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Preparing for Adulthood

Post 19

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# Preparing for Adulthood

This guide is for young people, aged 14 -25 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. |
|  | College 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, Health and Care Plan

## It is important to know

| 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, paid work.  It will also end if you are not in education, training or you achieve all your outcomes. |
| 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 to check eligibility. You can find out more about travel training and personal transport budgets here. |

# Education, employment and training

## Review your progress

| Image | Description |
| --- | --- |
|  | Have your hopes and goals changed? |
|  | What is working well? What have you enjoyed? |
|  | Have you learnt new skills? |
|  | Have you been involved in the planning for your future? |
|  | Can you share your views or do you need help? |

## Things to think about for the future

| Image | Description |
| --- | --- |
|  | You may choose to carry on with your education. |
|  | There are a range of [bursaries, grants and loans](https://families.leicester.gov.uk/send-local-offer/money-matters/send-grants-and-allowances/) available to fund your education. |
|  | Once you leave formal education, you may continue to access part- or full- time adult learning. |
|  | Think if you need support to find a job. |
|  | Think if you need help to write a CV or complete application forms and practice skills needed for interviews. |
|  | You may want to gain work or [volunteering](https://valonline.org.uk/volunteering/) experience. |
|  | Work on [independent travel](https://families.leicester.gov.uk/disabled-children/training-courses/independent-travel-training/) skills. |
|  | Open a bank account if you do not have one. |

## What next

| Image | Description |
| --- | --- |
|  | Continue with learning and training. |
|  | During the next few years, you will complete your education or training and your EHCP will end. |
|  | Check which professionals will carry on working with you. |
|  | Agree how they will communicate and support you. |
|  | Share with others your achievements, next steps and support needed. |

# Relationships and the community

## Review your progress

| Image | Description |
| --- | --- |
|  | Are your hopes and goals the same? |
|  | What is working well? What have you enjoyed? |
|  | Have you learnt new things? |
|  | Have you been involved in the planning for your future? |
|  | Have you been able to share your views, or do you need help? |

**Things to think about for the future**

| Image | Description |
| --- | --- |
|  | How are you going to keep in touch with your friends? |
|  | How will you take part in activities? |
|  | How will you stay safe in [relationships](https://www.healthforteens.co.uk/) including sexual relationships. |

# Independence and independent living

## Review your progress

| Image | Description |
| --- | --- |
|  | Have your hopes and goals changed? |
|  | What is working well? What have you enjoyed? |
|  | Have you learnt new skills? |
|  | Have you been involved in the planning for your future? |
|  | Do you need help to share your views? |

## Things to think about for the future

| Image | Description |
| --- | --- |
|  | Will your [housing](https://families.leicester.gov.uk/send-local-offer/preparing-for-adulthood/independence-and-independent-living/) needs change in the next few years? |
|  | Will you need further help to live independently? |
| Or | Do you want to study or get a job? |
|  | Do you need help to manage your own [money](https://www.moneyadviceservice.org.uk/en)? |
|  | Do you need help or training to travel independently? [travel training](https://families.leicester.gov.uk/disabled-children/training-courses/independent-travel-training/) support? |
|  | Do you know how you are going to keep in touch with your friends? |
|  | Do you know how to access activities in the community? |

# Health

## Review your progress

| Image | Description |
| --- | --- |
|  | What is working well? |
|  | Have you learnt new things? |
|  | Have you been involved in the planning for your future? |
|  | Have you been able to share your views or do you need help? |

## Things to think about

| Image | Description |
| --- | --- |
|  | [Eat](https://www.nhs.uk/live-well/) and drink well. Take part in [exercise](https://www.nhs.uk/live-well/exercise/get-active-your-way/).  Do things to stay [happy](https://families.leicester.gov.uk/send-local-offer/send-health/mental-health-support/). Get enough sleep. |
|  | Attend [Optician](https://www.nhs.uk/nhs-services/opticians/visiting-an-optician/) and [Dental](https://www.nhs.uk/live-well/healthy-body/dental-check-ups/) appointments. |
|  | Attend [Annual Health Check](https://families.leicester.gov.uk/send-local-offer/send-health/annual-health-checks/) with the GP. |
|  | Are the right professionals supporting you? |
|  | 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

| Image | Description |
| --- | --- |
|  | Family, education or training provider and professionals working with you. |
|  | Look on the [Local Offer](https://families.leicester.gov.uk/send-local-offer/) for more information. |
|  | Talk to your school about who your [Connexions](https://www.leicesteremploymenthub.co.uk/young-people/) advisor is to discuss your options. |
|  | [SENDIASS](https://sendiassleicester.org.uk/) can help you to understand information and share your views. |
|  | 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. |
|  | [Job Centre Plus](https://www.jobcentreguide.co.uk/leicester-jobcentre) can help people find a job. |
|  | The [Prince’s Trust](https://www.princes-trust.org.uk/), can help you with your personal development opportunities. |
|  | [Citizen Advice Service](https://citizensadviceleicestershire.org/) can offer free confidential advice and support. |
|  | How will you [Stay safe](https://families.leicester.gov.uk/send-local-offer/preparing-for-adulthood/independence-and-independent-living/) online. |
|  | 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. |
|  | 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. |
|  | [Adult Social Care](https://www.leicester.gov.uk/health-and-social-care/adult-social-care/) Support if you require a high level of support. |
|  | Leicester City Council has an enablement team and shared lives service that help adults to be more independent. To find out if you can get support contact 0116 454 1004. |
|  | 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. |
| 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/). |

## Next steps

| Image | Description |
| --- | --- |
|  | Check which health professional will carry on working with you. |
|  | Agree how your health professional will communicate and support you. |
|  | Plan how you will continue to look after your health. |

# Useful information and 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/?gclid=EAIaIQobChMIjoDHrof86QIVRrDtCh3Zsw1sEAAYASAAEgIcDvD_BwE>

**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>

**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 ICB, 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

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# Questions

Please use this blank page to write down any questions.