

# PREPARING

## FOR ADULTHOOD



**YEAR 9/  
AGE 14**

Start transition plan as part of MyPlan or EHC Plan review and update each year

**CONSIDER**

**EMPLOYMENT:**

- What will I do?
- How will I get to that point?

**INDEPENDENCE**

- Where will I live?
- What skills will I need?

**COMMUNITY INVOLVEMENT**

- How will I spend my time?
- What will I access around me?

**HEALTH**

- How will I stay well?
- What will support look like as an adult?

**PLANNING WHAT  
MY ADULT LIFE  
LOOKS LIKE**

**YEAR 10/11  
UP TO AGE 16**

- Continue transition plan
- Look at different options
- Apply for Post-16 Education
- Review health & care needs and how they will be met as an adult

**UP TO  
AGE 18**

- Continue transition plan
- Plan for care and health for adult life, including assesment under the Care Act
- Access post-16 education/training

**TYPES OF  
POST-16  
EDUCATION  
/TRAINING**

**ACADEMIC**

- Qualification eg. A Levels
- School or college
- Leads to university or employment

**VOCATIONAL**

- Qualifications in work-related subject eg. BTEC
- College or training provider
- Leads to university or employment

**EMPLOYMENT**

- Focus on work related training eg. apprenticeship, traineeship, supported internship
- May need to take part in preparation programme first
- Leads to employment

**LIFE SKILLS**

- Activity focus
- Develop skills for adult life
- Leads to volunteering/ meaningful activity or employment

**POST 19 YEARS OLD**

- Continue transition plan
- Some young people will need more time to reach the next stage
- Adult health and care plan in place - including for beyond education
- Focus on route to adulthood beyond education

**POST EDUCATION ADULT LIFE**



**Sheffield**

**Clinical Commissioning Group**

**Sheffield  
City Council**

