



How can I prepare for adulthood?

What does being an adult mean?

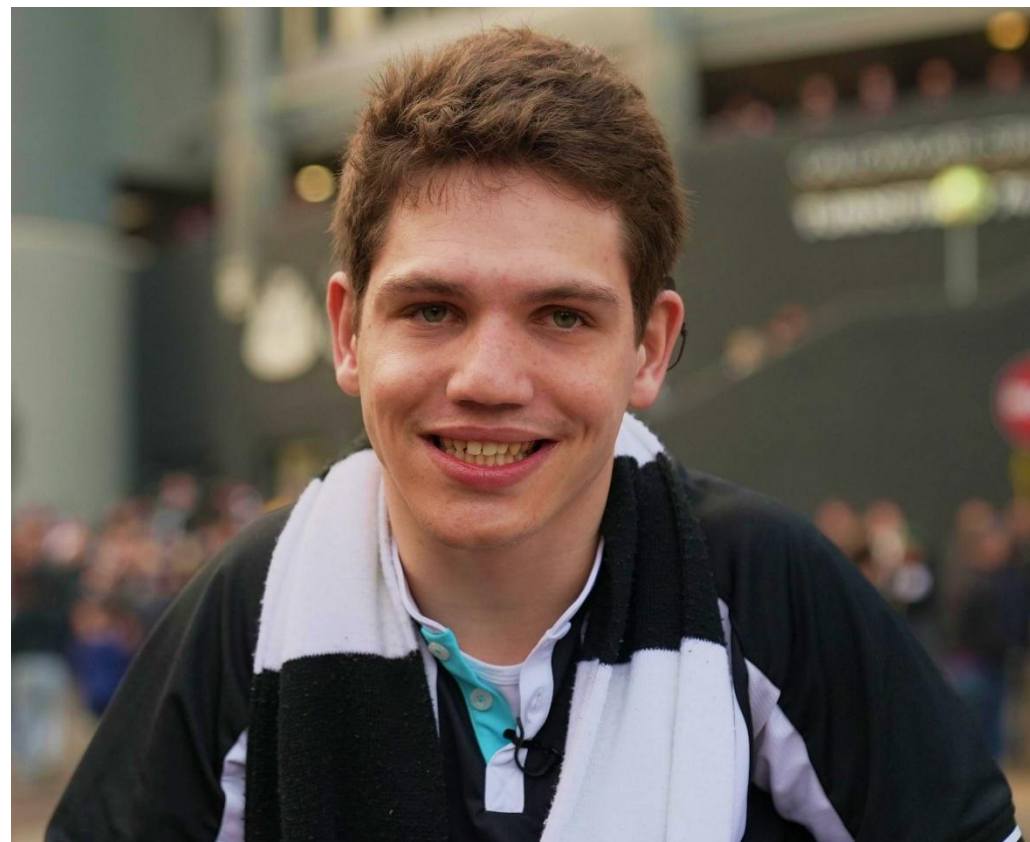
Adulthood means growing up and becoming more independent.

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

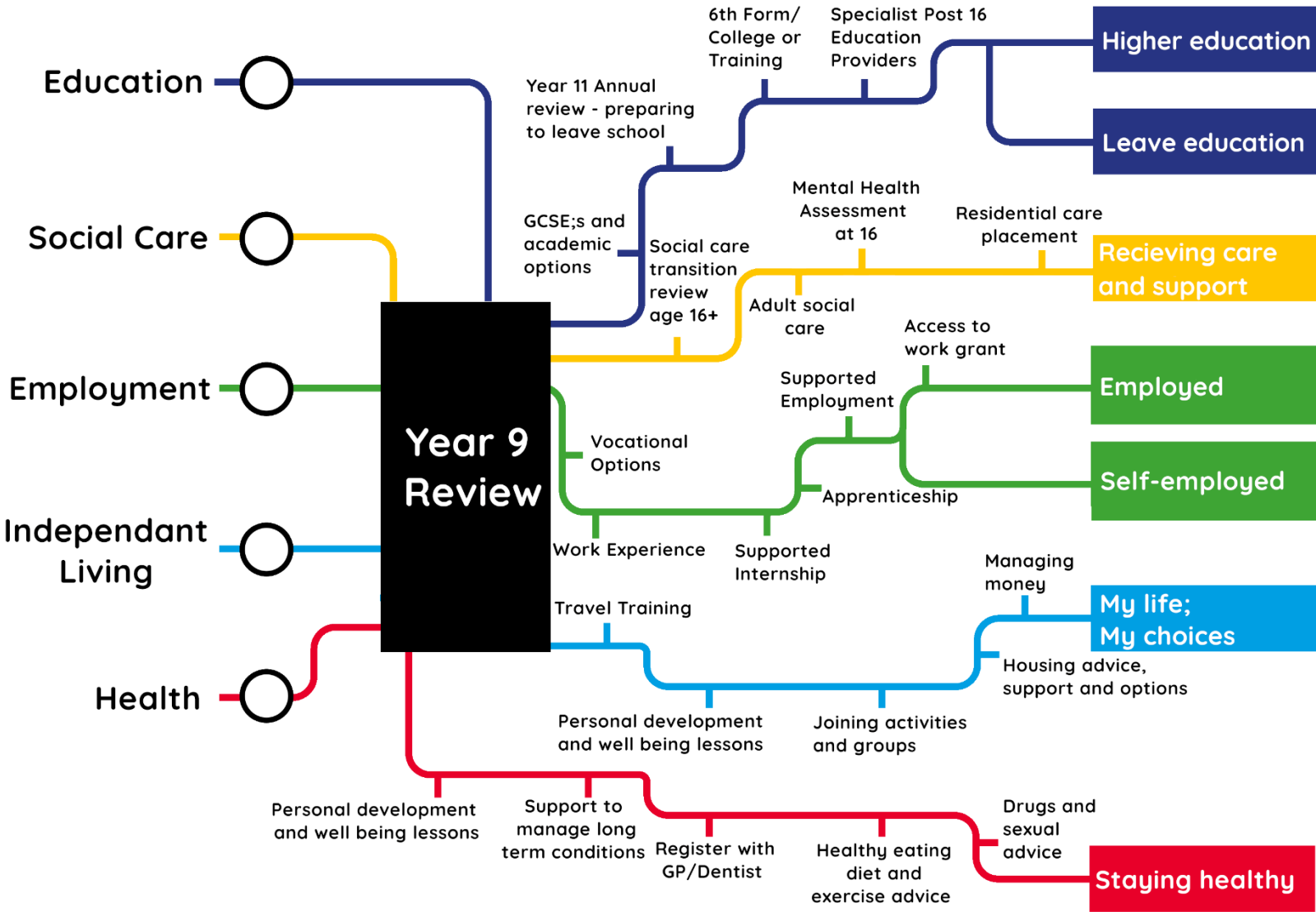
You will need to think about things like where you live, what job you do, and how you take care of your health.

