

# Becoming an Adult

## Easy Read Booklet



Transition from childhood to adulthood

# Welcome



Becoming an adult means being 18.



It is good to think about what you want to do when you are an adult.



This booklet helps you think about your future.



Take this booklet to your EHCP meeting.

# Making Decisions



From age 16, you can make your own decisions if you have capacity.



You should get support to make good choices.



Talk to your parents, teachers or social worker about your life.  
("The law says you have the right to make decisions about your life from the age of 16")

# Your EHCP Annual Review



You will be invited to a meeting every year



Tell your teacher what you want to do when you are an adult.



Your wishes are written in your EHCP. These are called outcomes.

# Independent Travel



It is important to learn to travel on your own.



This helps you get to college, work, see friends and go out.



Ask for “learning to travel independently” to be added to your EHCP.

# Going to College



You must stay in education or training until you are 18.



Look at different courses.



Visit colleges on open days.



Most young people travel to college on their own.



You can also look at supported internships to help you get a job.

# Colleges



[Barnet and Southgate College](#)



Capel Manor



[Capital City College Enfield Campus](#)



[Capital City College Tottenham Campus](#)

# Colleges



[New City College Epping Forest Campus](#)



[First Rung Ponders End Centre](#)



[Oaklands College](#)



[Herts Regional College Broxbourne Campus](#)



[Herts Regional College Ware Campus](#)

# Colleges



Waltham Forest College

## Getting a Job



Tell your teachers you want “getting a job” in your EHCP.



Speak to the careers adviser.



Try volunteering or work experience.



Supported internships can help you learn work skills.

# Adult Services and Day Care



Some young people need extra support from Adult Social Care at 18.



You may go to day services or activities.



These help you learn skills, make friends and go out.



You may need to pay using your personal budget or your own money.

# Keeping Healthy



It is important to stay fit and healthy.



This includes your body and your mind.



Ask your GP for your annual health check.

# Independent Living



Many young people want to leave home when they grow up.



This is called independent living.



You need skills like cooking, cleaning, shopping and budgeting



Ask for independent living to be written in your EHCP.

# Friends, Relationships and Community



Everyone wants friends and to be part of their community.



You can join youth clubs and groups.



You can also join the All About Us network to share your views.

# GLOSSARY OF TERMS

*(All terms come from the booklet.)*

|                                               |                                                                      |
|-----------------------------------------------|----------------------------------------------------------------------|
| <b>Adult Social Care</b>                      | Support for adults who need help with daily life.                    |
| <b>Annual Review</b>                          | A meeting once a year to look at your EHCP.                          |
| <b>Assessment</b>                             | A check to see what support you need.                                |
| <b>Blue Badge</b>                             | A permit that helps people with disabilities park closer.            |
| <b>Care Act</b>                               | A law about support for adults.                                      |
| <b>Careers Adviser</b>                        | A person who helps you think about jobs and training.                |
| <b>Community</b>                              | The people and places around where you live.                         |
| <b>EHCP (Education, Health and Care Plan)</b> | A plan that says what support you need.                              |
| <b>Independent Living</b>                     | Living in your own home with the support you need.                   |
| <b>Independent Travel</b>                     | Travelling on your own without help.                                 |
| <b>Internship (Supported Internship)</b>      | A course that helps you learn work skills.                           |
| <b>Local Offer</b>                            | A website with information about support for young people with SEND. |

# GLOSSARY OF TERMS

*(All terms come from the booklet.)*

|                        |                                                     |
|------------------------|-----------------------------------------------------|
| <b>Mental Capacity</b> | Being able to understand and make decisions.        |
| <b>Outcomes</b>        | Goals written in your EHCP.                         |
| <b>Personal Budget</b> | Money given to you to pay for support.              |
| <b>SEND</b>            | Special Educational Needs and/or Disabilities.      |
| <b>Social Worker</b>   | A person who helps you get support.                 |
| <b>Youth Club</b>      | A place for young people to meet and do activities. |

Here is a list of all the different resources available online that can

# Resources

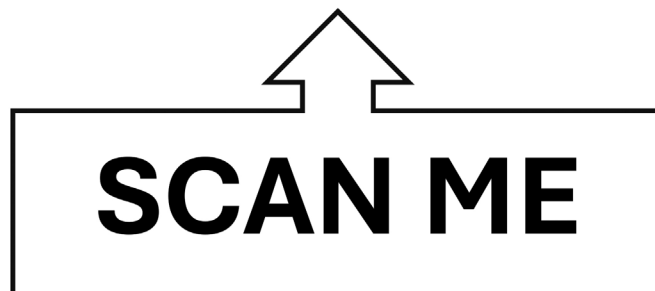
provide you with information.

Ask your teachers, parents/carers or Social Worker to help you to access the resources.

They may help you to decide what you want to do and to find out what is available to support you to achieve your outcomes.

- [Decision Making - an easy read guide to the Mental Capacity Act](#)
- [Activities and things to do | Enfield Council](#)
- [Independent Travel](#)
- [Colleges](#)
- [Supported Internships](#)
- [Annual Health Checks](#)
- [Housing Booklet - easy read](#)
- [Youth Clubs](#)
- [Benefits and Money Advice](#)
- [Bank accounts and managing money](#)

- **Scan this QR code using your mobile phone camera.**
- **It takes you a copy of this booklet on-line.**
- **You can access the information and links you need.**



## Preparing for Adulthood Questions

- Thinking about the future.
- Answer the questions below and take this booklet with you to your EHCP review and PfA assessment.
- Ask your parents/carers, teachers and Social Worker to help you access the support you need.

| Please answer the questions below using a tick                                                                                           |  |  |
|------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| I would like to speak to a careers adviser about my options                                                                              |                                                                                     |                                                                                     |
| I would like to go to college and need some support to look <u>at</u> my options                                                         |                                                                                     |                                                                                     |
| I am interested in finding out about a supported internship                                                                              |                                                                                     |                                                                                     |
| I am interested in work experience                                                                                                       |                                                                                     |                                                                                     |
| I would like some support to look at my options to live independently. Please help me to access the easy ready Housing Options on MyLife |                                                                                     |                                                                                     |
| Please show me where to find out about things to do in my spare                                                                          |                                                                                     |                                                                                     |
| I want to learn to travel independently. Please can I be referred to access this training.                                               |                                                                                     |                                                                                     |
| I need help to open a bank account.                                                                                                      |                                                                                     |                                                                                     |
| I need help to find out about benefits.                                                                                                  |                                                                                     |                                                                                     |

**All links for information can be found on page 17**

**Use this space to tell us anything else you would like support with**

