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**Preparing for Adulthood**

16 – 19

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# Preparing for Adulthood

This guide is for young people, aged 16 – 19 with special education needs and disabilities (SEND)

More information is available on the [Local Offer](https://families.leicester.gov.uk/send-local-offer/) [Preparing for Adulthood](https://families.leicester.gov.uk/send-local-offer/preparing-for-adulthood/) pages

| Image | Description |
| --- | --- |
|  | Preparing for adulthood is important. |
|  | It is important to start planning early. |
|  | It is important to talk to others who can help. |
|  | These can be friends and family. |
|  | School teachers and support workers/ Professionals and other services. |
|  | It is important to start planning and setting goals. |
|  | It is important to let people know your views. |
|  | Think about how you will share your views. |

# Education, Training and Employment

## Things to think about for the future 16 - 19

| Image | Description |
| --- | --- |
|  | What are your goals for the future? |
|  | What do you enjoy doing and are good at? |
|  | What would you like to do as a job? |
|  | Think about what qualifications you may need. |
|  | Think about how you would travel to college, work or training. |

## Important things to know

| Image | Description |
| --- | --- |
| **18**    **20hrs** | You should stay in full time education, work based learning/apprenticeship until you are 18,  Or  part time learning if you are volunteering or working for 20 hours or more a week. |
|  | You should continue to work on your Maths and English moving to the next level. |
|  | At 18 you can leave education. |
| **18** | You may need to pay for education or training courses post 18. Help is available with [bursaries, grants and loans](https://families.leicester.gov.uk/send-local-offer/money-matters/send-grants-and-allowances/). |

## Employment Support Allowance

|  |  |
| --- | --- |
|  | You may be entitled to [Employment Support Allowance (ESA)](https://families.leicester.gov.uk/send-local-offer/money-matters/send-grants-and-allowances/).  If your doctor thinks you may find it hard to work.  You are in full time education or training. |

## Education, Health and Care Plan

| Image | Description |
| --- | --- |
|  | Your [Education, Health Care Plan](https://families.leicester.gov.uk/send-local-offer/about-send/) will be reviewed every year at a meeting called annual review. |
|  | At the meeting you can say what you are doing well and what you find difficult and what help you need. |
|  | Check that your EHCP outcomes help you to meet your goals. |
|  | An EHCP will end if you move into Higher Education, University, or paid work.  It will also end if you are not in education or training, or you achieve all your outcomes. |

## Post 16 options

| Image | Description |
| --- | --- |
| **19** | If you go to a special school, you may stay at the same school if the school goes up to the age of 19 or choose to go to a different school or college from the age of 16. |
|  | Other education and training [options](https://families.leicester.gov.uk/send-local-offer/preparing-for-adulthood/education-learning-and-work/education-and-training-opportunities/) are;  Sixth Form or Further Education College  Supported Internship  Traineeship,  Apprenticeship,  Higher Education |

## Transport

|  |  |
| --- | --- |
| Transport | Your Home to school transport will be reviewed annually. The local authority do not have to provide transport to educational settings post 16. Read the [Post 16 transport policy](https://schools.leicester.gov.uk/media/8096/leicester-city-post-16-travel-policy-statement-2022-2023.pdf) to check eligibility. You can find out more about [travel training](https://families.leicester.gov.uk/disabled-children/training-courses/independent-travel-training/) and [personal transport budgets](https://families.leicester.gov.uk/send-local-offer/personal-transport-budget/) here. |

## What next

| Image | Description |
| --- | --- |
|  | Talk to family, school and professionals about what you want to do. |
|  | Gather information about courses and other activities to help learn skills. |
|  | Plan to visit education and training settings with family. |
|  | Decide on your first and second choices for learning. |
|  | Apply to your next education or training setting. |
|  | Think about what help you will need to move to your next education or training setting. |
|  | Do you need to learn to [travel independently](https://families.leicester.gov.uk/disabled-children/training-courses/independent-travel-training/). |
|  | Do you know where to go for support? |

