

Useful links for families with disabled young people who are growing up



Happier | Healthier | Hopeful

Preparing for Adulthood

<http://www.preparingforadulthood.org.uk>

Transition Information Network

<https://councilfordisabledchildren.org.uk/transition-information-network>

Choices and Decision-making matters

<https://www.disabilitymatters.org.uk/course/view.php?id=73>

This free learning session looks at how to support disabled children and young people making their own decisions in all areas of their life, and what the legal framework is if you believe someone does not have the capacity to make a particular decision or choice.

Supporting Independence Matters

<https://www.disabilitymatters.org.uk/course/view.php?id=65>

This free learning session will explore how to help disabled children and young people become more independent, including how to address the risks and anxieties that may arise.

Growing Up Matters

<https://www.disabilitymatters.org.uk/course/view.php?id=118>

This free learning session will describe the changes that take place during adolescence and explore the extra challenges that may be faced by disabled children and young people as they grow up.

Transition Matters

<https://www.disabilitymatters.org.uk/course/view.php?id=98>

Transition is an uncertain time for young people and their families. This free learning session will explore how all those involved can use person-centred approaches to support young people and their families to prepare for adulthood and be confident about their future.

Work Experience and Employment Matters

<https://www.disabilitymatters.org.uk/course/view.php?id=117>

This free learning session will explore the issues faced by disabled young people seeking work experience and employment. Later sections will explore the concept of 'reasonable adjustment' and the ways in which employers can benefit by including disabled young people.

