

PREPARING FOR ADULTHOOD



Transition from childhood to adulthood

Preparing for Adulthood

Young People's Guide 14 - 18 years

2022/2023

www.enfield.gov.uk

North Central London
Integrated Care System



ENFIELD
Council



Welcome to Preparing for Adulthood!

It is important to think about what you want to do when you become an adult (at 18)



It can help to think about the Preparing for Adulthood outcomes -



- Employment



- Keeping Healthy



- Friends, Relationships and Community



- Independent Living



You can include this in your in your Education, Health and Care Plan.

Making decisions



The law says you have the **right to make decisions** about your life from the **age of 16** (if you have **capacity**).

This [Easy Read Guide to the Mental Capacity Act](#) explains more



Having the **right support** to make good decisions is very important.



Make sure you talk to your **parents, teachers, or social workers** about your life choices



It is important that you are involved in the **annual review** of your Education, Health and Care Plan (or any other plans).

Annual Review of Your Education, Health and Care Plan



Your teacher will invite you to attend the **yearly review** of your Education Health and Care Plan.



Make sure you **tell your teacher** what you want to do when you become an adult



Your **wishes** will be recorded in your EHCP. These are known as outcomes.



You will be supported to achieve your **outcomes**.



Your school and the **Learning Difficulties and Disabilities Careers Advisers** can talk to you about what opportunities there are for you to **go to college** and **get a job**



Find out about what help is available to help you **live independently**.



Find out about **things to do** in the community.



Some young people with special educational needs and/or a disability (SEND) may need extra support from **Adult Social Care** when they reach at 18.

Independent Travelling



It is important if you want to go to college or get a job that you learn to **travel there by yourself**.

This is known as **independent travel**.



Independent travel also helps you to **meet your friends, go shopping** or go to different **activities** without needing extra help.



Make sure you tell your teacher to put **“learning to travel independently”** as an outcome in your **Education Health and Care Plan**



Find out about support to **help you travel independently**.

Going to College



Look at the different **college courses** that are available to support your chosen career path.



Attend **open days** at the local colleges. These are our local colleges:

- [Barnet and Southgate College](#)
- [Capel Manor](#)
- [College of Haringey, Enfield and North East London](#)
- [Herts Regional College](#)
- [Oaklands College](#)



Changing Lives · Creating Futures

First Rung is an independent training provider who support young people to progress to further education, an apprenticeship, employment or another suitable destination.



Find out about a **supported internship**. This is a course that helps you to get a job. The following organisations can help:

- [CONEL College](#)
- [MENCAP](#) employment programme
- [West Lea School](#)

Getting a Job



If you want to **get a job** when you leave school here are some things you can do to help.



Attend your Education, Health and Care Plan **Annual Review** and make sure you tell your teachers to include “**getting a job**” as an outcome.



Speak to the **LDD Careers Advisers** for advice and support



Speak to your parents and teachers about **volunteering**, **work tasters** and **work experience**.



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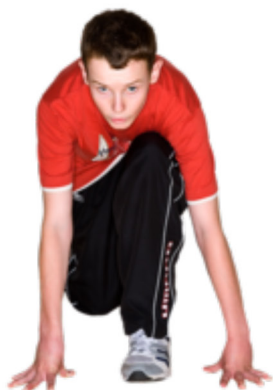


Make sure you learn to [travel independently](#).



If you are 18, [Equals Employment Service](#) can help you to find work.

Keeping Healthy



It is important to **keep fit** and healthy to reduce the risk of heart disease, type 2 diabetes and obesity.



Keeping healthy also includes **mental health**, sexual health, pregnancy and drug and alcohol misuse.



There's lots of help and advice on [MyLife](#).



Make sure you ask your GP about your **annual health check**.

Independent Living



Young people grow up and want to **leave home**.



This is known as independent living.



Make sure this is an outcome in your EHCP so you can be supported to learn the **skills you will need** to live independently.



Some of the **skills you will need** are shopping, budgeting, cooking and cleaning.



Make sure this outcome is included in your Adult Care and Support Plan so that you can be supported to **live independently**.



You can find out more by downloading our Easy Read **Housing Options** booklet

Friends, Relationships and Community



We all want to have friends and opportunities to be part of our [local community](#).



The [Local Offer](#) and [MyLife](#) websites provide information about lots of groups and activities to make friends and be part of your local community.



Join our [SEND Youth Club](#) at Bell Lane or any of our other [Youth Clubs](#)



Get involved with our [All About Us](#) network and have your say.