# Independence

## Things to think about for the future

| Image | Description |
| --- | --- |
|  | Think about where you want to [live](https://families.leicester.gov.uk/send-local-offer/preparing-for-adulthood/independence-and-independent-living/) when you are older. |
|  | There are different options available. |
|  | Think about help you will need to live independently. |
|  | Think about skills you need to learn to live independently. |
|  | Think about documents you may need now and in the future.  Some examples are passport, birth certificate and national insurance number. |
|  | Do you understand the changes in law and how they affect you at 18? |
|  | Do you understand the differences between children’s services and adult services? |
|  | Do you know where to go for support? |
|  | How your [benefits](https://www.leicester.gov.uk/your-community/benefits-and-support/) may change when you are 18? |

## Learning skills to be independent

| Image | Description |
| --- | --- |
|  | How to make your own snacks, meals and drinks. |
|  | How to do the laundry. |
|  | How to keep the home clean. |
|  | How to manage your own [money](https://www.moneyadviceservice.org.uk/en/categories/budgeting-and-managing-money). |
|  | How to tell the time. |
|  | How to travel on your own. Would you like to get [independent travel training](https://families.leicester.gov.uk/disabled-children/training-courses/independent-travel-training/)? |
|  | How to [stay safe](https://families.leicester.gov.uk/send-local-offer/preparing-for-adulthood/independence-and-independent-living/) when accessing activities online. |
|  | How to access activities in the community. |
| age | Description |

## Where would you like to live

| Image | Description |
| --- | --- |
|  | Family. |
|  | Rent a house. |
|  | Social housing. |
|  | Own your home. |
|  | If you get [adult social care](https://www.leicester.gov.uk/health-and-social-care/adult-social-care/) support, you could live in: |
|  | Supported living. |
|  | Shared lives. |
|  | Residential placement. |

# Relationships and being a part of the community

## Things to think about for the future

| Image | Description |
| --- | --- |
|  | Think about if you would like to meet up with friends and make new friends outside of school. |
|  | Think about how you would like to be part of your community now and in the future. |
|  | Think about how you would access activities. |
|  | Think about if you would like to volunteer. |

## 

## Learning skills to be part of the community

| Image | Description |
| --- | --- |
|  | Think and plan how you want to spend your time. |
|  | Do you know where to look to find places and activities. |
|  | Think about if you need help to access an activity or [Short Break](https://families.leicester.gov.uk/disabled-children/short-breaks/). |
|  | Disabled Children’s Register and the Free Carers Pass  Children between the age of 0-19 can have a free swim pass to use at a city council leisure centre if they agree to have their information kept on a [Disabled Children Register](https://families.leicester.gov.uk/disabled-children/disabled-childrens-register/). |
|  | Have opportunities to make new friends outside of school. |
|  | Learn to travel on your own. Would you like to have [independent travel training](https://families.leicester.gov.uk/disabled-children/training-courses/independent-travel-training/)? |
|  | Learn to [stay safe](https://families.leicester.gov.uk/send-local-offer/preparing-for-adulthood/independence-and-independent-living/) when doing activities in the community. |
|  | Find [volunteering](https://valonline.org.uk/volunteering/) opportunities. |

## Things to think about for the future

| Image | Description |
| --- | --- |
|  | Do you understand the changes in law and how they affect you at 18? |
|  | Do you understand what the differences are between children’s and adult service support? |
|  | Do you know where to go for support? |
|  | Can you receive support from [Adult Social Care](https://www.leicester.gov.uk/health-and-social-care/adult-social-care/)? |
|  | Ask people working with you to explain changes in services. |

## Important skills to learn

| Image | Description |
| --- | --- |
|  | How to keep in touch with friends. |
|  | How to access activities in the community. |
|  | How to travel on your own. Do you need [independent travel training](https://families.leicester.gov.uk/disabled-children/training-courses/independent-travel-training/)? |
|  | How to [stay safe](https://families.leicester.gov.uk/send-local-offer/preparing-for-adulthood/independence-and-independent-living/) when doing activities in the community. |

# Health

## It is important to know how to stay healthy.

| Image | Description |
| --- | --- |
|  | What to [eat](https://www.nhs.uk/live-well/) and drink.  How to [exercise](https://www.nhs.uk/live-well/).  How to stay [happy](https://families.leicester.gov.uk/send-local-offer/send-health/mental-health-support/).  Get enough sleep. |

