

PREPARING

FOR ADULTHOOD



**YEAR 9/
AGE 14**

**PLANNING WHAT
MY ADULT LIFE
LOOKS LIKE**

Start transition plan as part of MyPlan or EHC Plan review and update each year

CONSIDER

EMPLOYMENT:

- What will I do?
- How will I get to that point?

INDEPENDENCE

- Where will I live?
- What skills will I need?

COMMUNITY INVOLVEMENT

- How will I spend my time?
- What will I access around me?

HEALTH

- How will I stay well?
- What will support look like as an adult?

**YEAR 10/11
UP TO AGE 16**

- Continue transition plan
- Look at different options
- Apply for Post-16 Education
- Review health & care needs and how they will be met as an adult

**UP TO
AGE 18**

- Continue transition plan
- Plan for care and health for adult life, including assesment under the Care Act
- Access post-16 education/training

**TYPES OF
POST-16
EDUCATION
/TRAINING**

ACADEMIC

- Qualification eg. A Levels
- School or college
- Leads to university or employment

VOCATIONAL

- Qualifications in work-related subject eg. BTEC
- College or training provider
- Leads to university or employment

EMPLOYMENT

- Focus on work related training eg. apprenticeship, traineeship, supported internship
- May need to take part in preparation programme first
- Leads to employment

LIFE SKILLS

- Activity focus
- Develop skills for adult life
- Leads to volunteering/ meaningful activity or employment

POST 19 YEARS OLD

- Continue transition plan
- Some young people will need more time to reach the next stage
- Adult health and care plan in place - including for beyond education
- Focus on route to adulthood beyond education

POST EDUCATION ADULT LIFE



Sheffield

Clinical Commissioning Group

**Sheffield
City Council**

