

## Four themes of preparing for adulthood.

Preparing for adulthood means preparing young people with special educational needs and or disabilities for:

1

### Further education and/or employment

Including what your son/daughter will do during the day when they leave school.

2

### Being independent

Young people having choice and control over their lives, support and living arrangements, whenever possible.

3

### Being part of society

Including having friends and supportive relationships and being part of their local community.

4

### Being as healthy as possible

Including adult health services, annual health check, keeping active and mental health.

## Our contact details:

Phone **01484 221000**

ask for **'my life team'**

Email **[mylife@kirklees.gov.uk](mailto:mylife@kirklees.gov.uk)**

Staff contact details:

MyLife  
team

Working together to support young people with special needs and disabilities to prepare for adulthood.



## Who we are and what we do:

We work with young people and their families:

- from Year 9 onwards
- with an EHC plan
- who do not have a social worker or a short breaks plan

We will come to EHC reviews in either year 9 or 10, then again in year 11.

At Year 9 or 10 reviews we will talk about what happens to young people's lives as they become adults. We look at how independent someone is or would like to be and what help they and their family may need to achieve this.

In Year 11, we look at individual needs and aspirations around independence and provide specific information to support these.

In between these reviews, we will have a session in school to talk to the young people about what 'being independent' means to them.

## Some frequently asked questions

What does preparing for adulthood mean and what changes when I become an adult?

What can I do to be more independent at home and in my local community?

Would I be able to travel independently?

How do I find out about local activities / groups I can join?

What is assistive technology?

How can I be healthy?

How do I keep myself safe online?

Will I be able to manage my own money?

## Did you know as a parent or carer:

It's never too early to think about your son/daughter's future –  
<https://www.kirklees.gov.uk/beta/preparing-for-adulthood/preparing-for-adulthood.aspx>

-The Local Offer is there to provide information about services and support available for young people preparing for adulthood locally-  
<https://www.kirklees.gov.uk/beta/local-offer/the-local-offer.aspx>

-You can ask who is involved in your young person's EHC plan and how to contact key professionals

-There is information available regarding decision making and the mental capacity act.

<https://councilfordisabledchildren.org.uk/>

### SEARCH

'PFA Factsheet' and download 'PfA Factsheet: The Mental Capacity Act 2005 and Supported Decision Making'