

# Preparing for Adulthood Checklist for Parents/Carers

This checklist is designed to support parents and carers to help their young person with Special Educational Needs and/or Disabilities (SEND) to prepare for adult life.

It can be daunting for any parent to think about their child moving into further education or training, choosing a career path or meaningful experiences and possibly leaving home. But for a parent or carer of a young person with additional needs this can be even more overwhelming, with lots more things to consider. We have created this checklist to help you to break the process of preparing for adulthood down into manageable steps. We have arranged the checklist into 4 main sections; education, independent living, participating in community and health and wellbeing

We have included links to further information or resources that might be helpful in the ‘SENDIASS Notes’ section.

Please use the ‘Your Notes’ section to make your own notes and create reminders or actions for yourself.

## Education/ Training/ Employment

| **Action** | **Check list**  **√** | **SENDIASS Notes and links to resources** | **Your notes** |
| --- | --- | --- | --- |
| Have you researched all options available for your young person? |  | [SENDIASS guidance for career options and transition after school | Worcestershire County Council](https://www.worcestershire.gov.uk/sendiass/sendiass-guidance-young-people/sendiass-guidance-career-options-and-transition-after-school)  This webpage explains the different options available. There is also a [Post 16 Options animated video.](https://www.youtube.com/watch?v=RWw4wPRiSkA) |  |
| Have you had a conversation with your young person about what they want to do? |  | [The National careers Service](https://nationalcareers.service.gov.uk/) website has lots of information and resources, including quizzes, that might help you explore options with your young person.  The Skills4Worcestershire website is full of lots of useful resources:  [Choices careers and advice magazines and booklets | Worcestershire County Council](https://www.worcestershire.gov.uk/skills-4-worcestershire/are-you-young-person-looking-your-future-career/choices-careers-and-advice-magazines-and-booklets)  [SEND resources | Worcestershire County Council](https://www.worcestershire.gov.uk/skills-4-worcestershire/support-education-meet-gatsby-benchmarks/send-resources)  [Career guidance for those with SEND, SEMH, and EHCP (Education and Health Care Plan) | Worcestershire County Council](https://www.worcestershire.gov.uk/skills-4-worcestershire/are-you-young-person-looking-your-future-career/career-guidance-those-send-semh-and-ehcp-education-and-health-care-plan)  It is a good idea to consider a number of options and have a ‘Plan B’ |  |
| Have you attended open day events and skills shows? |  | Ask individual settings or check their websites for details of open days.  The following links might help you identify appropriate local settings:  [SENDIASS Guidance Choosing a school for a child with Special Educational Needs/Disabilities (SEND)](https://www.worcestershire.gov.uk/sendiass/sendiass-information/choosing-school-child-special-educational-needsdisabilities-send)  [Choices careers and advice magazines and booklets | Worcestershire County Council](https://www.worcestershire.gov.uk/skills-4-worcestershire/are-you-young-person-looking-your-future-career/choices-careers-and-advice-magazines-and-booklets)  [Preparing for adulthood – Herefordshire Council](https://www.herefordshire.gov.uk/local-offer-parents-carers/preparing-adulthood/3)  [College Search - Natspec](https://natspec.org.uk/colleges/search/) |  |
| Have you spoken to Learning Support Services at the open days about how they will support your young person? |  | There are no SENCOs within post 16 settings. However, there are still individuals/teams responsible for SEND. Ask the Learning Support Services within the settings about how this support works.  Settings in Worcestershire should follow the post 16 Graduated Response found on the  [The SEND Graduated Response | Worcestershire County Council](https://www.worcestershire.gov.uk/council-services/schools-education-and-learning/send-local-offer/send-graduated-response) webpage.  Settings in Herefordshire should follow the Intervention Guidance for SEND in Schools and other Settings which can be found on the  [Teaching children with SEN and disability – Herefordshire Council](https://www.herefordshire.gov.uk/support-schools-settings/teaching-children-sen-disability/9) webpage. |  |
| Does your young person need reasonable adjustments? |  | [Adjustments for disabled students and apprentices | Disability Rights UK](https://www.disabilityrightsuk.org/resources/adjustments-disabled-students-and-apprentices#_Toc119421690) |  |
| Have you explored funding options for your child? |  | [SENDIASS guidance for help with money](https://www.worcestershire.gov.uk/sendiass/sendiass-guidance-young-people/sendiass-guidance-help-money) |  |
| Have you considered transport options for your young person?  Can they access travel training through their setting? |  | [Transport and travel (SEND) | Worcestershire County Council](https://www.worcestershire.gov.uk/council-services/schools-education-and-learning/send-local-offer/preparing-adulthood-16-25-years-send/transport-and-travel-send)  [School and college transport – Herefordshire Council](https://www.herefordshire.gov.uk/public-transport-1/school-college-transport/5)  [Independent travel training Herefordshire - Talk Community Directory](https://www.talkcommunity.co.uk/transport-travel-and-mobility/independent-travel-training/) |  |
| Has your young person had a meeting with a careers advisor? |  | Careers guidance should be provided within schools or settings. You can ask your young person’s setting for further information.  Alternatively, for employment or training support see what’s on offer at:  [Home - Careers Worcestershire](https://www.careersworcs.co.uk/)  [Youth Employment Hub – Herefordshire Council](https://www.herefordshire.gov.uk/youth-employment-hub) |  |
| If your young person requires further support, you can book an appointment with a SENDIASS Young Person Advisor. |  | [SENDIASS Young Person Advisor | Worcestershire County Council](https://www.worcestershire.gov.uk/sendiass/sendiass-guidance-young-people/sendiass-young-person-advisor) |  |
| Has your young person had support with writing a personal statement or CV within their school/setting? |  | National Careers Service has guidance on writing a CV and applying for jobs:  [Careers advice | National Careers Service](https://nationalcareers.service.gov.uk/careers-advice#getting-a-job)  For more information or online resources:  [CV Templates | reed.co.uk](https://www.reed.co.uk/career-advice/cvs/cv-templates/)  For further help:  [Home - Careers Worcestershire](https://www.careersworcs.co.uk/)  [Youth Employment Hub – Herefordshire Council](https://www.herefordshire.gov.uk/youth-employment-hub) |  |
| Have you considered work experience or volunteering options for your young person? |  | [Volunteering (SEND) | Worcestershire County Council](https://www.worcestershire.gov.uk/council-services/schools-education-and-learning/send-local-offer/preparing-adulthood-16-25-years-send/education-training-and-employment-send-1-0)  [Volunteering | Prospects.ac.uk](https://www.prospects.ac.uk/jobs-and-work-experience/work-experience-and-internships/volunteering)  [Volunteering Herefordshire- hvoss](https://www.hvoss.org.uk/volunteering/) |  |

