

TRANSITIONS

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# A guide to your journey

from 14 - 25 years old



PREPARING FOR  
**ADULTHOOD**

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## YOUR JOURNEY

**This guide was designed by a group of Young Researchers' working in partnership with Central Bedfordshire Council and its partners. It is based on our Preparing for Adulthood Strategy.**

"This guide is the result of a truly co-productive approach of working together, developing and delivering something new in an innovative way. The contribution of the Young Researchers has been crucial in making this guide a reality and is a great achievement for the young people involved"

Our aim is for this guide to help you, as young people, prepare for adulthood by thinking about the things that will matter to you as you get older. It's designed to give you choice and control over your future.

**Julie Ogley,**

Director of Adult Social  
Care Health and Housing

**Take a look throughout this guide to see what the Young Researchers said:**

'My goal is to help as many people as possible and to include as many people as possible. I hope this guide helps people to understand transition better'.

Toby

'I've just really enjoyed it because it's making our experience work for others... it's what we can say to other people about transition'.

Rohin

## INTRODUCTION

EDUCATION,  
TRAINING &  
EMPLOYMENT



HEALTHY  
LIVING

SOCIAL  
LIFE



LIVING  
INDEPENDENTLY

## What is 'Preparing for Adulthood'?

Each of us is on a journey that will take us from childhood to adulthood and it is a different experience for everyone. We want you to think about what is important to you and for you, and consider what support you may need to plan for your future. This guide covers the ages of 14 to 25 years old – that time where you prepare to enter adulthood.

It is important that young people with Special Educational Needs and/or Disability (SEND) are supported to have ambition, to think about a broad range of opportunities and to be as independent as possible.

Preparing for adulthood can sometimes be confusing and difficult as well as exciting and fun. To help you in your journey and to plan for your future, you may want to consider some of the things that are important to you. This could be about:

- \* education, training, job coaching and employment,
- \* your health and wellbeing,
- \* where you live and
- \* your friends, family and social life.

It is important to start planning as early possible. Your school or college will help you think about your options for your future and you will have independent careers guidance from year 9 that will help inspire and motivate to understand your full potential.

**This guide gives you a range of things to think about at each key stage of your journey.**

YOUR JOURNEY

# AGE 14 (YEAR 9)

## At this stage of your journey, the things listed below might have happened or be happening (tick when completed):

- ☐ I have thought about what I want to do in the future
- ☐ I have been given a range of information on the sorts of decisions I will need to make in the next few years
- ☐ I have been told about the people who could support me and introduced to them if I am ready to talk to someone now
- ☐ I know about the 'Local Offer' – (the support and services available for children and young people with SEND) [www.centralbedfordshire.gov.uk/localoffer](http://www.centralbedfordshire.gov.uk/localoffer)
- ☐ I have been asked about my interests and what leisure activities I am involved in and what else I would like to do
- ☐ I have identified new interests nearby that will help me to meet new people and make friends
- ☐ I have been offered help to identify transport solutions where needed, so that I can get to clubs and other activities outside school
- ☐ I have been helped to complete/review my Support Plan and, if appropriate, my Education, Health and Care Plan (EHC) before turning 18
- ☐ When I use community clubs or go to community activities I am treated equally and fairly and have the right kind of support
- ☐ I have been asked about possible 'respite care'
- ☐ If I am caring for someone else, the support I need as a carer has been reviewed - both for now and for the future
- ☐ I know who will be at my review meeting to talk about my plans for the future and how these plans can be achieved
- ☐ I have been supported to review my health and wellbeing and will be supported to develop a Health Plan
- ☐ I have had access to a careers education programme and I have received information, advice and guidance
- ☐ I have started to get information about choices about my education that are available to me from year 9 onwards

- ☐ If I'm likely to need support from Adult Social Care Services when I turn 18 I have had a discussion about this and been told how I might be supported
- ☐ I am being supported to know how to keep safe and what to do if I don't feel safe
- ☐ If I am not sure what my journey looks like, I know who to speak to