## It is important to know where to go for help when poorly.

| Image | Description |
| --- | --- |
|  | In an emergency call 999 or go to A and E. |
|  | Call 111 if it is not an emergency but you need help now. |
|  | If you feel poorly a Dentist, Pharmacist or a GP may be able to help. |
|  | Information about health is available online. |

## Things to think about

| Image | Description |
| --- | --- |
|  | Learn to make appointments for [dentist](https://www.nhs.uk/live-well/healthy-body/dental-check-ups/), GP and [optician](https://www.nhs.uk/nhs-services/opticians/visiting-an-optician/) and attend appointments |
|  | Find out if you should have an [Annual Health Check](https://families.leicester.gov.uk/send-local-offer/send-health/annual-health-checks/) with the GP and attend appointments. |
|  | Think about if you need help from the [health transitions](https://www.leicspart.nhs.uk/service/diana-childrens-community-service-leicester-city-transitions-team-for-health/) worker. |
|  | Think about which Health services you will need in the future. |
|  | If you have an Education, Health and Care plan, talk about your health at your annual review meeting. |
|  | Find out if you are able to receive a [personal health budget](https://www.england.nhs.uk/personalisedcare/personal-health-budgets/). |
|  | Attend Health Care Reviews. |

## Things to think about for the future

| Image | Description |
| --- | --- |
|  | Do you understand the changes in law and how they affect you at 18? |
|  | Do you understand what the differences are between children’s and adult services? |
|  | Ask people working with you to explain changes in services. |
|  | Find out which health services will carry on supporting you. |
|  | Between the ages of 16 and 19 years, you will start receiving support from adult health services. |
|  | A [health transitions](https://www.leicspart.nhs.uk/service/diana-childrens-community-service-leicester-city-transitions-team-for-health/) worker may support you when moving from children to adult health services. |
|  | You can also get help from the [Care Navigation service.](https://families.leicester.gov.uk/send-local-offer/send-health/care-navigation/) |
|  | Check if you can get help to pay for [prescriptions](https://www.nhs.uk/using-the-nhs/help-with-health-costs/get-help-with-prescription-costs/) and [health care costs](https://www.nhs.uk/using-the-nhs/help-with-health-costs/). |

# Who can help

|  |  |
| --- | --- |
|  | Family and School, |
|  | Look on the [Local Offer](https://families.leicester.gov.uk/send-local-offer/) for more information, support and activities, |
|  | The [Big Mouth Forum](https://families.leicester.gov.uk/send-local-offer/your-voice/big-mouth-forum/) can help you to gain confidence to voice your opinion and meet other young people, |
|  | Talk to your school about who your Connexions advisor is to discuss your options |
|  | Disabled Childrens Service  May be able to support you to access a [short break](https://families.leicester.gov.uk/disabled-children/short-breaks/). |
| SENDIASS Logo | [SENDIASS](https://sendiassleicester.org.uk/) can help you to understand information and share your views. |
|  | Job Centre Plus can help people find a job. |
|  |  |
|  | The Prince’s Trust can help you with your personal development opportunities. |
|  | The [National Citizen Service](https://www.leics-ebc.org.uk/Young-People-Parents-and-Guardians/national-citizen-service-ncs) Programme offer volunteering opportunities for young people during Summer holiday or half term. |
|  | [Citizens Advice Service](https://citizensadviceleicestershire.org/) can offer free confidential advice and support. |
| Duke of Edinburgh logo | [Duke of Edinburgh Awards](https://www.dofe.org/) support with building skills and making friends. |
|  | Leicester City Council has an [Active Leicester](https://www.leicester.gov.uk/leisure-and-culture/sport-and-leisure/) team that looks after all of the council’s sport services in the city. There are 7 leisure centres across the city. |
| Better health healthier families logo | [Healthier families](https://www.nhs.uk/healthier-families/) provides information on healthy foods and unhealthy food. It also offers some great recipe advice. |
|  | Leicestershire Partnership Trust  Health Services available in the community for children and adults can be accessed through the [Leicestershire Partnership Trust](https://www.leicspart.nhs.uk/). |
|  | **Health for Teens**  The [Health for Teen](https://www.healthforteens.co.uk/)s website gives you a lot of advice on feelings, growing up, relationships, lifestyle and sexual health. |

# Useful Contact details

**Adult Social Care**

<https://www.leicester.gov.uk/health-and-social-care/adult-social-care/>

<https://www.leicester.gov.uk/health-and-social-care/adult-social-care/what-support-do-you-need/preparing-for-adulthood/>

**Age UK**

Lansdowne House, 113 Princess Road East, Leicester, LE1 7LA

0116 299 2233

<https://www.ageuk.org.uk/leics/our-services/support-for-carers/leicester-carers-support-service/#:~:text=We%20provide%20support%20and%20information%20to%20all%20Carers%2C,Leicester%20or%20at%20other%20locations%20throughout%20the%20City>.

