

Preparing for
Adulthood



Preparing for Adulthood

Guide for Families

Independent Living

Employability

Community Inclusion

Healthy Life Style

Family guide to preparing for adulthood

What Does preparing for adulthood mean?

Preparing for adulthood means preparing young people with special educational needs and or disabilities for:

- **Further Education and/or Employment** - this includes exploring what your son/daughter will do during the day when they leave school, this may include attending a day service, further education, different employment options, such as supported employment, volunteering, as well as other daytime opportunities.
- **Being Independent** - This means young people having choice and control over their lives, the support they receive, their accommodation and living arrangements, whenever possible
- **Being part of society** - having friends and supportive relationships, and being part of their local community.
- **Being as healthy as possible in adult life** - including moving to adult health services, having access to sport and keeping active and an annual health check.

These key 4 areas are embedded into your child's learning curriculum and journey of experiences from foundation early years and transition right through to Post 16.

What are the benefits of preparing for adulthood?

- Planning and preparing early will make it a more positive experience and build confidence and independence for leaving school and transition to Adults Health and Social Care services and an understanding of what services are available to support them. Every young person's development will be different, so plans and services need to take account of this and be tailored to the individual and their family.
- The Benefits of planning and early integration into the curriculum is to create a platform of knowledge and experiences that enables the student by Year 9 to have a meaningful and successful progression which is supported to the student's needs.
- Any decisions or choices are flexible, as over time the child's ideas and choices may change. However early interventions enable students to maximise their opportunity to experiences within different career fields to achieve their aspirations and dreams.
- Within Discovery every child will have an Annual Review Meeting in which inspirational long, medium and short term goals will be stated by the child and a clear Pathway created and recorded that is realistic and possible.

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What to think about....

You may have questions or concerns about a number of issues.....

- . What your child will do and where they will go when they leave school?
- . If they will be able to find a job?
- . What Benefits and Money could they receive?
- . Where they will live or have short breaks?
- . How they will keep healthy and safe?
- . What Leisure and social activities are available in the community?
- . How they will stay in touch with, and make new, friends
- . Who to contact to pay for care and support?
- . Longer term plans

To make sure you get the most out of annual review meetings it is important to help your son/daughter to think about what they like and their hopes for the future before the meeting, This can also be supported by Class Teams within Discovery.

Who Can Help?

There may be a number of people who will be working with you/your son or daughter such as:

- . Transition Worker or personal advisor
- . Social worker
- . Teacher
- . GP/Nurse
- . Youth Worker
- . Allied health professional
- . Early Help
- . CAMHs
- . Speech & Language Therapist



Speaking to and questioning your son/daughter about the 4 areas of preparing for adulthood at home continues learning and supports their journey to adulthood