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



Adapted from Haringey Council

Why is it important to prepare for adulthood?

Planning for adulthood helps make the transition smoother.

It can make moving from school to college or adult services less overwhelming.

Early planning helps you build confidence and independence.

It gives you time to explore different options and get the right support.

It helps you achieve your goals in life.



What is transition?

Transition means moving from one type of service or support to another.

For example, moving from school to college, or from children's health services to adult services.

This can be a big adjustment, as adult services treat you as an independent adult.



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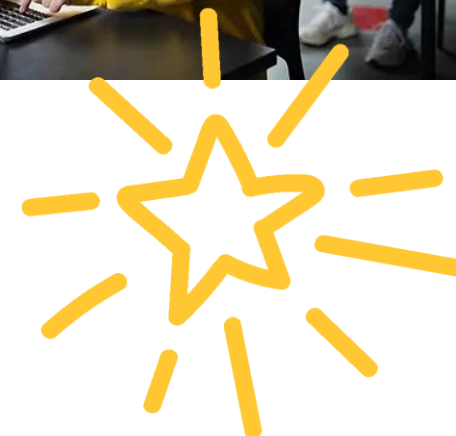
Start planning early! The best time to start is in Year 9 (age 13/14).

Talk to your parents/carers, teachers, and other professionals who can help.

Think about what you want to achieve in life.

Your Education, Health, and Care Plan (EHCP) can help you prepare.

If you don't have an EHCP, talk to your school about your support needs.



What are the key areas to focus on?

Education and Employment:

- What do you want to do after school?
- Do you want to go to college, get a job, or do an apprenticeship (a job with training)?
- Look for training opportunities and work experience.

Living Independently:

- Where do you want to live?
- What support will you need?
- Find out about your housing options, how to manage your money, and what help you can get from the government if you need it.



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Health and Well-being:

- How will you manage your health as an adult?
- Plan the transition from children's to adult health services.
- Look into if you need a yearly check-up with your doctor. This is called an Annual Health Check and is an option if you have a diagnosed learning disability.

Community and Relationships:

- How can you make friends and stay connected with people?
- Find out about activities in your community
- Maintaining friendships is important.



Who can help me?

People at your school: Teachers, SENCO, support workers

Social workers: Can give support to you and your family if you are struggling

Health professionals: Doctor (GP), nurses, other specialists

Careers advisors: Your school or college can provide guidance.

Bury Council: They can help with housing, employment, and other support.

Family, carers and trusted friends: They can offer emotional support, help with decision making, and give practical assistance

If you have questions that are not covered in one of our factsheets, you can find further help on the [Curriculum for Life](#) website.



Examples of what could happen at different ages

- **Year 9 (age 13/14):** Start thinking about what you want to do after school and look at different options.
- **Year 10 (age 14/15):** Visit colleges and events to help you think about your future options like Bury Careers Event. Think about your social life and how to stay healthy.
- **Year 11 (age 15/16):** Choose where you want to go for education when you leave school and make sure you apply. Start practicing independent living skills. Check to see if you can make decisions by yourself with a mental capacity assessment.
- **Year 12 (age 16/17):** Plan for your transition to social care and health adult services. Learn about housing options and government support if you need this.
- **Year 13 (age 17/18):** Start thinking about how you plan to manage your money and whether you will need assistance in making financial decisions. Complete assessments for adult care and support.
- **Year 14 (age 18/19):** Complete transition to adult services such as social care or health. Focus on your future goals.
- **Age 19-25:** Continue working towards your goals. Get support from adult services if you need it.



What are some important things to remember?

- **Everyone is different.** Your plans will be unique to you.
- **Your plans can change.** Your needs and interests may evolve over time.
- **Don't be afraid to ask for help.** There are many people who can support you.
- **You can achieve your goals!** Preparing for adulthood helps you have a successful future.
- **It is important to have a plan.** Planning will help you as you become an adult.

