubs and groups in the community that you can join to do your favourite hobby or sport.

These include football, tennis, arts and crafts and more!

You can use the SEND Local Offer to find [leisure activities](#).



Independent Living

When you get older you might want to look at different options for where you may like to live. For example, moving out of your parents home.



This is known as **independent living**. You can use the SEND Local Offer webpages for [help deciding where to live](#).



There are courses and groups to help you learn skills like budgeting, cooking and cleaning if you want to live independently.



If you want to find out more about independent living you can say this at your annual review.

