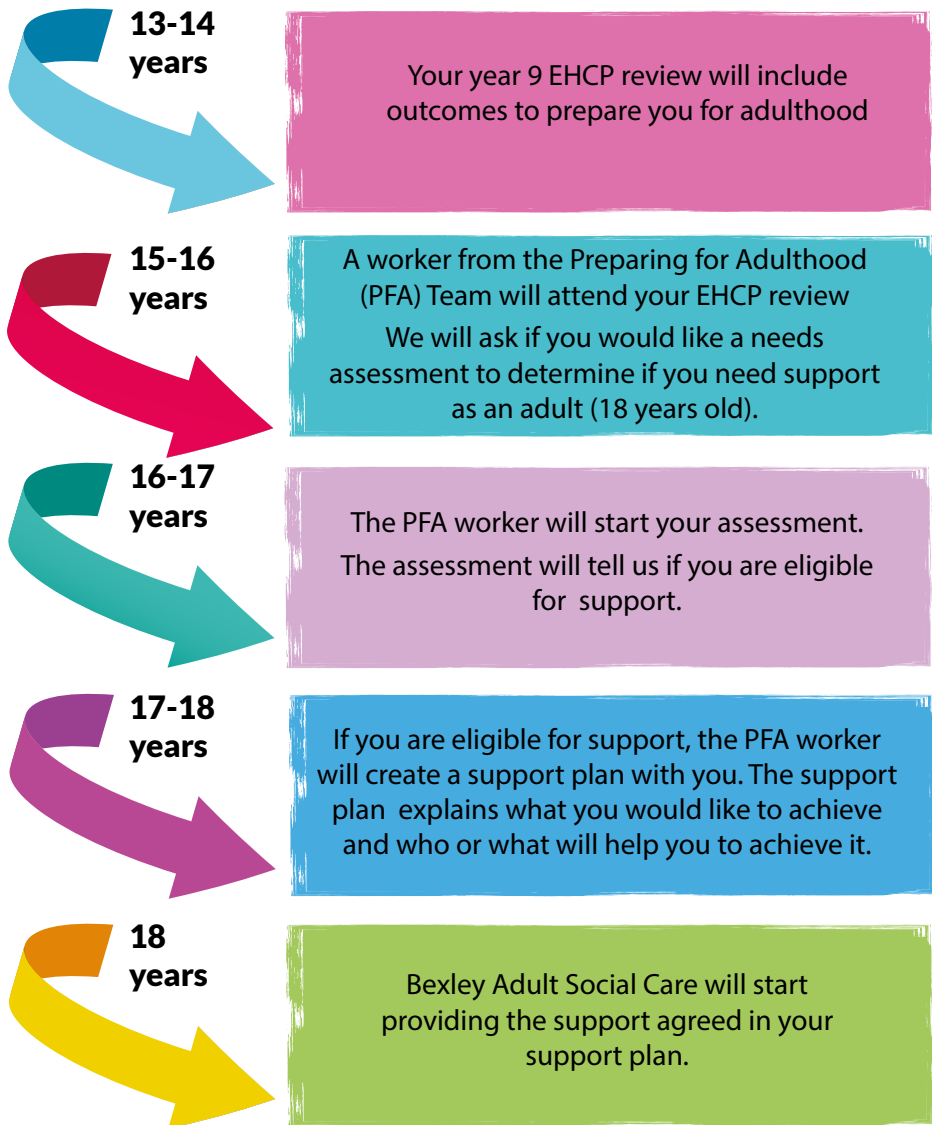


# Preparing for Adulthood



**Working with young people  
aged 14-25 with  
special educational needs  
and/or disabilities**

## We support young people with an Education, Health and Care Plan (EHCP) between the ages of 14-25 years



For more information, please check the Bexley Local offer website [www.bexleylocaloffer.uk](http://www.bexleylocaloffer.uk) or scan the QR code



## Your Preparing for Adulthood Assessment

Your assessment will identify what your care and support needs are. We will ask you questions about how you are able to do the following:

- *Eating and drinking*
- *Washing and dressing*
- *Going to the toilet*
- *Looking after your home*
- *Keeping safe*
- *Being part of the community*
- *Making and maintaining relationships*
- *Accessing education, training or work*
- *Being a parent or carer*

You can have someone who knows you to support you with the assessment, or you could have an independent advocate.

An advocate is someone who can support you to say what you want or don't want.

If there is someone who provides you with support, such as a friend or family member, they can ask for a Carer's Assessment.

New referrals:

Email: [bexleycare.spc@nhs.net](mailto:bexleycare.spc@nhs.net)

Telephone: 020 3045 5159

Contact the PFA team:

Email: [PFA@bexley.gov.uk](mailto:PFA@bexley.gov.uk)

Telephone: 020 3045 5594

# Preparing for Adulthood Outcomes

## Prepare for higher education and/or employment:

- *Colleges and / university courses*
- *Supported internships, apprenticeships and traineeships*
- *Finding a job, and learning how to do a job*
- *Understanding welfare benefits*

## Prepare for independent living:

- *Decision-making on future goals*
- *Where you want to live and who with*
- *Learning skills in independent living*
- *Social care support*

## Maintaining good health:

- *Knowing which health professionals will work with you as an adult*
- *Understanding how to care for your body*

## Being part of the community:

- *Mobility and transport support*
- *Social and community activities*
- *Maintaining friendships and relationships*

