



How can I prepare for adulthood?

Preparing for Adulthood Overview

Preparing for Adulthood Guide:

What is Preparation for Adulthood?

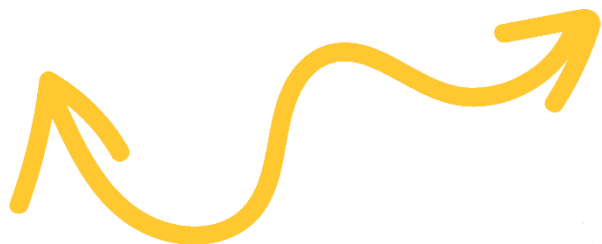
Adulthood means growing up and becoming more independent.

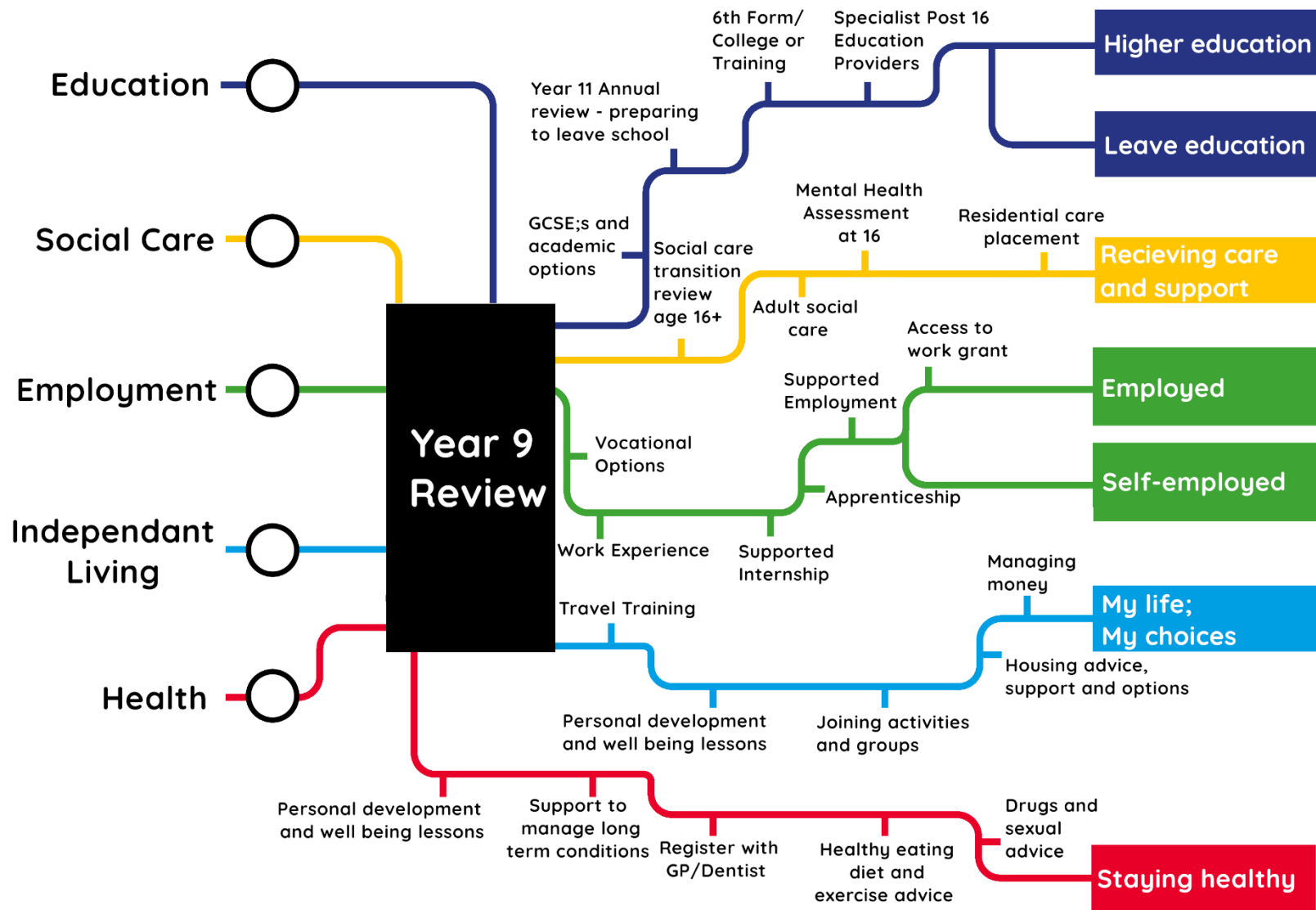
When you become an adult, you will start making more decisions about your life.

