



Preparing for Adulthood:

A guide for supporting neurodivergent young people who are not receiving social care support at this time

As you plan for the future with your young person, you can explore the options available to them and think about the support that will help develop their independence

Age 13/14

Education

- Ensure subjects or vocational options align with strengths and future plans, begin planning work experience placements and attend college open days
- For those with an EHCP, check progress towards independence and employment goals

Health

- Can your young person start taking responsibility for their healthcare and medication?
- Explore transition programs that support independence, and speak with your healthcare provider

Independence

- Continue developing life skills and independent travel. Build confidence in social skills and community access

Money matters

- Talk to your young person about appointeeship and managing their money. Collect evidence of need for PIP application

Age 15

Education

- Explore interests and strengths through early careers conversations and start considering long term aspirations for post-16 education
- For those with an EHCP, ensure PFA outcomes are included within the Annual Review

Health

- Contact your GP practice – you may need to complete a proxy consent form to continue supporting your young person at medical appointments
- Look at using a hospital passport to ensure any reasonable adjustments are in place if required

Independence

- Think about basic money skills and independent life skills such as travel training, decision making, cooking, hygiene and shopping

Age 16

Education

- Focus on employment options including apprenticeships and Supported Internships
- For those with an EHCP, ensure outcomes reflect adult-life goals

Health

- Plan healthcare transition from children to adult services
- Continue encouraging independence in managing own health and medication

Independence

- Encourage decision making and self-advocacy

For consideration

- Depending on your young persons needs, you may need to apply for a Lasting Power of Attorney

Age 17

Education

- Gain detailed advice on vocational and academic pathways and decide on next steps (e.g. college or sixth form)
- Attend taster days and transition visits
- For those with an EHCP, ensure PFA outcomes are included within the Annual Review to be held by the end of January to record preferences for post-16 setting and support needed (Local Authority to issue an amended EHCP naming new setting if required)

Health

- Your young person can now use their hospital passport to support them in medical appointments
- Ensure a proxy form is in place if you need to continue supporting your young person at medical appointments

Independence

- Support your young person to access and use the NHS app
- Focus on travel training and money management which are essential for building independence

Money matters

- Now is the time to apply for PIP (Personal Independence Payments) if needed - your young person will need their own bank account to receive this
- Check whether your own benefits remain valid now that your young person is 16

- Important Information: Education and Care**
- Statutory careers guidance from 12 years old (Year 8) becomes more detailed and personalised as a young person approaches 16, helping them explore suitable pathways for education, training, and employment.
 - Under the Mental Capacity Act (2005), decisions about post-16 education are made by the young person (if they have capacity), not the parent
 - For those with an EHCP, Annual Reviews must include Preparing for Adulthood outcomes such as employment, independent living, and health from 13 years old (Year 9) onwards.
 - For pupils with an EHCP moving from Year 11 (age 15-16) to post-16, the deadline for phase transfer is 31 March. For other transitions, the deadline is five months before the move. By 31 March, the EHC plan must be finalised and name the next setting if there is a change. Consultations and applications must be completed early to meet this deadline
 - Families can request a Care Act assessment if needed

Age 18

Education

- Consider post-19 education or employment including Higher Education, vocational training or Supported Employment
- An EHCP can remain in place until age 25, but only if the young person is still in education or training and the plan is helping them achieve their agreed outcomes and making progress

Health

- Adult services begin - confirm transfer from children to adult services
- Review hospital passport to ensure any reasonable adjustments are up to date

Independence

- Focus on living arrangements, budgeting, and community participation

Money matters

- Check benefits eligibility e.g. Universal Credit
- Open a bank account for independence and budgeting if not already in place
- Explore education support (Disabled Students Allowance) if appropriate