

Transition Into Adulthood

a young person's guide




Your Life Your Choices :)

My name is

My date of birth is

The most important things
in my life are



Transition means
'change'.

Some things will
change as you
get older.

Important

It is important for you,
to have your say about
your plans for the
future.



I'm thinking about what I will do when I am an adult. There's a lot to think about. I'm going to need some help.



I'm starting a new college course next year. I need to make sure that I've got all my plans worked out.



You can use this book to help you work out your own transition plan.

College, work and training

What can I do when I leave school or college?

Learn more skills?
Do a training course?
Get a job?

What are my options?
What jobs can I get?

What would I like to do?

You can make a list of the things you would like to do in College, Work or Training.

Things I'd like to do

Things I wouldn't like to do

My dream job

Things to do

Talk about your ideas with a Careers Adviser.

Look at the Careers Wales website.

www.careerswales.com

Find out about work experience and volunteering.

Having fun

What can I do
in my spare time?

Join a club?
Make new
friends?



Sports and games?
Arts and Crafts?
Music and Dancing?
Computers and TV?

Make a list of
what you like doing.

Things I like doing

Things I'd like to try

Things I wouldn't like to do

Things to
think about

Do you need any support
to do these things?

Will you need transport?

Will you need money?

Will you be going on your
own or with other people?

How can you find out
about these things?

Starting your plan

I've already got some good ideas of what I want to do.

Me too!
I'm going to put these ideas into my plan.



Things to think about

Will you need some help to write your plan?

Will you need to talk about your ideas with other people?

There is a copy of a plan in this pack - you can use this to make your own plan.

! You can write your ideas for college, work and training into your plan (from page 3).

You can also put in your ideas for what you'd like to do in your spare time (from page 4).



Some bits of my plan are hard to think about.



Thinking about where I want to live in the future is difficult. Maybe I'll do that bit another day.



You can just fill in the bits of the plan that matter to you now.

Maybe you'll get some ideas for the other bits later on.

Which bits of the plan do you want to do first?

- College, Work and Training
- Having Fun
- Communication
- Friends and Family
- Keeping Safe and Healthy
- Where I Live
- Transport
- Money



It's OK to change your plan if you change your mind about something.



What about communication?

If I get anxious then I mix my words up. I need people to give me time to answer.

I use a hearing aid so I'm going to write about that in my plan.



Things to think about

Do you need any equipment or support to help you communicate?

Do you need any help to understand written information?

If you need any equipment or help to communicate with other people, you can write about this in your transition plan.

What about friends and family?

I don't live with my Mum and Dad, but I do want to keep in touch with them.

I'm not sure if I'll make new friends in College. I'd like to talk to someone about this.



Things to think about

How will you stay in touch with your friends and family as you get older?

Do you need any help to meet up with your friends?

You can write about your friends and family in your transition plan.

What about keeping safe and healthy?

I see a lot of doctors and nurses because of my health. I don't know who I'll see when I'm an adult.



I'm a bit worried about keeping safe when I go out and about.



Things to think about

Do you have any health problems that you need help with?

Do you have any allergies?

Do you need any information about sex and relationships?

You can write about your health needs and keeping safe in your transition plan. You can include anything that you're worried about.

What about where I live?

I need to think about where I'll be living when I'm an adult.

I'm OK at home for now. But I need to learn a bit more about how to cook for myself.



Things to think about

What do you like about where you live now?

Is there anything you don't like about where you live now?

Where would you like to live when you are an adult?

What do you need to learn about if you want to live in your own place?

You can write about where you might want to live in the future.

What about transport?

I need to get to my new college by bus. I haven't done this before.

I use a wheelchair, but I want to know if I'll be able to drive when I'm older.



Things to think about

What is your favourite way of travelling about?

Can you catch a bus or train on your own?

How will you get to college or work?

Do you need any help to travel about?

You can write about anything to do with transport.

What about money?

I spend all my money as soon as I get it.

I need to get better at saving money.

I need to find out if I'll get any money for going to college. And I need a bank account.



Things to think about

Do you prefer to save your money or spend it?


Do you have your own bank account?

Do you know if you will get any money for going to college?


Do you need any help to look after your money?

