



Preparing for Adulthood

Independence and Independent Living


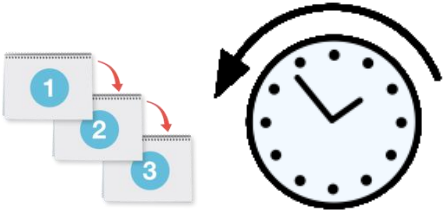
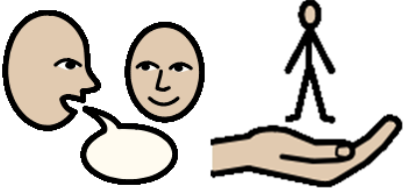
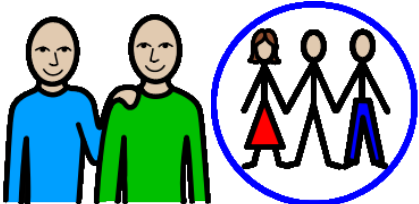

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Preparing for Adulthood – Independence

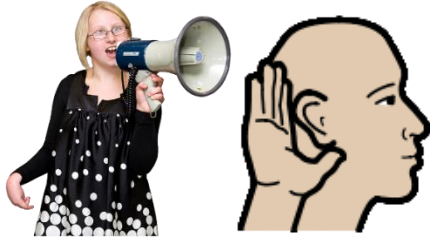
This guide is for young people, aged 14 – 25 with special education needs and disabilities (SEND)

More information is available on the [Local Offer Preparing for Adulthood](#) pages

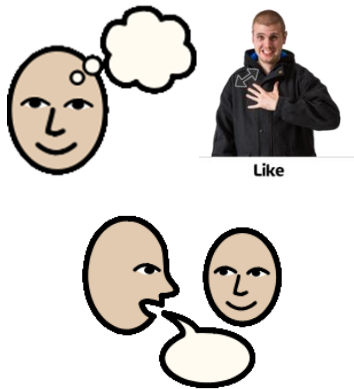
	Preparing for adulthood is important.
	It is important to start planning early.
	It is important to talk to others who can help.
	These can be friends and family.
	School teachers and support workers/ Professionals and other services.



It is important to start planning and setting goals.



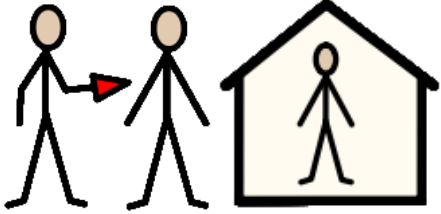



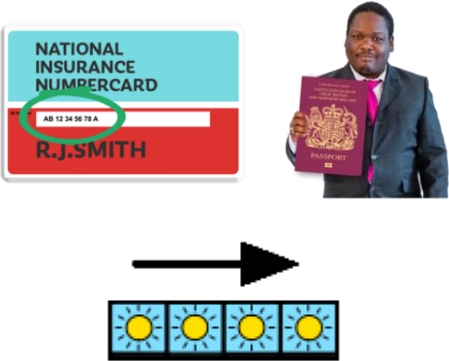
It is important to let people know your views.








Think about how you will share your views.

Year 9 - 11 (Aged 13-16)

Things to think about for the future

	<p>Think about where you want to <u>live</u> when you are older.</p>
	<p>There are different options available.</p>
	<p>Think about help you will need to live independently.</p>
 <p>Learn</p>	<p>Think about skills you need to learn to live independently.</p>
	<p>Think about documents you may need now and in the future. Some examples are passport, birth certificate and national insurance number.</p>

Learning skills to be independent

	<p>How to make your own snacks, meals and drinks.</p>
	<p>How to do the laundry.</p>
	<p>How to keep the home clean.</p>
	<p>How to manage your own <u>money</u>.</p>
	<p>How to tell the time.</p>

 <p>Like</p> 	<p>How to travel on your own. Would you like to get independent travel training?</p>
	<p>How to stay safe when accessing activities online.</p>
	<p>How to access activities in the community.</p>




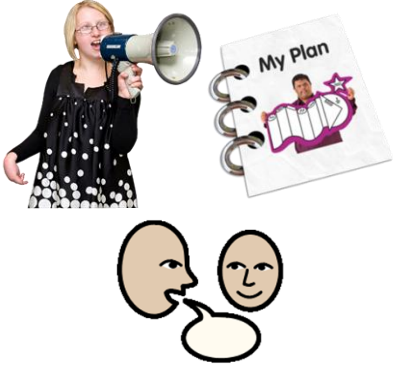

Who can help

	<p>Family and School.</p>
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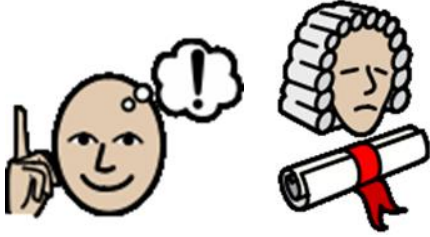
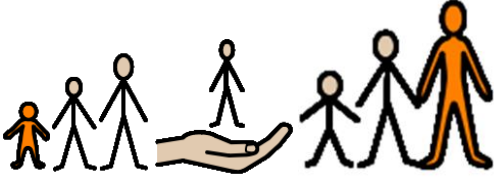


