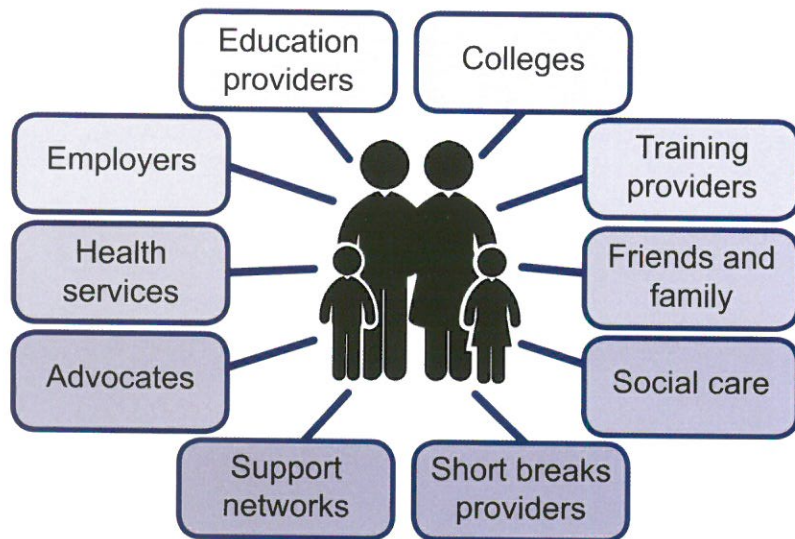


Who will be with you on the journey?

The law says that your voice and your child's voice are central in planning the journey into adult life. Your views and wishes must be listened to. You have a right to expect people working with you and your child to help you to achieve his or her aspirations.



There will be formal reviews along the way when everyone gets together to talk about transition and preparing for adulthood and how things are moving forwards.

It is also a good idea to have regular conversations with everyone about your thoughts and feelings about the future, so that they can tell you how they can help.

This leaflet is part of a series of leaflets that cover:

- Joint commissioning
- The Local Offer
- Special educational needs (SEN) support
- Education, health and care (EHC) plans
- Personal budgets
- **Preparing for adulthood.**

Preparing for adulthood (often called transition)



It is natural to feel concerned about your child's transition into adulthood, especially when they have special educational needs and disabilities (SEND).

But this is an exciting time when together you can explore opportunities for the future. It is a journey that you will go on together as a family.

It's never too early to start thinking and talking about...

Being part of your community

- Can I be involved in sports?
- Where can I go with my friends?
- How can I make my voice heard?
- How do I stay safe using social media?
- Can I volunteer?
- How can I get to the places I want to go?
- How do I stay safe when I am out and about?

Finding a job

- Where can I find out about jobs and training?
- Can I get work experience?
- How do I set up a bank account?
- Is there any support to help me get into work?
- How will I get to work?
- Can I be self employed?
- Is doing voluntary work possible?
- Can I start doing part time work?

Looking after your health

- I want to be fit and active. Where can I go?
- Why do I need to eat a healthy meal?
- I get stressed. How can I overcome this?
- Is it okay to have a drink?
- I have seen people smoke. Is it okay for me to smoke?
- How do I stay safe in a sexual relationship?

Finding somewhere to live

- What do I need to know about having my own home?
- Could I live with my friends?
- What type of housing could I have?
- How can I make my new home wheelchair friendly?
- Could I have support in my new home?
- How do I pay for it?

As young people grow up and experience new things, their views and ideas change. The lives of parent carers also change. That's natural. The important thing is to explore ideas together. Look at the "Preparing for adulthood" section on Norfolk's Local Offer at www.norfolk.gov.uk/send