You can write about anything to do with money.

What happens to your plan now?



I'm going to talk to my social worker about my plan.

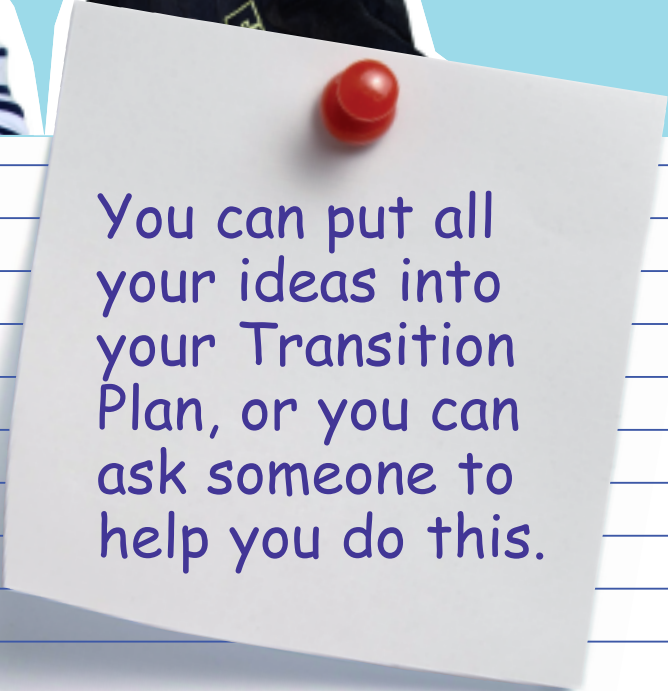


I've got a review meeting in school, so I'm going to take my plan to this meeting.

Things to think about

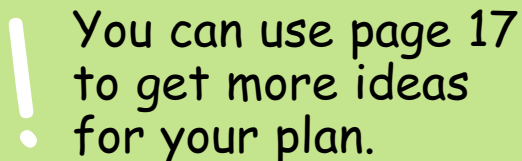
Do you need help to write your plan?

If you have a social worker, you can ask them to help. You can ask your teacher for help.



You can put all your ideas into your Transition Plan, or you can ask someone to help you do this.

Who should see your plan?
Make a list of people to show your plan to.



You can use page 17 to get more ideas for your plan.

What happens at a Transition Meeting?

I had a transition meeting last year.

My teacher and my Careers adviser were there. We talked about my transition plan and made an action plan.

I have social services review meetings.

I'm going to ask my social worker if we can discuss my transition plan then.



Things to think about

Do you know if you will have a transition meeting?

Do you know when it will be?

Will you be going to this meeting?

Do you know who else will be going?

You can ask your teacher if you'll be having a school transition meeting.



My meeting is on
date:
time:

Who would you like to invite to your transition meeting?

Getting ready for your Transition Meeting

Before my meeting, I talked to my Mum and Dad about my transition plan, and I thought about some questions that I wanted to ask.

I'm going to take my transition plan into my meeting. I've made a list of things that I want to say about my plan.



Make a list of questions to ask.

Things to think about

Do you know who is coming to your meeting?

Do you need someone to go into your meeting with you?

Do you need someone to help you ask questions or talk about your plans for the future?

Do you want all the people in the meeting to see your transition plan?

! You can use page 18 to help you prepare for your review meeting.

What happens after your Transition Meeting?

After my meeting, I had a new copy of my transition plan with an action plan. I can read the plan to see what's going to happen, and what I need to do.

I will have another meeting next year, and I will see if I need to change my plan before my next meeting.



Things to think about

Where will you keep your transition plan? It contains important information about you, so you need to keep it somewhere safe.


If you aren't happy with your transition plan, you can talk to somebody about it. Who will you talk to?

What do I need to do to help with my action plan?

What needs to happen?	Who will do it?	When?
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

My next meeting is on
date:
time:



 You can use these pages to get more ideas for your plan.

More ideas for your Transition Plan



What happens on a Good Day?



What happens on a Bad Day?



My hopes and dreams for the future are:



My fears for the future are:



Preparing for your Review Meeting

What's working for me?