### Who are the key people and organisations that could support me?

- My parents
- School
- Children's Services
- SEN Personal Advisor
- Youth Support Service
- Youth Services and clubs
- Careers Advisor
- Health services
- Adult Social Care
- Young Carers' Service (if applicable)
- SEND Support Team (if I have an EHC Plan)
- Parent and Young Peoples Partnership Service

### I need to think about...

- How I can get involved in my local community
- What I would like to do in the future.
- What I might like to do when I leave school
- What I can do in my spare time and what leisure activities I would like to get involved in locally
- My EHC Plan or my Support Plan
- What support I might need
- Whether I might need support from Adult Social Care when I turn 18
- If I'm caring for someone else, what support I might I need in the future





# AGE 15 (YEAR 10)



**At this stage of your journey, the things listed below might have happened or be happening (tick when completed):**

- ☐ I know who can support me through my journey and have someone to talk to that understands my current circumstances
- ☐ I have had a discussion about the options available to me when I turn 16 - also known as 'post-16' options
- ☐ I have been offered taster days and work experience opportunities to help me make up my mind about my future choices
- ☐ I have identified activities I can get involved with outside of school
- ☐ I have been offered support and advice about any transport issues that I have to help me get to new opportunities
- ☐ If I am likely to need support from Adult Social Care when I am 18, I now know who to speak to in the team
- ☐ I have been helped to complete/review my Support Plan and, if appropriate, my Education, Health and Care Plan (EHC) before turning 18
- ☐ I am starting to think about where I might live and what support I might need to be as independent as possible
- ☐ I am being supported to know how to keep safe and what to do if I don't feel safe
- ☐ If I am not sure what my journey looks like, I know who to speak to

'I've enjoyed what we've done - it's a good way of putting information across. I hope that other people who haven't got disabilities also look into this and get something from it'.

Brooke

Who are the key people and organisations that could support me?

- My parents
- School
- Leaving Care Service
- SEN Personal Advisor
- Careers Advisor
- Children's Services
- Youth Support Service
- My doctor
- Adult Social Care
- Community Health Service
- Nurses
- Young Carers Service (if applicable)
- Voluntary Sector organisations
- SEND Support Team (if I have an EHC Plan)
- Parent and Young Peoples Partnership Service

I need to think about...

- What options I have when I am age 16
- Work experience, education, training and employment (post-16)
- What I might do when I leave school
- How I will live as independently as possible.
- My EHC Plan or my Support Plan

'We've worked well with the council - it's given us the option to make a real difference and to accomplish something that will have a positive impact'.

Max



# AGE 16 (YEAR 11)



**At this stage of your journey, the things listed below might have happened or be happening (tick when completed):**

- ☐ I know who can support me through my journey and have someone to talk to that understands my current circumstances
- ☐ I have had some meetings with a careers advisor and received careers advice and guidance
- ☐ I have attended a careers event, which helped me find out more about the options available now I have turned 16 - also known as 'Post-16' options. This gave me information about school 6th form, further and higher education, future paid employment options and work training
- ☐ I have been encouraged to think about volunteering options and opportunities for traineeships, supported internships, and apprenticeships
- ☐ I have been encouraged to think about a range of community activities I could get involved in
- ☐ I have been given information about the Adult Social Care team and how me, and my family, will be supported by them now and in the future
- ☐ I have been helped to complete/review my Support Plan and, if appropriate, my Education, Health and Care Plan (EHC) before turning 18
- ☐ I am supported to be part of any discussions regarding my health and wellbeing and can start to plan for any support I may need once I turn 18
- ☐ I know about personal budgets and understand what it is and how it can help me
- ☐ I know how to be part of decision making about me and what support I need now and in the future
- ☐ I am being supported to know how to keep safe and what to do if I don't feel safe
- ☐ If I am not sure what my journey looks like, I know who to speak to

Who are the key people and organisations that could support me?

