Staffordshire County Council

My Journey to Adulthood

Handbook

Information and support for young people with special educational needs and/or disabilities (SEND) and their families as they move towards adult life.



This handbook belongs to

_____

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Introduction

Leaving school and becoming an adult is a time of change and new opportunities. This pack can help you think about work, learning, home, money, health, friends and support.

How to use this pack

This pack is about you and your future. You can use it on your own or ask an adult you trust to help you. You do not have to do every part. Choose the parts that help you. You can write, draw, tick boxes or add pictures and symbols. Each part has helpful ideas, an activity and places to get help.

What the words mean

Adult Social Care: A council team that may help adults with daily life.

Advocate: A person who helps you understand and say what you want.

Apprenticeship: A paid job where you learn at the same time.

Benefits: Money you may get to help pay for things you need.

EHCP: A plan that says what help you need at school or college.

Personal budget: Money used to pay for agreed care and support.

Supported internship: A course that helps you learn work skills in a workplace.

Trusted adult: An adult you feel safe asking for help.

Work experience: Time in a workplace to learn about a job.

All the helpful links from this handbook in one place!

Scan the QR code or visit
www.staffordshire.gov.uk/adultlife

My road map - planning timeline

- Start with what matters to you.
- Choose one or two goals.
- Ask someone you trust for help.
- It is okay if your plans change.

Helpful ideas

Year 9: Talk about what you want for your future.

Years 10 and 11: Look at college, training, work and life skills.

Years 12 and 13: Make a clearer plan for what happens next.

Around age 18: Check which services or support may change.

Ages 18 to 25: Keep reviewing your goals and support if needed.

My next step

One thing I want to work on: _____

Who can help me: _____

When I will start: _____

My activity space

Use this space to write, draw, add pictures or use symbols.

Getting a job - employment, education and training

Helpful ideas

- Ask about work experience early.
- Write down the support that helps you.
- Practise timekeeping, teamwork and communication.

Think about the jobs, courses and activities you enjoy and the support that helps you learn.

Where to go for help

Ask an adult you trust, someone at school or college, or the Jobcentre. They can help you look at courses, training and jobs. Staffordshire Connects also has information to help you.

Useful websites:

Staffordshire Local Offer: www.staffordshireconnects.info/localoffer

Open Door work placements: www.staffordshire.gov.uk/open-door

Connect to Work: www.staffsjobscareers.com/connect-to-work

Apprenticeships and Work Based Training: www.staffsjobscareers.com/apprenticeships-and-work-based-training

Supported Internships: www.staffsjobscareers.com/supported-internships

Work Experience: www.staffsjobscareers.com/work-experience



Activity: What helps me at work or college

A job or course I am interested in: _____

Things I am good at: _____

Support that helps me: _____

Things that make work or learning harder: _____

How I like people to communicate with me: _____

Changes that may help me: _____

Activity: My work experience and CV

Where I would like to try work experience: _____

What I would like to learn: _____

Who can help me arrange it: _____

My strengths, skills and interests: _____

Things I am proud of: _____

Work experience or volunteering: _____



Doing things by myself - Independent living

Independent living means having choice and control.
It does not always mean living alone.

Helpful ideas

- Practise one life skill at a time.
- Use checklists, timers and routines.
- Start with a short, familiar travel route and build up slowly.

My living skills

For each skill, tick: I can do this | I am learning | I need support.

Making a simple meal: _____

Cleaning: _____

Washing clothes: _____

Travelling: _____

Keeping safe: _____

Booking an appointment: _____

Managing my time: _____

Things I need to do

A skill I want to practise: _____

Who can help me: _____

My next step: _____

Useful websites:

Occupational therapy: www.staffordshireconnects.info/occupational-therapy

Equipment and technology: www.staffordshireconnects.info/equipment

ASSIST: www.staffordshireconnects.info/assist

My money, my benefits and paying my bills



Helpful ideas

- Try a weekly budget.
- Set up reminders for bills and top-ups.
- Get benefits advice early.

You will need a bank account. Your wages or benefits can be paid into it. You can use it to look after your money.

My weekly budget

Money coming in: _____ Food: _____ Travel: _____

Bills: _____ Things I enjoy: _____ Money to save: _____

Money left: _____

My bank account and benefits

I need help choosing an account: Yes / No

I have papers that show who I am: Yes / No

I need benefits advice: Yes / No / Not sure

Someone who can help me: _____

My next step: _____

My choices, my information and my decisions

Helpful ideas

- Write down what helps you understand information.
- Ask people to check understanding and offer breaks.
- Keep copies of key decisions and who agreed them.

As you grow up, people should talk to you about your care and support. They should ask before sharing your information, unless the law says it must be shared to keep someone safe. You can ask for easy words, pictures, short steps, more time or an adult you trust to be with you.

How do I like to share my views?

You can ask for an advocate. An advocate helps you understand and say what you want.

Useful communication websites:

Communication Passports: www.communicationpassports.org.uk

NHS England: www.england.nhs.uk



My Health

Helpful ideas

- Make a health passport with conditions, medicines, allergies and what helps.
- Practise explaining the support you need at appointments.
- Plan early if you are moving to adult services.



Health services may change when you become an adult. Plan early so you know who will help you. Ask for help to book appointments, explain your needs, order medicine and take it safely. Tell your health team if you feel worried, find places too noisy or need help to communicate.

Healthy habits: sleep, moving your body, food and talking about your feelings.
Useful websites:

Specialist health services: www.staffordshireconnects.info/specialist-health

Children's Physiotherapy Service:

www.staffordshireconnects.info/childrens-physiotherapy

My friends, my relationships and my community

Helpful ideas

- Start with one regular activity you enjoy.
- Go with someone you trust the first few times if needed.
- Talk about online safety and boundaries.

Your community is the place where you live and the people around you. You may enjoy clubs, sports, hobbies, libraries or helping other people.

What do you like doing with other people?

_____

Would you like help to meet people or try something new?

_____

Useful websites:

Community support services: www.staffordshireconnects.info/community-support

Community Help Points: www.staffordshireconnects.info/help-points



Getting support as an adult



- Ask early if you may need Adult Social Care support after 18.
- Explain what you want your life to look like.
- Write down actions, who will do them and by when.

Helpful ideas

Adult Social Care is a council team that can talk to you about the help you may need. You or an adult who helps you can ask the team to look at your needs. This is called an assessment.

Support is not automatic when you turn 18. The council uses rules to decide if it can pay for support, and you may be asked to contribute. If the council cannot pay for support, it can still give information about other help. If you receive support, you will help make a plan that is checked regularly.

Where to get help

Adult Social Care Transitions Team

This team can help you plan for adult care and support.

Email: ASCTransitionsTeam@staffordshire.gov.uk

Phone: 01785 278472

You can also use Staffordshire Connects for information about jobs, learning, housing, money, bank accounts, life skills and SEND support.

Staffordshire Local Offer: www.staffordshireconnects.info/localoffer



Things I need to do

Topic	What I need to do	Who can help	When	Done
Job, education or training				
Work experience				
My CV				
Living skills				
Bank account				
Benefits				
Health				

My activity space and goals

My goals for the next six months:

What is important to me:

My strengths and what I am good at:

The support that helps me:

Things I want to learn or improve:

My activity space

Use this space to write, draw, add pictures or use symbols.

Additional notes:

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