







Preparing for Adulthood Plan





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What does Preparing for Adulthood mean?

	<p>Preparing for Adulthood (PfA) are the things children and young people need to learn so you are ready to live as an adult.</p>
	<p>Being an adult means you are 18 years old or older.</p>
	<p>Things you need to learn may be knowing how to travel on the bus on your own, knowing how to cook a healthy meal, and getting a job.</p>
	<p>Being an adult means you can look after yourself or you might still need help, but you know where to get help from.</p>






What do we want to do?

	<p>In Leicester City we want all children and young people with Special Educational Needs and Disability (SEND):</p> <ul style="list-style-type: none">• to make the most of their learning,• reach their hopes• reach their goals when they become adults.
	<p>Having a plan helps services, schools and other groups make sure they are helping children and young people with SEND.</p>







Who does this plan help?

	<p>This plan is for young people, aged 14 - 25 with SEND who are moving into adulthood, sometimes called transition.</p>
	<p>It is also for parent, carers and people who are helping you as you become an adult.</p>

Preparing for Adulthood is important because:





	<p>It is when you and your family will make choices and plans about getting ready for adulthood.</p> <p>It can be difficult to make choices about the future without knowing and understanding what it means to be an adult.</p>
	<p>It is important to start planning early, so you have time to make good choices.</p>
	<p>It is important to talk and share your thoughts and plans with friends, family, school and people helping you.</p>
	<p>These people can share information and provide support to help you reach your goals.</p>
	<p>It is important to share what you think by telling others your plans and worries. It is important for others to listen to what you say.</p>

What we will do for young people

	<p>People working with you, parents, carers and schools want to give you the best support and opportunities to help you to prepare for adulthood.</p>
	<p>We will support you to get the most from your learning.</p>
	<p>We will support you to have a chance to work.</p>
	<p>We will support you to learn independent living skills.</p>
	<p>We will support you to plan for your good health.</p>
	<p>We will support you to have friends and be a part of your community.</p>

How will we reach the aims?



We will reach the aims by using person centred planning. This means:

	<p>We will help you to share your views.</p>
	<p>We will make sure you are listened to and you are an important part of your planning.</p>
	<p>We will support you to make choices.</p>
	<p>We will make sure professionals share information you need with you and your family.</p>



We will reach the aims by working in partnership. This means:

	<p>We will support you and your family by working together in partnership.</p>
	<p>We will work with adult social care and health to understand what is needed and develop services.</p>
	<p>We will develop the local offer with you, your family and professionals.</p>



We will reach the aims in education and employment. This means:

	<p>We will work together with local schools and colleges to provide a good education which help you reach your goals.</p>
	<p>We will offer you a choice of options to help you get a job.</p>

We will reach the aims in planning for good health. This means:

	<p>We will offer support and education on good health and wellbeing.</p>
	<p>We will help you to move from children's health services to adult health services</p>

We will reach the aims in being independent and living independently. This means:

 <p>Training Room</p>	<p>We will encourage you to take part in opportunities that lead to personal development for example National Citizen Service.</p>
	<p>We will support you to make choices about where you will live, such as living at home with support, supported living or independent living.</p>

We will reach the aims in making friends, forming relationships and being a part of your community. This means:





We will share information on opportunities to help you be a part of the community and build good friendships into adulthood.




We will develop opportunities to meet your needs within your local community.

If we listen to you and support you with your goals, this is what should happen.


In partnership working, we will see that:

	<p>Services have worked together to support you and shared information with you to help you to make your choices.</p>
	<p>You will have been supported to move from children's services to adult services.</p>

In education and employment, we will see that:

	<p>You will have had support to find further education, training, volunteering opportunities or a job.</p>
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In independence and independent living, we will see that:

	<p>You will have had information and help to think about and decide where you want to live as an adult.</p>
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You will have help to learn the skills you need to live where you want.

In planning for good health, we will see that:



You will be confident to look after yourself and make healthy lifestyle choices.

In friends, forming relationships and being a part of the community, we will see that:



You will have opportunities to meet your friends and take part in activities together in your community.

What do those words mean?

Word	Meaning
Adulthood	Being an adult, not a child.
Community inclusion	Being a part of your local area.
Independence	Being able to make choices and do things by yourself or with support.
Independent living skills	Skills such as washing, cleaning, cooking, managing money and travelling.
Local Offer	Information, support and services available in your local area to help you.
Partnership working	Where different services and people work together and help you to achieve your goals.
Person Centred Planning	Making sure you are at the centre of your planning and your views are listened to and influence the process.
Preparing for adulthood	Planning and learning the things children and young people need to be ready to live as adults.
SEND	Special Educational Needs and Disabilities.
Strategy	Plan, list of things to do.
Supported living	Living in your home or a shared home with support.
Transition	The time when you are moving from being a child to becoming an adult.