 <p>Leicester's SEND Local Offer Information and support for ages 0-25 Families.leicester.gov.uk</p>	<p>Look on the Local Offer for more information, support and activities.</p>
	<p>Flat 108 helps young people aged 16-18 learn how to be independent.</p>
 <p>Big MOUTH FORUM GO DISABLED GO</p>	<p>The Big Mouth Forum can help you to gain confidence to voice your opinion and meet other young people.</p>
 <p>Disabled Children's Service</p>	<p>Disabled Childrens Service may be able to support you to access a short break .</p>
 <p>SENDIASS LEICESTER</p>	<p>SENDIASS can help you to understand information and share your views.</p>

Years 12 - 14 (Aged 16-19)



Review your progress







 <p>Year 9</p>	<p>Are your hopes and goals the same as in year 9?</p>
	<p>What is working well? What have you enjoyed?</p>
 <p>Learn</p>	<p>Have you learnt new skills?</p>
	<p>Have you been involved in the planning for your future?</p>
	<p>Can you share your views or do you need help?</p>

Things to think about for the future









	<p>Do you understand the changes in law and how they affect you at 18?</p>
	<p>Do you understand the differences between children's services and adults services?</p>
	<p>Do you know where to go for support?</p>
	<p>How your <u>benefits</u> may change when you are 18?</p>


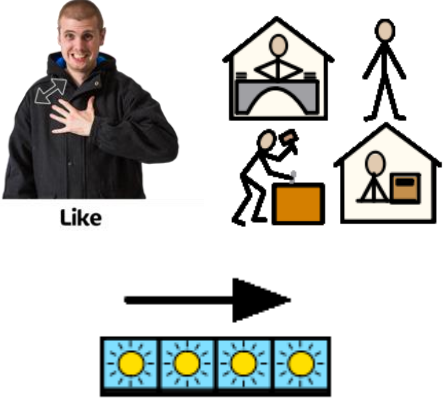

Where would you like to live

	<p>Family.</p>
	<p>Rent a house.</p>


	<p>Social housing.</p>
	<p>Own your home.</p>
	<p>If you can get adult social care support you could live in:</p>
	<p>Supported living.</p>
	<p>Shared lives.</p>
	<p>Residential placement.</p>

Learning to be independent

 <p>Learn</p>  	<p>It is important to continue learning independent living skills for example cooking, cleaning and laundry.</p>
	<p>How to manage your own money.</p>
 <p>Like</p> 	<p>Can you travel on your own or would you like to get independent travel training?</p>
 	<p>How you are going to keep in touch with friends?</p>

	<p>How to access activities in the community.</p>
	<p>Carry on finding out what job you would like to do in the future.</p>
	<p>Having a voluntary job can help you decide what job you would like to do in the future.</p>

Who can help

	<p>Family and School,</p>
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Look on the [Local Offer](#) for more information, support and activities,



[Flat 108](#) helps young people aged 16-18 learn how to be independent.






The [Big Mouth Forum](#) can help you to gain confidence to voice your opinion and meet other young people,



Disabled Childrens Service May be able to support you to access a [short break](#).





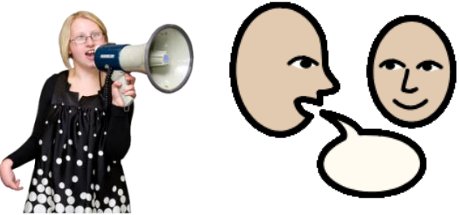


[SENDIASS](#) can help you to understand information and share your views.



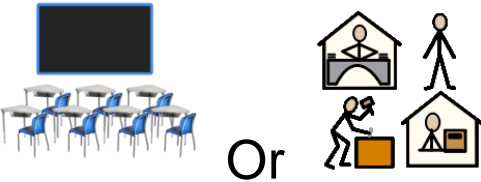
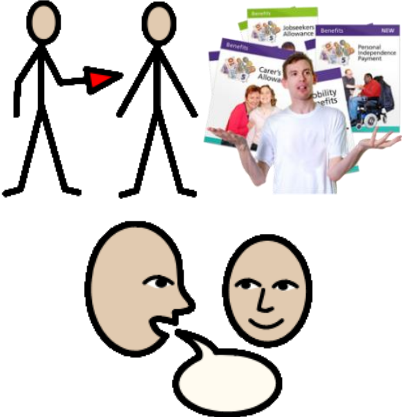

	<p>The National Citizen Service Programme offer volunteering opportunities for young people during Summer holiday or half term.</p>
  <p>Prince's Trust</p>	<p>The YES project and the Princes Trust, can help you with your personal development opportunities.</p>



Post 19

Review your progress

	Have your hopes and goals changed?
	What is working well? What have you enjoyed?
	Have you learnt new skills?
	Have you been involved in the planning for your future?
	Can you share your views or do you need help?