## Education Health and Care Plans

| **Action** | **Check list**  **√** | **SENDIASS Notes and links to resources** | **Your notes** |
| --- | --- | --- | --- |
| Ensure that your child’s EHCP is up to date and any amendments needed are made at their transition review. |  | [SENDIASS guidance for SEND Support and EHCPs](https://www.worcestershire.gov.uk/sendiass/sendiass-information/sendiass-guidance-send-support-and-ehcps)  [Annual Review of an Education Health and Care Plan](https://www.worcestershire.gov.uk/sites/default/files/2022-12/annual_review_factsheet.pdf)  Your child/ young person’s EHCP transition review should be completed by:   * 31 March in the calendar year of the child or young person’s transfer from secondary school to a post-16 setting * at least five months before a young person transfers from one post-16 institution to another post-16 institution |  |
| Name a setting at your transition review |  | [SENDIASS Guidance Choosing a school for a child with Special Educational Needs/Disabilities (SEND)](https://www.worcestershire.gov.uk/sendiass/sendiass-information/choosing-school-child-special-educational-needsdisabilities-send)  [Choosing a school/college with an EHC plan | (IPSEA) Independent Provider of Special Education Advice](https://www.ipsea.org.uk/choosing-a-schoolcollege-with-an-ehc-plan) |  |

