

# Preparing for adulthood

This section looks at how services should work together and support you to help your child prepare for adulthood, such as going into higher education, independent living, being involved in their community and being as healthy as possible in adult life.

From the age of 16, the law recognises young people have rights to take some decisions for themselves (provided they are capable of doing so). For example, they have a right to request an Education, Health and Care plan directly from their local authority, and a right to request a Personal Budget.

That doesn't mean that you, as parents, are excluded. Your local authority or your child's college should still continue to involve you – particularly when your child is 16 or 17. Typically, young people this age will still want support from you as parents and will want your advice on decisions that affect them.

As children get older and become young people and adults, it is important that they are given opportunities to take more control over their lives. All young people need support at this important time – from you as parents, and from professionals such as teachers, college lecturers, youth workers and others. This is particularly important for young people with SEN or disabilities.

Preparing for adulthood is about preparing for things like higher education, independent living, being involved in the community and being as healthy as possible in adult life. It needs to start early – schools and other service providers should start having discussions with young people about long-term goals, ideally before they reach the age of 14. As parents, you of course need to be included in those discussions.

Recognising the increasing independence of young people once they reach 16 and beyond, your local authority has a number of legal responsibilities such as

- Making sure information, advice and support is available directly to young people, independent of their parents if they wish it. Information, advice and support services should work sensitively with families, and explain to you what this means for you as parents Including information in the Local Offer <http://fis.westberks.gov.uk/kb5/westberkshire/fsd/localoffer.page> about preparing for adulthood, and support available to them in higher education
- Making sure that all reviews of Education, Health and Care plans <http://fis.westberks.gov.uk/kb5/westberkshire/fsd/localoffer.page?family>

[channel=4-2-6&sortfield=title&sorttype=field](#) for young people from age 13-14 onwards, include a focus on preparing for adulthood

- Making sure services they provide – such as housing and adult social care – help children and young people prepare for adulthood
- Carrying out an adult care transition assessment for young people aged 18 and over with SEN or disabilities, if they think it will benefit that young person

## Further information

More information about preparing for adulthood can be found in Chapter 8 of the 0-25 SEND Code of Practice

<https://www.gov.uk/government/publications/send-code-of-practice-0-to-25>.

You should also check out West Berkshire's Local Offer

<http://fis.westberks.gov.uk/kb5/westberkshire/fsd/localoffer.page>. We have a dedicated Young People's Adviser and one for Parents and Carers. You can contact us by clicking here

[http://www.westberkssendiass.info/westberks\\_dev/index.php/About\\_us](http://www.westberkssendiass.info/westberks_dev/index.php/About_us)