You will need to think about things like **where you live, what job you do, and how you take care of your health.**

At 16, you may have more control over your own health decisions. This means you can say yes or no to medical treatment without your family's permission, as long as you understand the decision.

Other things might change when you turn 18. For example, the support you get from education, health, and social care services may be different.





Preparing for Adulthood Overview

This guide sets out how services should work together to support if you have special educational needs, disabilities, learning difficulties and issues with mental health to prepare for adult life. It looks at areas that you may want to consider as you prepare to enter into adulthood. We have separate factsheets available on the local offer that look at these areas in further detail if you would like to know more information.

What are the benefits of Preparation for Adulthood?

Planning and preparing early will help make the transition to adulthood a more positive experience, building confidence and independence for leaving education and moving to adult services. It's important to understand what support is available to you. Everyone's development is different, so plans and services should be tailored to your needs.

It is recommended that you should start planning at your Year 9 review, which gives you time to explore options and allows services to provide necessary support. Decisions made at reviews are flexible, considering that your needs and interests may change. This planning helps identify and achieve your goals as you move into adulthood.

Planning also helps identify gaps in service provision and ensures education, health, and social care services work together to shape future support, including accommodation needs, and to achieve your goals in life



What is transition?

Transition is a term used to describe moving from one type of service or support to another, for example going from school to further education (college) or from children's health and social care services to adults' services.

As you grow older and move towards adult life, many exciting changes and important decisions will come up for both you and your parents or carers. This can sometimes feel overwhelming, especially when moving from school to college or training. The shift from children's to adults' health and social care can also feel confusing or challenging. There may not always be a direct replacement for the support you received as a child. This is because adults' services focus on treating the young person as an independent adult, which can be a big adjustment.

If you have a Education, Health and Care Plan (EHCP), the review of this plan in Year 9, and every review after that, should focus on preparing for adulthood and include careful planning for the transition.

If you have special educational needs and receive SEN support but do not have an EHCP, you should have regular discussions with your parents or carers and teachers about your future support needs as you prepare for adulthood. This should be part of the planning and review process.



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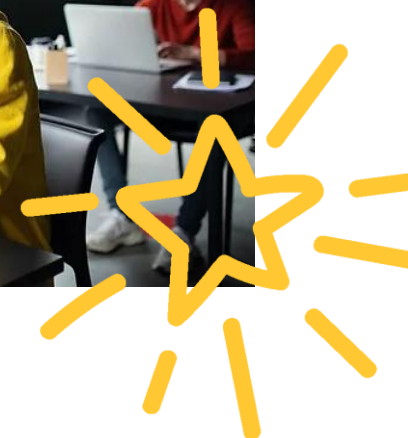
Preparing for Adulthood Reviews – What to think about

Preparing for Adulthood should be part of regular discussions and reviews. These meetings, along with your Education, Health, and Care Plans (EHCP), should track how well you are progressing towards your future goals and ambitions. The plans need to be reviewed every year.

Starting from age 14/15 (Year 9), the EHCP reviews must focus on getting ready for adulthood. This includes support in several important areas:

- Find suitable paths once you leave education for jobs or further education.
- Look for training opportunities.
- Get help to find a job and understand benefits.
- Prepare for living independently
- Decide where you want to live in the future and the support you will need.
- Learn about local housing options and support for finding a place to live.
- Understand housing benefits and how to manage money.
- Check if you qualify for adult social care.
- Stay healthy and well as an adult:
- Plan the transition from children's health services to adult services and understand which health professionals will work with you as an adult.
- Make sure these professionals understand your needs. This could include creating a Health Action Plan and reminders for annual health checks if you have learning disabilities.
- Get support for travel to become more independent.
- Join and maintain relationships in the community.
- Find out about activities in the community and how to join them.

Reviews should be person-centred, see our fact sheet: Person Centred/Family Centred Planning



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Who can help?

There may be a number of people who are working with you and your parent/carers, such as:

- **Teacher/SENCO**
- **Intervention worker**
- **SEN caseworker**
- **Social worker**
- **GP, nurse or other health professional**
- **Keyworker**
- **Parent/Carers or trusted friends**

You can choose any of the people mentioned above to help you. They can connect you with other professionals and give you advice and information.

