

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.

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.

KEY:



WeAreMFON #TransitionEvent www.thetransitionevent.co.uk

© 2022 Care Choices Ltd

YOUNG PERSON (AGED 14-16)

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

YES NO NOT SURE
☐ ☐ ☐

Do you know how your transition plan may change if, for example, your health gets worse?

YES NO NOT SURE
☐ ☐ ☐

Can you get help from local community groups and/or charities to support your plan?

YES NO NOT SURE
☐ ☐ ☐

Have you been given clear information about future social care assessments and reviews?

YES NO NOT SURE
☐ ☐ ☐

Do you feel adequately prepared to make decisions about your further education?

YES NO NOT SURE
☐ ☐ ☐

Have you had the option to review your current or future homeschooling arrangements?

YES NO NOT SURE
☐ ☐ ☐

Do you feel that your support networks have adapted to continue meeting your needs since the COVID-19 pandemic?

YES NO NOT SURE
☐ ☐ ☐

If you are finding things incredibly difficult with your mental health and wellbeing, do you know where to go for help?

YES NO NOT SURE
☐ ☐ ☐

Do your parents, teachers and support workers know how you wish to be supported through transition? How can they help you?

YES NO NOT SURE
☐ ☐ ☐



Please turn over for next page.

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings present.

YOUNG PERSON (AGED 16-18)

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

YES NO NOT SURE
☐ ☐ ☐

Are you aware of how the money available to pay for your care and support may change?

YES NO NOT SURE
☐ ☐ ☐

Are you being supported to live your life as independently as possible?

YES NO NOT SURE
☐ ☐ ☐

Is there an up-to-date plan to manage any ongoing health needs should they deteriorate?

YES NO NOT SURE
☐ ☐ ☐

Have you had the opportunity to ask questions about your transition to adult services?

YES NO NOT SURE
☐ ☐ ☐

Have children's and adult services worked well together to support you?

YES NO NOT SURE
☐ ☐ ☐

If you are finding things incredibly difficult with your mental health and wellbeing, do you know where to go for help?

YES NO NOT SURE
☐ ☐ ☐

Do you have the opportunity to learn new skills and take on new responsibilities?

YES NO NOT SURE
☐ ☐ ☐

Have you had the opportunity to explore apprenticeships and work experience opportunities?

YES NO NOT SURE
☐ ☐ ☐

Do you have an idea of what you'd like to do for work? What skills might you have to develop?

YES NO NOT SURE
☐ ☐ ☐

Do you feel prepared to talk about sex and relationships with your support network?

YES NO NOT SURE
☐ ☐ ☐



Please turn over for next page.

[illegible]

YOUNG ADULT (AGED 18+)

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

YES	NO	NOT SURE
☐	☐	☐

Are you developing good relationships with the people involved in delivering your plan?

YES	NO	NOT SURE
☐	☐	☐

Do you have the opportunity to pursue hobbies and take part in activities that you enjoy?

YES	NO	NOT SURE
☐	☐	☐

If you are finding things incredibly difficult with your mental health and wellbeing, do you know where to go for help?

YES	NO	NOT SURE
☐	☐	☐

Do you feel that your support networks have adapted to continue meeting your needs since the COVID-19 pandemic?

YES	NO	NOT SURE
☐	☐	☐

Have you taken on even more responsibilities as an independent young adult?

YES	NO	NOT SURE
☐	☐	☐

Have you received adequate support and advice about managing your finances?

YES	NO	NOT SURE
☐	☐	☐

Are you being supported to make decisions about your future beyond the age of 18?

YES	NO	NOT SURE
☐	☐	☐

Do you feel prepared to explore higher education options and how to apply?

YES	NO	NOT SURE
☐	☐	☐

Do you understand your rights when seeking employment?

YES	NO	NOT SURE
☐	☐	☐

Have you thought about your future housing options and do you know how to find/fund them?

YES	NO	NOT SURE
☐	☐	☐



Please turn over for next page.

This image shows a full page of white paper with horizontal dashed lines, typical of primary school handwriting practice paper. The lines are evenly spaced and run across the entire width of the page. There are no margins, text, or other markings present.

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



WeAreMFON #TransitionEvent www.thetransitionevent.co.uk

© 2022 Care Choices Ltd