

GETTING THE MOST OUT OF YOUR TRANSITION TO ADULTHOOD

We know that your transition to adulthood can feel scary, that's why we want to support you however we can. This checklist has been designed to help you think about what you want to get out of your transition – we'll ask you to answer a few simple questions depending on your current transition phase, all you have to do is tick the boxes that best relate to your experiences.

TRANSITION CHECKLIST



To get the most out of your transition, it's helpful to answer the questions as honestly as you can. This can help to keep track of your wishes and figure out where you may need extra support in the future. You'll finish by taking some time for reflection based on the answers you've chosen. If you have any concerns, talk to a parent/carer, teacher or support worker.

Your first task is to take a moment to pause and think about the question, what does a good transition look like for me? When you're ready, use the space provided below to write your answers. There's also space underneath each set of questions for your own personal notetaking.

This checklist is designed around you. But, if there is a question that doesn't appear that you think should, email hello@myfamilyourneeds.co.uk and let us know.

@WeAreMFON #TransitionEvent www.thetransitionevent.co.uk

YOUNG PERSON (AGED 14-16)

YES NO NOT SURE

Have you spoken to parents, teachers and support workers about your hopes for adulthood?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Do you know how your transition plan may change if, for example, your health gets worse?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Can you get help from local community groups and/or charities to support your plan?
If you like, use the space provided below to write down some examples to refer back to if you ever need them.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Have you been given clear information about future social care assessments and reviews?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Do your parents, teachers and support workers know how you wish to be supported through transition? How can they help you?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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YOUNG PERSON (AGED 16-18)

YES NO NOT SURE

Are you supported to review your plan regularly to ensure it continually meets your needs?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Are you aware of how the money available to pay for your care and support may change?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Are you being supported to live your life as independently as possible?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Is there an up-to-date plan to manage any ongoing health needs should they deteriorate?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Have you had the opportunity to ask questions about your transition to adult services?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Have children's and adult services worked well together to support you?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Do you have the opportunity to learn new skills and take on new responsibilities?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Do you have an idea of what you'd like to do for work? What skills might you have to develop?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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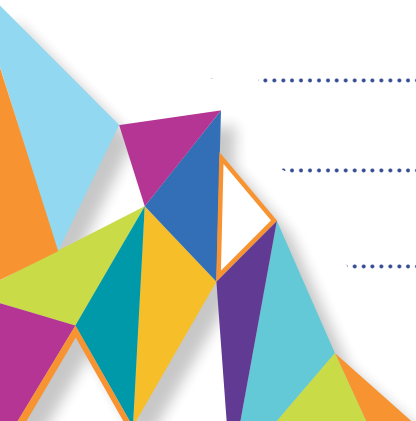
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YOUNG PERSON (AGED 18+)

YES NO NOT SURE

Can you access information and advice that is suitable for your age and understanding?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Are you developing good relationships with the people involved in delivering your plan?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Do you have the opportunity to pursue hobbies and take part in activities that you enjoy?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Have you taken on even more responsibilities as an independent young adult?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Are you being supported to make decisions about your future beyond the age of 18?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Have you thought about your future housing options and do you know how to fund them?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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REFLECTING ON YOUR TRANSITION

Mainly **YES** – it is likely that you have achieved most if not all of the goals set out in your transition plan.

You have been supported to make your own decisions about your future.

Mainly **NO** – there may need to be some changes to ensure your needs are being met.

Speak with someone you trust if you have any concerns about your transition plan.

Mainly **NOT SURE** – you may not have had every opportunity to make the most of your transition plan.

Visit www.myfamilyourneeds.co.uk/supporting-your-child/transition