TRANSITIONS AND PREPARING FOR ADULTHOOD | ENGLAND

Preparing for Adulthood Planner

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A planner for looking ahead to adulthood, covering the usual Preparing for Adulthood themes: education and work, independent living, community, and health.

In England, EHC plans should begin to look towards preparing for adulthood from Year 9. This pack is a conversation tool, not an official form, and it does not replace a review or a social-care assessment.

Who this is for

Young people, families, and supporters planning ahead in England, whether or not there is an EHCP.

What is inside

- What "preparing for adulthood" can mean
- The young person's views
- A four-theme planner
- Questions for a review

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.

Start from the young person's life, not a form

Preparing for adulthood is about a good life, not only leaving school. The usual four themes are: employment or meaningful activity; independent living; friends, relationships and community; and being as healthy as possible. Dreams and practical steps can sit together. The young person's views should be central, in the way they communicate.

EHCP processes described here apply in England, under the Children and Families Act 2014, the Special Educational Needs and Disability Regulations 2014, and the SEND Code of Practice: 0 to 25 years (2015). Scotland, Wales and Northern Ireland have different systems. Always check the current official position and any deadline on letters you receive.

Young person's name

Year group or age

Date

People helping with this planner

My views

What a good life looks like for me in a few years

What I am already good at, and what I want to try

What worries me, and what support I want

Education, training and work

Where I am now, what I might want next, and the support that would make it possible

Independent living, community, and health

Travel, money, home, and everyday independence I want to work towards

Friends, community, relationships, and how I like to spend time

Health, wellbeing, and who will help me use services as I get older

Questions I want asked at the next review or meeting

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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