If you need an education professional, talk to your school or education provider. If you need a health professional, contact your GP. If you need a social worker, contact the [Multi Agency Safeguarding Hub](#) on 0161 253 5678.



Careers advice for children and young people

Schools, education providers and colleges should provide you with independent careers advice and help raise your career aspirations, especially for those with special educational needs and disabilities. You should also be offered opportunities like taster sessions, work experience, mentoring, and talks from inspiring speakers or role models to help you make informed decisions about your future goals.

For more information: [Good Career Guidance](#) | [Education](#) | [Gatsby](#)



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Post 16 Education

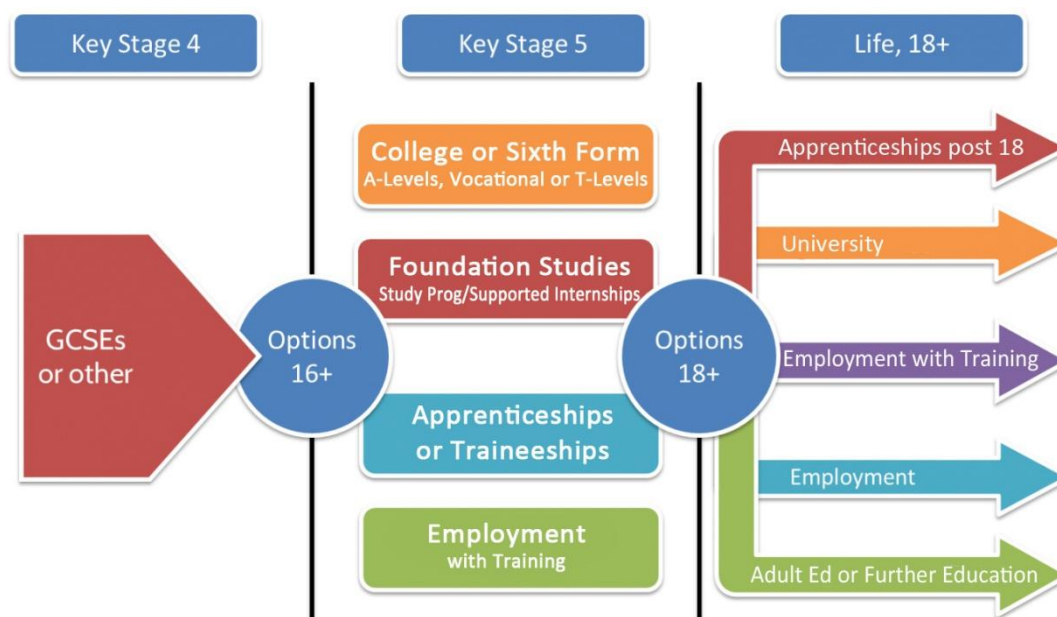
A young person can leave school after Year 11, but by law, you need to keep learning until you turn 18. This learning can include:

- full-time education (e.g. at a school sixth form or college)
- an apprenticeship
- training such as a study programme
- part-time education or training combined with one of the following:
 - employment or self-employment for 20 hours or more a week
 - volunteering for 20 hours or more a week

If you are aged 16-19 (or up to 25 if they have an Education, Health, and Care Plan), you should have a clear study plan to help you to achieve the best outcomes for adulthood. Schools and colleges should ensure that courses help students move forward to qualifications or job placements that matter to them and do not repeat what they have already learned.

Work placements should prepare you for healthy, independent living, helping you build relationships and participate in the community. If you have an EHCP, there may be funding available to support you across education, health, and social care, covering five days a week, including extracurricular activities. This support can take place in various community settings.

The 16-19 Bursary Fund helps cover costs like transport, food, or equipment for further education. Young people in care, care leavers, and those with disabilities can apply through their college for up to £1,200.



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High Needs Funding

Some young people with special educational needs and disabilities (SEND) have their needs met through the college's regular funding. If the cost of an individual's support is higher than this regular funding, additional funding (known as Top-up) can be provided by the local authority where the student resides. This enables them to participate fully in their education. This is part of the **High Needs Funding** system.

High Needs Funding is for:

- Young people aged 5 to 18 with an EHCP or SEN support, who have severe or complex needs, and are attending school full-time.
- Those aged 19 to 25 in general Further Education institutions and Specialist Post-16 Institutions (SPIs) who have an EHCP and need extra support costing over £6,000.