- School
- College
- SEN Personal Advisors
- Further/higher education providers
- Training providers
- Employers
- My doctor
- Children's Services
- Adult Social Care
- Child and adolescent mental health services (CAMHS) and Adult mental health services
- Community Health Service
- Nurses
- SEND Support team (if I have an EHC Plan)
- Parent and Young Peoples Partnership Service

I need to think about...

- What I will do when I leave school
- My EHC Plan or my Support Plan
- Community activities I can get involved in
- Volunteering opportunities, apprenticeships, jobs and internships
- Decisions about my healthcare
- Decisions about where I will live when I am 18
- Decisions about what my support will look like when I am 18
- What is important to me and for me



# AGE 17-18 (YEAR 12-13)



**At this stage of your journey, the things listed below might have happened or be happening (tick when completed):**

- ☐ I know who can support me through my journey and have someone to talk to that understands my current circumstances
- ☐ I have had some meetings with a careers advisor
- ☐ If I have decided to apply for college I have had help to prepare me for this
- ☐ I have been asked what support I think I need (including transport) and how I would like it to be provided
- ☐ I have been given information about supported employment services and how they work
- ☐ I have been told about work trials, work experience, traineeships, supported internships, apprenticeships and options for paid work
- ☐ I have been made aware of volunteering opportunities and other options to contribute to my local community. I know how I can get involved in more community activities
- ☐ I have been offered the chance to visit higher education if this is something I am interested in
- ☐ I have been made aware of and agreed to the arrangements that will be made for sharing information about me between organisations ready for when I turn 18. I have been given a say in what these arrangements will be
- ☐ I have had the opportunity to consider where I will live and what support I might need
- ☐ I have been helped to find out if I am eligible for benefits and how to get these.
- ☐ I have been offered support and advice about budgeting
- ☐ If I am eligible for a personal budget, I have been advised how to make the best use of it
- ☐ I have been helped to complete/review my Support Plan and, if appropriate, my Education, Health and Care Plan (EHC) before turning 18
- ☐ I am being supported to know how to keep safe and what to do if I don't feel safe
- ☐ If I am not sure what my journey looks like, I know who to speak to

Who are the key people and organisations that could support me?

- My parents
- School
- College
- SEN Personal Advisors
- Further/higher education providers
- Training providers
- Employers
- SET2Work Supported Employment team
- Housing providers
- Your doctor
- Children's Services
- Adult Social Care
- Child and adolescent mental health services (CAMHS) and Adult mental health services
- Community Health Services
- Nurses
- SEND Support team (if I have an EHC Plan)
- Parent and Young Peoples Partnership Service

I need to think about...

- What I will need to be in place to support me when I turn 18
- My EHC Plan or my Support Plan
- How I will stay healthy and what support I might need to help me.
- What money I will have and what support I might need to manage it.
- Where I will live and what support I might need to be as independent as possible
- What I will do when I leave school
- Training, work experience, and apprenticeships
- What my social life will look like and how I will maintain relationships that are important to me
- How I will make decisions about myself
- How I will keep safe





# AGE 19-25

**At this stage of your journey, the things listed below might have happened or be happening (tick when completed):**

- ☐ I have been provided with information, advice and guidance that will help me to continue planning for the future
- ☐ If I plan to carry on with formal learning, someone has helped me to understand how it will be paid for
- ☐ I know about opportunities to get work trials and apprenticeships and also about self-employment options
- ☐ I am supported to get paid work and if I need additional support there are options available to me
- ☐ I have been helped to complete/review my Support Plan and, if appropriate, my Education, Health and Care Plan (EHC) before turning 18
- ☐ I know about volunteering opportunities and other options for contributing to my local community
- ☐ I have been offered advice and support about transport
- ☐ My housing and support needs have been reviewed, and I have been offered advice and guidance to pursue my preferred options
- ☐ I have now begun to move from activities for young people to community activities more suited to adults
- ☐ If necessary, my health care needs have been reviewed and my plan updated
- ☐ If I am eligible for a personal budget I understand how this will work as I move into adulthood and I know how to make the best use of it
- ☐ I am being supported to know how to keep safe and what to do if I don't feel safe
- ☐ If I am not sure what my journey through transition looks like, I know who to speak to

Who are the key people and organisations that could support me?