## Independent Living

| **Action** | **Check list**  **√** | **SENDIASS Notes and links to resources** | **Your notes** |
| --- | --- | --- | --- |
| Have you asked your child what independence means to them? |  | [Independent living (SEND) | Worcestershire County Council](https://www.worcestershire.gov.uk/council-services/schools-education-and-learning/send-local-offer/preparing-adulthood-16-25-years-send/independent-living-send)  [Preparing for adulthood – Herefordshire Council](https://www.herefordshire.gov.uk/local-offer-parents-carers/preparing-adulthood) |  |
| Have you considered what a meaningful week might look like for your young person? |  | How often will they attend a setting?  How will they manage their timetable?  How will they manage independent study?  What will they do with their free/leisure time? |  |
| Have you researched accommodation options? |  | [Housing (SEND) | Worcestershire County Council](https://www.worcestershire.gov.uk/council-services/schools-education-and-learning/send-local-offer/preparing-adulthood-16-25-years-send/independent-living-send/housing-send)  [Housing (SEND) – Herefordshire Council](https://www.herefordshire.gov.uk/local-offer-parents-carers/preparing-adulthood/9) |  |
| Have you had a conversation with your young person about how they see their living situation in the future? |  | Please be aware that this can take some time to plan and implement so there is no harm in talking about this early on. |  |
| What forms of transport can your YP currently access? Do they need to practice? |  | [Transport and travel (SEND) | Worcestershire County Council](https://www.worcestershire.gov.uk/council-services/schools-education-and-learning/send-local-offer/preparing-adulthood-16-25-years-send/transport-and-travel-send)  [School and college transport – Herefordshire Council](https://www.herefordshire.gov.uk/public-transport-1/school-college-transport/5)  [Independent travel training Herefordshire - Talk Community Directory](https://www.talkcommunity.co.uk/transport-travel-and-mobility/independent-travel-training/) |  |
| Can your young person make a simple journey? |  |  |  |
| Have you set any independence goals with your young person? |  | Pages 39-43 of Choices Magazine has some useful information, links and tools for setting independence goals:  [CHOICE - Life Beyond School](https://www.worcestershire.gov.uk/sites/default/files/2024-10/Choices%20Mag%20-%20SEND%20A5%20booklet%202024_digital.pdf) |  |
| Is your young person able to cook a simple meal? |  |  |  |
| Is your young person able to manage their money? |  | [Managing your own money | Disability charity Scope UK](https://www.scope.org.uk/advice-and-support/managing-your-own-money)  [Money Advice & Money Tips | Benefits, PAYE & More | The Mix Money](https://www.themix.org.uk/money) |  |
| Have you considered what benefits your young person might be entitled to? |  | [Benefits and allowances (SEND) | Worcestershire County Council](https://www.worcestershire.gov.uk/council-services/schools-education-and-learning/send-local-offer/money-matters-and-benefits-send/benefits-and-allowances-send)  [Personal Independence Payment (PIP): What PIP is for - GOV.UK](https://www.gov.uk/pip) |  |
| Has your young person had a social care assessment? |  | [Assessments and eligibility (care and support needs) | Worcestershire County Council](https://www.worcestershire.gov.uk/council-services/adult-social-care/assessments-and-eligibility-care-and-support-needs)  [Get in contact with Adult Social Care | Worcestershire County Council](https://www.worcestershire.gov.uk/council-services/adult-social-care/get-contact-adult-social-care)  [Moving from children's services to adult social care – Herefordshire Council](https://www.herefordshire.gov.uk/local-offer-parents-carers/preparing-adulthood/10)  [Adult social care – Herefordshire Council](https://www.herefordshire.gov.uk/adult-social-care-1) |  |
| Have you had a conversation with your child’s social worker (if they have one) about what they are entitled to? |  |  |  |

## Participating in Community

| **Action** | **Check list**  **√** | **SENDIASS Notes and links to resources** | **Your notes** |
| --- | --- | --- | --- |
| Does your young person attend any social groups? |  |  |  |
| Have you investigated social opportunities for your young person? |  | [Search our SENDIASS support A - Z](https://www.worcestershire.gov.uk/sendiass/sendiass-support/search-our-sendiass-support-z)  [Youth Clubs, Social Opportunities and Day Services | SENDIASS A-Z](https://www.worcestershire.gov.uk/sendiass/sendiass-support/search-our-sendiass-support-z/youth-clubs-social-opportunities-and-day-services)  [Play and Recreation | SENDIASS A-Z](https://www.worcestershire.gov.uk/sendiass/sendiass-support/search-our-sendiass-support-z/play-and-recreation)  [Short break groups and activities (SEND) | Worcestershire County Council](https://www.worcestershire.gov.uk/council-services/schools-education-and-learning/send-local-offer/preparing-adulthood-16-25-years-send/participating-community-send/things-do-16-0)  [Short Breaks Scheme – Herefordshire Council](https://www.herefordshire.gov.uk/family-support/short-breaks-scheme) |  |
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## Health and Wellbeing

