

# Preparing For Adulthood



Wiltshire Council, County Hall,  
Bythesea Road, Trowbridge, BA14 8JN

**Wiltshire Council**

# What is preparing for adulthood?



This is working with you and supporting you to make those next steps to become an adult.

This will include looking at:

## Education, Training or Employment



After you have finished school or college, you will be supported to think about:

- taking further college or university courses
- or attending day opportunities services, volunteering
- or training
- or getting a job.



## Independent Living



You will be supported to choose where you would like to live in the future.



You will be given help to develop skills, like cooking or managing money, to live more independently.

## Being a part of society



You will be supported to look at what having a social life means for you - friendships and relationships such as boyfriends or girlfriends.



It also might mean being involved in your local community. This might include joining a club or using the sports centre.

## Health and Wellbeing



You will be supported to think about how you can be as healthy as possible.



Your journey towards adulthood starts when you are **13** or **14** years old and takes a lot of planning.

The most important person is **You**. All of the people supporting **You** will make sure that **You** are at the centre of all the decisions that are made.

# Who may be involved?



**Someone who helps you to look after your health**



**Your parents and family or carers who look after you**



**Your school or other people who help you with your special education needs**



**The most important person**  
**You**



**Your social worker, key worker or others from children's services**



**Your social worker and other people from adult services**

# My Preparing for Adulthood Journey

You can tick boxes as you go on to the next stage.



## Year 9 (Age13-14)

You will start to develop your Preparation For Adulthood Plan at your yearly school review. You will be able to talk about your goals for the future, how you might make them happen and what support you might need.

☐

## Year 10 (Age14-15)

As you continue, your Preparation For Adulthood Plan will be updated. You can start to think about what your education, training or work opportunities are after Year 11.

☐

## Year 11 (Age 15-16)

Your Preparation For Adulthood Plan will be updated again. If you are leaving school to go to college or other education, you will be supported through this time of change. You will start to think about what support you may need, for example with managing money.

☐



# After 16



## Year 12 (Age 16-17)

We will keep updating your Preparation For Adulthood Plan with you. We will also continue to work with you about your choices for the future and about developing your practical skills.



**Adult Care  
Services**

## Year 13 (Age 17-18)

Your Preparation For Adulthood Plan will be updated. At this time you will change from Children to Adult Services to help with your ongoing care and support needs.



**Adult Social  
Care Team**

## Adult (Age 18+)

If you have received support from the Children and Young People's Disability Team (CYPDT) you may transfer to the Adult Social Care Team. This will be discussed with you.



**To find out more about Preparing For Adulthood visit:**



Your Care Your Support Wiltshire  
<https://adults.wiltshire.gov.uk>



For Independent Support and Advocacy  
[www.theadvocacypeople.org.uk](http://www.theadvocacypeople.org.uk)



For Social Care Assessments contact:  
Adult Social Care Advice and Contact  
Service  
Tel: 0300 456 0111  
Email: [adviceandcontact@wiltshire.gov.uk](mailto:adviceandcontact@wiltshire.gov.uk)

Made into Easy  
Read by



using



For more information email us at: [enquiries@wiltshirepeople1st.org.uk](mailto:enquiries@wiltshirepeople1st.org.uk)