

Route Planner

What does preparing for adulthood (transition) mean and when does it start?

Preparing for adulthood is about taking steps to ensure that young people with special educational needs and disabilities receive the right level of support to enable them to live as full and active a life as is possible.

The 4 main things that young people say are important to them are:

- ▶ Employment
- ▶ Independent living
- ▶ Community inclusion
- ▶ Health

These areas should be discussed as part of transition planning which usually starts in Year 9 (13 or 14 years old) with the annual review of a young person's Education, Health and Care Plan.

What do I want to do in the future?



Throughout the preparing for adulthood process

- All reviews and plans should be centred around my needs, hopes and aspirations for the future.
- I need to agree who will need and can be sent information about me, including adult services.
- I will need my GP to have information about me.
- Each meeting should be recorded and shared with the people who support me now and those who are going to be supporting me as an adult.