

A Young Person's Guide to: Preparation for Adulthood

Education / Training / Employment

Education might include:

Schools 6th form
College
6th Form College
Specialist College

At these settings if you need extra support this will be available, you won't always need an EHCP to get extra funding and support. Courses might be full time, part time, or in the evenings. You need to check with the individual colleges.

Training might include:

Study Programmes – this will help you to progress, achieve qualifications and have work experience. They should be designed to meet individual needs. The aim is to maximise your potential and help you to move on to higher education or employment.

Supported internships – This involves you working with an employer, gaining valuable employment skills whilst also gaining a level 1 or level 2 qualification. This is aimed for Young People who might need some extra support during their internship.

Traineeships – Are a work placement including work skills training alongside studying English and maths (if necessary).

Apprenticeships – are available to learners who want to train in a specific job, often this is from school. Apprenticeships are available for 16-24 year olds through college and private training providers. You will gain a level 2 or level 3 qualification at the end of your apprenticeship.

All of the education and training you receive should help you to gain employment in a role that suits you and fits in with your lifestyle.

The participation age:

You must now stay in some form of education or training until your 18th birthday.

You could:

Be in full time education – school or college (full time is generally 15 hours)

An enrolled on an apprenticeship or traineeship

Part time education, or training alongside employment, self-employment or volunteering for 20 hours or more a week.

If you are going to university you may need to ask for a student loan. You can speak to Student Finance England for more detailed advice.

Once you have gained your qualification you may need some support to get a job. There are people in your local Job Centre who specialise in supporting people with additional needs and disabilities.

Independent Living

Independent living doesn't just mean living alone there are lots of different ways you can live independently. You can be independent but continue to live in the family home, or you may wish to have your own space in a flat or house.

Living at home – This might be a decision that young people and their parents agree to. You may still live an independent life, cooking, cleaning, washing your clothes, washing up dishes; you may share these duties with family members. You may have an agreement to pay rent to your parents, or contribute to household running costs. Your parents may receive money to help support you, and you may be entitled to money to help support you in your day to day life.

Shared Lives Scheme – This is when you live with a trained carer in your family home, and can be a good balance for your independence and support you need.

Extra Care Housing – This means you have your own flat in a purpose built complex with staff who can support your needs.

Supported Living – This may be a bedroom in a shared house, or your own flat in a complex where other people with similar needs to you live.

Private Renting – This is a very flexible option as you can often move in very quickly if you are able to pay the deposit and 1st month's rent. You should make sure your landlord is accredited. You can look for private rented accommodation in many different places.

Social Housing Renting – The local authority you live in will have their own flats and homes to offer you. You have to put yourself down on a list to be considered for social housing, this can take a long time for you to get a flat. If you have a disability or learning difficulty, then you may be given a place to live quicker.

Shared Ownership – This is when you share the ownership of your home with the government and pay rent to pay off your percentage of ownership of the home. This can be a good option if you cannot afford to buy a home straight away but do have some money to pay a deposit.

Joint Ownership – This is where a number of people usually a (maximum of 4) buy a house together. You will have to remember that if one of the people in the ownership don't pay their share of a mortgage a month the other 3 people will be responsible.

Money

Money – You may be in employment either full time or part time and will receive your wages, this is usually once a month but some companies may pay weekly or every 2 weeks. You should speak to your manager about this.

Personal Independence Allowance (PIP) – This will help you with your costs of dealing with your disability day to day. You can claim PIP when you are 16 or over. You must have difficulties with daily living or getting around for 3 months or more, and only if you expect they will continue for another 9 months.

Disabled Students Allowances (DSA) – This money is to give you extra help when you are in either university or college. This money is for students who have a disability, mental health condition or a specific

learning difficulty like dyslexia or dyspraxia. You should contact a Disability Adviser at college or University for further support.