Things to think about for the future

	<p>Will your housing needs change in the next few years?</p>
	<p>Will you need further help to live independently?</p>
	<p>Do you want to study or get a job?</p>
	<p>Do you need help to manage your own money?</p>
	<p>Do you need help or training to travel independently? travel training support?</p>

	<p>Do you know how you are going to keep in touch with your friends?</p>
	<p>Do you know how to access activities in the community?</p>

Who can help

	<p>Family.</p>
	<p>Look on the Local Offer for more information, support and activities.</p>
	<p>The Big Mouth Forum can help you to gain confidence to voice your opinion and meet other young people.</p>
	<p>SENDIASS can help you to understand information and share your views.</p>



The [National Citizen Service](#) Programme offer volunteering opportunities for young people during Summer holiday or half term.



The [YES project](#) and the [Princes Trust](#), can help you with your personal development opportunities.



[Adult Social Care](#) Support if you require a high level of support.



Enablement Team and Shared Lives help adults to be more independent. To find out if you can get support contact 0116 454 1004.

Useful Contact details

Adult Social Care

<https://www.leicester.gov.uk/health-and-social-care/adult-social-care/>

<https://www.leicester.gov.uk/health-and-social-care/adult-social-care/what-support-do-you-need/preparing-for-adulthood/>

Age UK

Lansdowne House, 113 Princess Road East, Leicester, LE1 7LA

0116 299 2233

<https://www.ageuk.org.uk/leics/our-services/support-for-carers/leicester-carers-support-service/#:~:text=We%20provide%20support%20and%20information%20to%20all%20Carers%2C,Leicester%20or%20at%20other%20locations%20throughout%20the%20City.>

Big Mouth Forum

0116 454 4710

www.bigmouthforum.co.uk

Citizens Advice Bureau

York House, Granby Street, Leicester, LE1 6FB

0300 330 1025

<https://citizensadviceleicestershire.org/get-advice/leicester-city/>

City Psychology Service,

New Parks House, Pindar Road, Leicester LE3 9RN

0116 454 5470

<https://families.leicester.gov.uk/send-local-offer/search-for-services/local-authority-services/city-psychology-service/>

Connexions,

2 Wellington Street, Leicester, LE1 6HL

0116 454 1770

<https://www.leicesteremploymenthub.co.uk/job-seekers/connexions-for-young-people/>

Department of Work and Pensions

<https://www.gov.uk/contact-jobcentre-plus>

<https://www.gov.uk/contact-pension-service>

Family information Service,

<https://families.leicester.gov.uk/>

Flat 108,

The Y, 7 East Street, Leicester, LE1 6EY

0116 204 6204

<https://www.leicesterymca.co.uk/youth-community/our-work/young-people-with-disabilities/>

Health,

Leicester Partnership NHS Trust

<https://www.leicspart.nhs.uk/>

<https://www.leicspart.nhs.uk/services/>

University Hospitals of Leicester

<https://www.leicestershospitals.nhs.uk/>

Leicester City Clinical Commissioning Group (CCG)

<https://www.leicestercityccg.nhs.uk/>

Public Health

<https://www.leicester.gov.uk/health-and-social-care/public-health/>

Housing

<https://www.leicester.gov.uk/your-community/housing>

Leicester Adult Education College,

54 Belvoir Street, Leicester, LE1 6QL

0116 454 1900

<https://www.leicester.gov.uk/schools-and-learning/adult-skills-and-learning/>

Leicester City Parent Carer Forum

07723 801676

<https://www.lcpcf.net>

Leicestershire Cares

42 Tower Street, Leicester, LE1 6WT

0116 275 6490

<https://www.leicestershirecares.co.uk>

Local Offer

<https://families.leicester.gov.uk/send-local-offer/>

Menphys

The Menphys Hub, Bassett Centre, Bassett Street, South Wigston,
Leicester, LE18 4PE

01455 324020

<https://www.menphys.org.uk/>

Money Matters

<http://moneymattersweb.co.uk/>

National Citizen Service

Leicestershire Education Business Company, 30 Frog Island, Leicester,
LE3 5AG

0116 240 7007

<https://www.leics-ebc.org.uk/young-people-parents-and-guardians/national-citizen-service>

Princes Trust

6 Faraday Court, Leicester, LE2 0JN

0800 842 842

<https://www.princes-trust.org.uk>

SEND Support Services,

New Parks House, Pindar Road, Leicester, LE3 9RN

0116 454 4650

<https://families.leicester.gov.uk/send-local-offer/search-for-services/local-authority-services/learning-communication-and-interaction-team/>

Short Breaks

<https://families.leicester.gov.uk/disabled-childrens-service/short-breaks/>

Special Education Needs and Disability Information Advice Support Service (SENDIASS)

1st Floor Alliance Building, 6 Bishop Street, Leicester, LE1 6AF

0116 482 0870

<https://sendiassleicester.org.uk>



Sendiass Leicester



Sendiass

The Carers Centre

Unit 19, 4th Floor, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL
0116 251 0999

Notes

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Questions

Please use this blank page to write down any questions.