TRANSITIONS AND PREPARING FOR ADULTHOOD

ENGLAND

Post-16 and College Transition Pack

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A planner for moving into college, sixth form, an apprenticeship, or other post-16 education, including support, travel and the young person's views.

Admissions, transport and EHCP processes at post-16 have their own rules. This pack does not apply for a place or decide funding.

Who this is for

Young people and families in England planning the move after Year 11, including where an EHCP may continue or be reviewed.

What is inside

- A checklist and timeline
- The young person's views
- A visit and support sheet
- Questions about transport and the plan

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

A new setting, and often a new kind of support

Post-16 options can include school sixth form, college, an apprenticeship, or other programmes. Support is organised differently in each. If there is an EHCP, it can continue in certain circumstances and should be reviewed; if there is not, ask the new setting how SEND support works. Check official dates for applications, transport, and any local processes.

Checklist

- [ ] Courses or programmes that interest the young person, not only what looks “safe”
- [ ] Open days or quieter visits, and who we will meet about support
- [ ] How support is organised, and how information will transfer
- [ ] Travel, independence, and any transport application dates
- [ ] The EHCP review, if there is a plan, and what should be updated
- [ ] A named person we can contact in the first weeks

The young person’s views

What I want to do next, and why

What I am worried about

The support that helps me learn, travel, and feel safe

After a visit

What we learned, what we still need in writing, and our next step

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- GOV.UK: Children with special educational needs and disabilities (SEND)
- The SEND Code of Practice 2015 (England)
- The school's SEN information report and complaints policy
- Your local SENDIASS service
- IPSEA, for legally based information in England
- Preparing for Adulthood materials and your local offer, where relevant

A reminder about this free pack

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

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