

Stepping Up to Adulthood



Help for young people with additional needs moving on to adulthood.



This guide helps young people with additional needs get ready for being an adult.



Young people with additional needs might need extra help with these changes.



PfA means Preparing for Adulthood.



PfA helps young people with additional needs get ready for adult life, plan for their futures, and become more independent.



Education, Employment and Training



This means learning new things, getting a job, or training for work. It is important to think about what you want to do when you grow up.



Good Health



Staying healthy helps you feel good and do the things you like. This means going to health appointments, eating well, and exercising if you can.



Independence



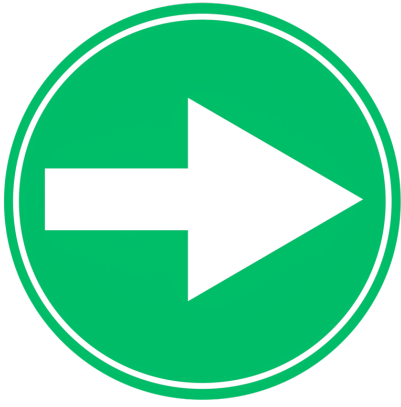
Being independent means doing things by yourself. This can be cooking, cleaning, or travelling. It helps you live your own life.



Community Inclusion



Being part of your community is important. This means making friends, joining clubs, and doing activities. It helps you feel included and happy.



Transition to Adulthood



Transition to adulthood means moving from being a child to an adult. It can be a big change. Planning helps make this change easier.



Adult Social Care



Adult social care is support for adults who need extra help. This might be help with daily tasks, health needs, or living independently.



Planning for the Future



Talk about what you want to do when you grow up. This can be where you want to live or what job you want. Planning helps you reach your goals.



Moving to adult services can be a big change as you go from having one professional to having more than one.

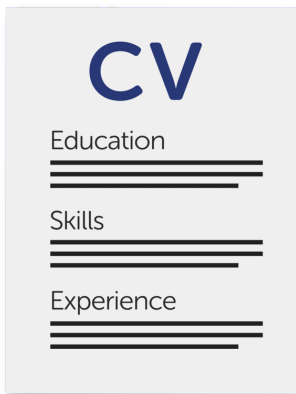


Having people to help you is important. This can be family, friends, or support workers. They can help you with your plans and decisions.



Access to Services

Knowing what services are available is important. This can be health services, education, or social care. They help you get the support you need.



Developing Skills

Learning new skills is important for independence. This can be cooking, budgeting, or using public transport. It helps you do things on your own.





Making Decisions



It is important to make your own decisions. This can be about your health, education, or daily life. It helps you have control over your life.



Understanding Rights



Knowing your rights is important. This means knowing what support you can get and how to get it.



Staying Safe



Staying safe is important. This means understanding risks and knowing how to protect yourself. It helps you feel secure and confident.



Enjoying Life



Doing things you enjoy is important. This can be hobbies, sports, or spending time with friends. It can help you feel happy and fulfilled.