High Needs Funding cannot be used for students over 19 who do not have an EHCP.

The Department of Education funds learning for those aged 19 and over with learning difficulties and/or disabilities who do not have an EHCP.



Ending an EHCP

One reason for stopping an EHCP is that you no longer need the special education or training mentioned in the plan. If you are aged 19 or over, the local authority must consider whether the education or training goals in the plan have been achieved. Local authorities should not end the plan just because the person is 19 or older. When you are nearing the end of your education and training, the local authority should use the annual review to agree what support is needed to help you connect with adult services. An adult care plan or a Continuing Health Care plan (for complex needs) may replace the EHCP if you are eligible. EHCPs will also end if you enter Higher Education or begin employment.

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Independence and Housing Options

Education providers and family members should support young people to acquire independent living skills such as travel training, basic cookery skills, personal care and money management. Moving away from home is a huge step and should be thought through carefully. For more information see our factsheet on 'Independent living and being part of society'

18+ Employment and Training

Most young people with an EHCP will go into employment or further training at 18, this may be supported by [Access to Work](#). However, those who have more complex needs and are not eligible for adult social care services have several options to pursue employment or training. [Bury Education Support and Training \(BEST\)](#) is an example of a local provider that helps young people with learning difficulties find jobs.



[Bury Works](#) is an employability programme designed for people with disabilities and health conditions to gain sustainable employment. Referral is via job centre plus or via the council. Participants will be assigned a dedicated caseworker who will support with all areas of employability including financially better off calculations, CV's, applications, interview support, motivation & confidence. Their health team can support participants to get one to one support from a health professional, in addition to working with their caseworker. Delivery partners for Bury Works will change dependant on funding.

Young people may wish to consider an [Apprenticeship](#) or [Supported Internship](#) and this should be discussed with their college who can provide more information about availability.

[Bury Adult Learning](#) can support people with a range of skills to enable them to be more independent. For more information see our factsheet on Employment, Internships and Careers.

If you enter higher education, your EHCP will end, and you need to talk to your university about support for you needs. You can find information about support from local universities [here](#).

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Making friends and building relationships

It is important that young people maintain friendships after school ends. Local community centres, libraries, youth clubs, churches, galleries, cafés and schools offer a range of daytime and evening events and activities to help make new friends. These range from dance classes, music, singing as well as Scouts and Guides, art and textiles workshops. Information on a variety of activities can be found on the [Bury Directory](#).

Transitioning to adult social care

The local authority must check to see what help a young person or carer might need if they think the person will need support after they turn 18. This is required by the [Care Act 2014](#).

If a young person or young carer is likely to need help when they turn 18, the council must assess them when they think it will be very beneficial. This assessment might lead to services that support the person or carer or point them to local services so they can stay as independent as possible.

For more information, see our factsheet on 'Social Care'.

Mental Capacity

If a young person [cannot make decisions for themselves](#), parents or carers might want to apply to the [Court of Protection](#). This court can give them the authority to make important decisions on behalf of the young person, including choices about personal welfare and financial matters. For more information, see our factsheet on Mental Capacity and Best Interest Decisions.



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Consent

At the age of 16, young people gain the legal right to make their own decisions about their health care, as long as they are deemed competent to do so. This means they can consent to their own treatment without the need for parental/carers approval, although parents/carers can still be involved if the young person wishes. It is crucial that they are provided with all the necessary information to make informed decisions regarding their treatment options. Health professionals will assess the young person's ability to understand the implications of their choices and provide support throughout the process

Transitioning from children's health service to adult health services

Health pathways vary depending on the needs of the young person, who might need support from various health professionals, both in the community, and in hospitals. You will need to talk to those professionals who will advise you about how transition works for that service.

For those who have more complex needs and already receive Continuing Care funding, an assessment will be done by the children's clinical team. If appropriate, they will refer the young person to adult nurse assessors to check if they qualify for adult Continuing Healthcare funding when they turn 17.5 years old.

Young people with complex medical needs can also be assessed for Continuing Healthcare. This starts with a checklist filled out by nurse assessors to see if they might be eligible. If they qualify, at the age of 18, the NHS will create a Personal Health Budget and Care Plan to ensure they receive the necessary support and services. For more information, see our factsheet on Health, Mental Health and being healthy