Universal Credit – is benefits that cover but are replacing:

- Employment Support Allowance (ESA – you might have heard this be called the dole)
- Housing Benefit
- Income Based Jobseekers Allowance
- Child Tax Credits
- Working Tax Credits
- Income Support

It may not be necessary for you to have all of these benefits. The Citizens Advice Help to Claim Service offers practical support and can help you make a claim for Universal Credit.

Bills

You may have different bills to those listed but these are the bills you're most likely to pay when you have your own living space.

Rent/mortgage: This has to be paid every month, if you don't pay this you may be asked to leave your property either by your landlord or the bank.

Council Tax: There are different council tax bandings based on the type of property you live in. When you move in to a place you need to let the Local Authority know you now live in that place and they will tell you how much money you have to pay them. You might be entitled to a discount but you would have to research this.

Electricity: Some properties only run on electricity, this pays for everything you plug in like your phone charger, cooker and kettle. These bills are often paid quarterly, but you can organise this with the provider you choose to go with.

Gas: this is used to heat your home through a boiler, the gas will give you hot water to shower and wash your dishes. These bills are also often quarterly but you can plan with your provider to pay monthly so it is easier for you.

Water: You have to pay for the water you use in your home this can also be paid quarterly or monthly, you need to arrange this with the people who provide the water to your home.

TV licence: Everyone needs to have a TV licence in their home if they want to watch any channel or stream live TV.

Internet and TV: This is very important to most people, you can get internet only packages and some that come with TV packages, have a look at what suits you most

Phone bill: If you have a monthly contract with a phone company you will pay your mobile phone bill monthly. If you are on pay as you go, you need to save money so you will have credit to make calls or go online.

Friendships and Community

Friends – Having people who share your interest, show care and support, and share time with is a wonderful thing. There are many different ways to make friends, in school, college, through family, youth groups, and employment. You should always be encouraged and supported to make and maintain friendships.

Relationships – Having a special someone to call boyfriend or girlfriend is important to a lot of people. There are places you can go for advice and support around relationships including sexual health, good relationship education and STIs.

Activities – There are many different activities that can meet different interests and needs. There are activities provided by your local authority.

If you are assessed as needing short breaks or a personal budget this can give you more freedom to attend groups, or complete activities that are your choice and most suitable for you.

Volunteering – You can volunteer at many different places, and get different experiences out of volunteering at different organisations. Volunteering is helping support an organisation with your time for free, you may sometimes be paid a small amount for travel and expenses.

Health

GP – Everyone living in the area should be registered with a GP practice. You are able to access a GP any time you feel unwell or concerned about your health.

Paediatrician - When you were younger you might have seen a doctor called a paediatrician, they generally work in hospitals but can work in the community. When you get older (18), you will be transferred from a paediatrician to an adult doctor.

Dentist – You should see a dentist every year, if you have healthy teeth you might only need to see them every 2 years. You might need to be seen more often by your dentist but they will let you know.

Opticians – You should see an optician for an eye check every 2 years. They will check your eyes to see if there are any issues. If you need to wear glasses they will let you know.

Annual Health Checks – This is for young people aged 14 or over with a learning disability. This is free and is there to keep you healthy. You can call your GP and ask for an initial health check at any time.

Sexual Health – There are lots of services that can support you to have good sexual health. This can include help, information and advice around being tested for Sexually Transmitted Infections (STIs) and follow on support, contraception, relationships and personal hygiene.

Mental Health – Support is out there if you suffer from anxiety, low moods, depression or any other mental health problem. You can book an appointment to see your GP, or surgery nurse to ask about referral to services who can help. You can sometimes self-refer to services. If you are ever feeling very low and having thoughts of harming yourself, you must contact 999 or go to A&E straight away.

Transition from Children's to Adults Services – Your young person may have other specialist Drs who support them, there should be transition arrangements in place. This will be a meeting with the paediatrician and their new adults Dr. They will then be the person they contact if they need any help and support around their specific need. Their GP will see them for their general health needs.

Local Offer – This has information that will help you know what support is available for when you need it.