- My parents
- College/school
- SEN Personal Advisor
- National Careers Service
- Voluntary Services
- Housing providers
- Housing Support providers
- Youth Support Service
- Adult Social Care
- SET2Work Supported Employment team
- SEND Support team (if I have an EHC Plan)
- Parent and Young Peoples Partnership Service

I need to think about...

- My future aspirations
- What kind of work I would like to do
- What contribution I can make to my local community
- My housing needs
- How to stay healthy and what support I might need to do this
- My support needs
- How to maintain relationships that are important to me
- What is important to me and for me
- How to stay safe
- My EHC Plan or my Support Plan

'I've thoroughly enjoyed working on the Preparing for Adulthood work package so far. I've learnt a lot about council schemes when it comes to the transitions process, but also some new personal skills as well. I hope that young people will be more aware of the transitions process as a result of our work.'

Liam



# Things to think about for the Future

AGE

14-16

17-18

19+

Over  
25



EDUCATION,  
TRAINING &  
EMPLOYMENT

Start thinking about what you are good at, what you might like to do when you are older and what support you might need to achieve your goals

You can do work experience and voluntary work to help work out what you'd like to do and get experience

To do some jobs you need to study longer at school, college or university or through other training. Your school, personal adviser or Supported Employment team can help look at options

There are people who can help you find employment. Speak to your personal adviser or the adults Supported Employment Team

If you are interested in volunteering your local volunteer centre can help

You may be in a job being supported by the Supported Employment team or actively looking for opportunities to fulfil your aspirations



SOCIAL  
LIFE

Are you making the most of your spare time? There is more to do than you think – find out what is around by talking to family, school or your friends

Meet new people, make new friends! Look at what there is to do on the Local Offer and Advice Central

Try something new – speak to your family, friends, teacher, other networks if you need advice and guidance

Do you need support to develop friendships and access activities in your local community? Talk to your care manager or youth worker

Now that you are older your interests may have changed. If you need help ask your care manager or youth worker



HEALTHY  
LIVING

Are you making healthy choices? Your family and school can help you find out about activity clubs locally and eating healthy

Consider your health needs as part your Education, Health and Care Plan (EHC Plan)

Ask your GP or other health professional about a Health Action Plan and your annual health check

The support you get for your health needs may change at 18 – ask your doctor or other health professionals you know about this.

You may see changes to the support you receive – your doctor, nurse or care manager will help you get the answers to your questions



LIVING  
INDEPENDENTLY

Where do you see yourself living in the future?

Think about the skills that you may need to develop to live more independently in the future. Talk to your family, people in your school and care manager.

If you are interested in living on your own or with friends soon ask your family, friends and care manager about your options and how to prepare for this.

If you are living at home or on your own and want to continue to develop your independence then talk to you family and care manager

If you still require support when you are over 25 there are people that can still help you

Have you had a good experience?  
Tell people what you have found useful and what could be done better. This will help everyone in the future.

## PREPARING FOR ADULTHOOD

EDUCATION,  
TRAINING &  
EMPLOYMENT



SOCIAL  
LIFE



HEALTHY  
LIVING



LIVING  
INDEPENDENTLY



## PREPARING FOR ADULTHOOD

We would like to make sure that we provide you with the right information to support you through your journey into adulthood.

Please could you tell us what you think of this booklet?

- Does this booklet contain useful guidance and information? ☐ YES ☐ NO
- Does it tell you everything you want to know? ☐ YES ☐ NO
- Is there anything missing from this booklet that will help you through your journey?
- Is there anything you would change about this booklet?

When completed, please return this form to:  
Preparing for Adulthood – Feedback, Houghton Lodge, Houghton Close,  
Amphill, Bedfordshire, MK45 2TG

Evaluation Form

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# Central Bedfordshire in contact

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