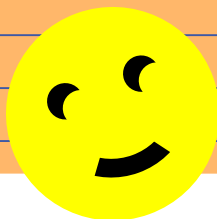
What's not working for me?

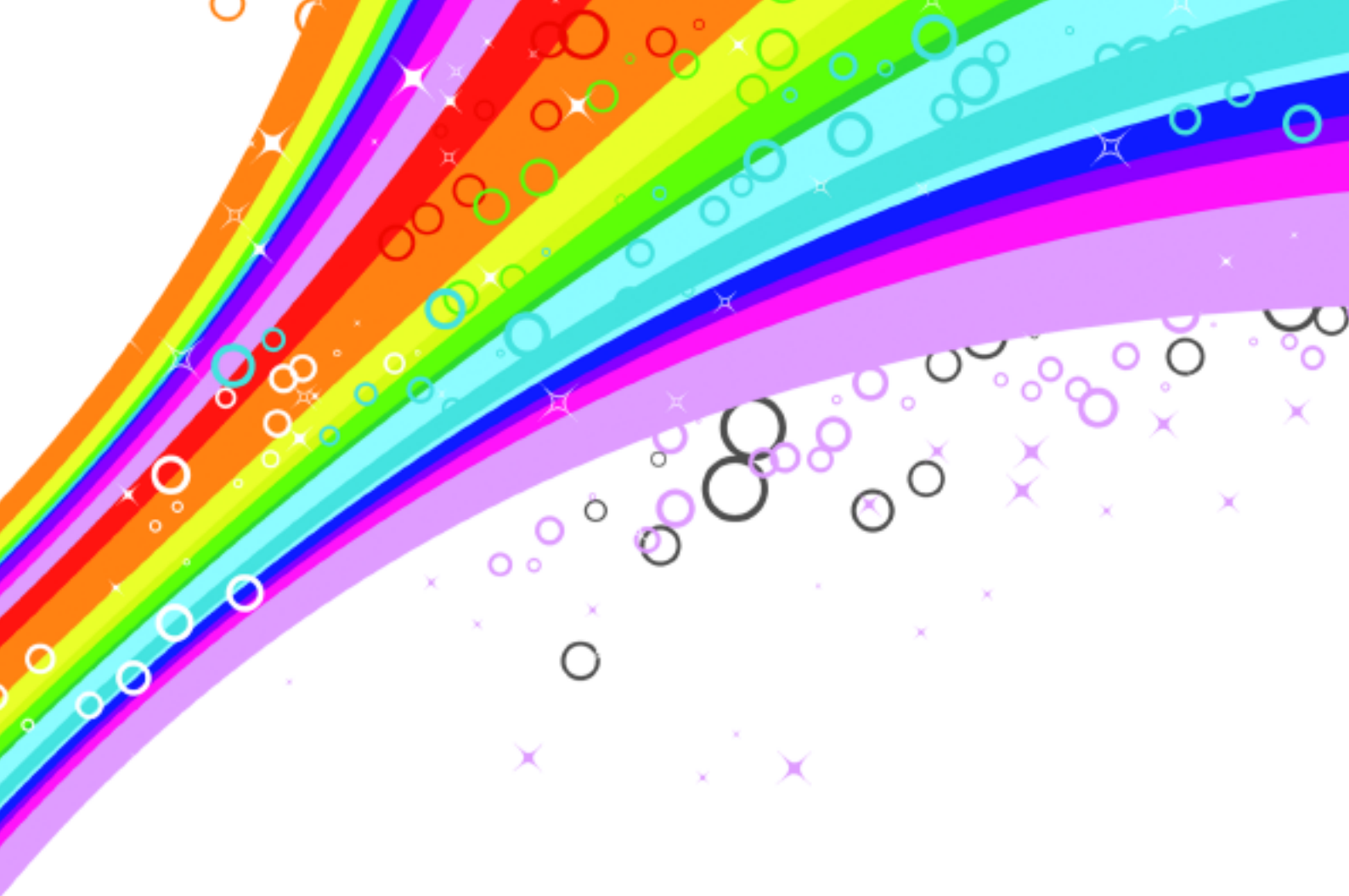


What needs to happen to make things better?

What can I do?

What can other people do?





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