



## Information Advice and Support Kent

A service for  
special educational needs and disabilities-  
helping you to make informed choices

**Helpline 03000 41 3000**

Email [iask@kent.gov.uk](mailto:iask@kent.gov.uk)

## Preparing for adulthood – Year 9 onwards

When a student enters year 9, discussions should start to take place around what they want to achieve post 16.

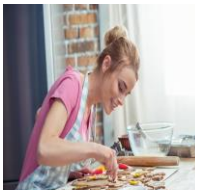
These discussions should focus upon 4 themes.

- Higher education and paid employment
- Developing Independence
- Good Health
- Friendships, relationships and community participation.

## The 4 themes



Support to prepare for higher education and/or employment; this should include identifying appropriate post 16 pathways that will lead to these outcomes. Training options include supported internships, traineeships and apprenticeships.



Independent living including what type of decisions the young person wants to make, where they want to live and with whom and the type of support they will need including housing benefits and social care support.



How to maintain good health in adult life including planning with health professionals, physical activities, healthy eating and life skills.



How to participate in society including mobility and transport support and how to find out about social and community activities and developing and maintaining friendships.

## **Children and young people with EHC plans**

Local authorities **must** ensure that the EHC plan review at Year 9 and every review thereafter, includes a focus on preparing for adulthood. Planning **must** be centered around the individual and explore the child or young person's aspirations and abilities, what they want to be able to do when they leave post 16 education or training and the support they need to achieve their ambition.

Transition planning **must** be built in the EHC plan if the young person is moving from children's to adult care and health services.



## **Young people preparing to make their own decisions**

As young people develop and form their own views, they should be involved more in decisions about their own future.

After a student finishes Year 11, the right to make requests and decisions transfers to the young person. Parents can still be involved if the young person is happy for them to do so.

**On request, this information can be provided in alternative formats and languages.**

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August 2018



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