**Big Mouth Forum**

0116 454 4710

<https://families.leicester.gov.uk/send-local-offer/your-voice/big-mouth-forum/>

**Citizens Advice Bureau**

York House, Granby Street, Leicester, LE1 6FB

0300 330 1025

<https://citizensadviceleicestershire.org/get-advice/leicester-city/>

**City Psychology Service**,

New Parks House, Pindar Road, Leicester LE3 9RN

0116 454 5470

<https://families.leicester.gov.uk/send-local-offer/search-for-services/local-authority-services/city-psychology-service/>

**Connexions**,

2 Wellington Street, Leicester, LE1 6HL

0116 454 1770

[Connexions | Leicester Employment Hub](https://leicesteremploymenthub.co.uk/young-people/)

**Department of Work and Pensions**

<https://www.gov.uk/contact-jobcentre-plus>

<https://www.gov.uk/contact-pension-service>

**Family information Service**,

<https://families.leicester.gov.uk/>

**Health**,

**Leicester Partnership NHS Trust**

<https://www.leicspart.nhs.uk/>

<https://www.leicspart.nhs.uk/services/>

**University Hospitals of Leicester**

<https://www.leicestershospitals.nhs.uk/>

**LLR NHS Integrated Care Board**

<https://leicesterleicestershireandrutland.icb.nhs.uk/your-health/find-the-right-service/>

**Public Health**

<https://www.leicester.gov.uk/health-and-social-care/public-health/>

**Housing**

<https://www.leicester.gov.uk/your-community/housing>

**Leicester Adult Education College,**

54 Belvoir Street, Leicester, LE1 6QL

0116 454 1900

<https://www.leicester.gov.uk/schools-and-learning/adult-skills-and-learning/>

**Leicester City Parent Carer Forum**

07723 801676

<https://www.lcpcf.net>

**Leicestershire Cares**

42 Tower Street, Leicester, LE1 6WT

0116 275 6490

<https://www.leicestershirecares.co.uk>

**Local Offer**

<https://families.leicester.gov.uk/send-local-offer/>

**Menphys**

The Menphys Hub, Bassett Centre, Bassett Street, South Wigston, Leicester, LE18 4PE

01455 324020

<https://www.menphys.org.uk/>

**Money Matters**

<http://moneymattersweb.co.uk/>

**National Citizen Service**

Leicestershire Education Business Company, 30 Frog Island, Leicester, LE3 5AG

0116 240 7007

[National Citizen Service (NCS) – LEBC Leicester (leics-ebc.org.uk)](https://www.leics-ebc.org.uk/Young-People-Parents-and-Guardians/national-citizen-service-ncs)

**Princes Trust**

6 Faraday Court, Leicester, LE2 0JN

0800 842 842

<https://www.princes-trust.org.uk>

**SEND Support Services**,

New Parks House, Pindar Road, Leicester, LE3 9RN

0116 454 4650

<https://families.leicester.gov.uk/send-local-offer/search-for-services/local-authority-services/learning-communication-and-interaction-team/>

**Short Breaks**

<https://families.leicester.gov.uk/disabled-children/short-breaks/>

**Special Education Needs and Disability Information Advice Support Service (SENDIASS)**

1st Floor Alliance Building, 6 Bishop Street, Leicester, LE1 6AF

0116 482 0870

<https://sendiassleicester.org.uk>

**The Carers Centre**

Unit 1, New House, 94 New Walk, Leicester, LE1 7EA

0116 251 0999

[Home (claspthecarerscentre.org.uk)](https://claspthecarerscentre.org.uk/)

# Notes

Please use this blank page to make your notes.

# Questions

Please use this blank page to write down any questions.