| **Action** | **Check list**  **√** | **SENDIASS Notes and links to resources** | **Your notes** |
| --- | --- | --- | --- |
| Has your young person had experience of attending GP appointments? |  | Pages 44-46 of [CHOICE - Life Beyond School Magazine](https://www.worcestershire.gov.uk/sites/default/files/2024-10/Choices%20Mag%20-%20SEND%20A5%20booklet%202024_digital.pdf) has health information and activities to support healthy living. |  |
| Has your young person had experience of attending hospital appointments? |  |  |  |
| Has your young person had experience of attending dental appointments? |  |  |  |
| Is your young person able to attend medical appointments independently? |  |  |  |
| Does your young person have Mental Capacity or do they need support to manage their health needs? |  | [Consent to treatment - Children and young people - NHS](https://www.nhs.uk/conditions/consent-to-treatment/children/#:~:text=Like%20adults%2C%20young%20people%20(aged,significant%20evidence%20to%20suggest%20otherwise.) |  |
| Have you updated the consent form with your young person’s GP to enable them to share information with you as a parent if your young person agrees? |  | [Consent to treatment - Children and young people - NHS](https://www.nhs.uk/conditions/consent-to-treatment/children/#:~:text=Like%20adults%2C%20young%20people%20(aged,significant%20evidence%20to%20suggest%20otherwise.) |  |
| Are your young person’s medical reviews up to date? |  |  |  |
| Have the relevant referrals been made from children’s health services into adult health services? |  | [Health and wellbeing for children with special educational needs and disabilities – Herefordshire Council](https://www.herefordshire.gov.uk/local-offer/health-wellbeing-children-special-educational-needs-disabilities/9)  [Health services for post 16 with SEND | Worcestershire County Council](https://www.worcestershire.gov.uk/council-services/schools-education-and-learning/send-local-offer/preparing-adulthood-16-25-years-send/living-healthily-send/health-services-post-16)  [Transition - Worcestershire Acute Hospitals NHS Trust](https://www.worcsacute.nhs.uk/transition/) |  |
| What reasonable adjustments does your young person need (to attend an appointment, to read documents)? Are these in place? |  | Consider things such as longer appointment times, chaperone, quiet areas, large print or braille. |  |
| Is your young person’s GP aware of their Special Educational Needs/Disabilities? Have they been added to the Learning Disability Register? |  | [Everything you need to know about the learning disability register | Mencap](https://www.mencap.org.uk/advice-and-support/health/learning-disability-register)  [Annual Health Checks & GP Learning Disability Registers - Learning Disability Matters Learning Disability Matters](https://learningdisabilitymatters.co.uk/annual-health-checks-gp-learning-disability-registers/) |  |
| Does your Young Person attend annual health checks? |  | [Annual Health Checks | Mencap](https://www.mencap.org.uk/help-and-advice/health/annual-health-checks) |  |
| Has your YP got a Health Adjustment Passport? |  | [Health Adjustment Passport - GOV.UK](https://www.gov.uk/government/publications/health-adjustment-passport) |  |
| Is your young person entitled to Continuing Health Care? \* |  | [Continuing Healthcare | Worcestershire County Council](https://www.worcestershire.gov.uk/council-services/adult-social-care/paying-care-and-support/continuing-healthcare)  [NHS Continuing Healthcare :: Herefordshire and Worcestershire Integrated Care System](https://herefordshireandworcestershire.icb.nhs.uk/about-us/continuing-healthcare) |  |
| Does your young person have a Personal Health Budget? \* |  | [NHS England » Personal health budgets for people with a learning disability or autism or both](https://www.england.nhs.uk/personalisedcare/personal-health-budgets/personal-health-budgets-for-people-with-learning-disabilities/) |  |

## Parents/ Carers

| **Action** | **Check list**  **√** | **SENDIASS Notes and links to resources** | **Your notes** |
| --- | --- | --- | --- |
| Take time for yourself |  | [Adult learning – Herefordshire Council](https://www.herefordshire.gov.uk/jobs-skills-opportunities/adult-learning)  [Talk Community Directory- Herefordshire](https://www.talkcommunity.co.uk/)  [Adult Learning Worcestershire | Worcestershire County Council](https://www.worcestershire.gov.uk/council-services/learning/learning-services-worcestershire/adult-learning-worcestershire)  [Community Services Directory | Worcestershire County Council](https://www.worcestershire.gov.uk/council-services/communities/community-services-directory) |  |
| Reach out for help if you need it. |  | [Worcestershire Association of Carers](https://www.carersworcs.org.uk/?gad_source=1&gclid=CjwKCAiA5pq-BhBuEiwAvkzVZc4W_SqKrgfskskeQpur7liTaVDHIcog4RsvdUjfTvUzLwiZM2RuFxoC7fEQAvD_BwE)  [Worcestershire Parent Carer Forum](https://worcspcf.org/)  [Parent Carer Voice Herefordshire – Your voice matters.](https://pcvh.co.uk/)  [Carers – Herefordshire Council](https://www.herefordshire.gov.uk/social-care-support/carers)  [Contact SENDIASS Herefordshire and Worcestershire](https://www.worcestershire.gov.uk/sendiass/contact-sendiass) |  |
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\* Not all young people will be entitled to this.