

How will you help me to communicate?

If you are finding it hard to put your views across you may have a 'communication passport'.

This is a way that important information about you can be put into a book or folder that helps other people to:

- See you as a young person positively and as an individual
- Know what you think about your life and your future reflects who you are; your sense of humour, your likes and dislikes
- Describes how you communicate and how best for other people to communicate with you
- Provides other information from the past and the present to help people to understand you. It is up to you and your parents/carers what other information is shared.
- Makes sure that you and the people who know you well have a say on your future as well as the professionals involved

This is usually put together by you, your family and the school.

What information will be shared?

Most of the people attending the meeting will have written about the progress you have made and what they think should happen next. What you have talked about, what you want and what your parents/carers would like for you will be included too. The reports from other people should be shared with you and your parents/carers before the meeting.

If there is anything that you are not happy to share, it is important to tell them before the meeting.

What happens next?

- A transition plan will be written, this will include the actions agreed from the meeting.
- Your EHC Plan will be updated if any of your needs have changed. If this is the case, a new copy sent to you and your parents/carers and the people who attended the meeting.
- Your transition plan will be reviewed and updated again next year

Preparing For Your Transition Review Meeting

A guide for young people with

Education, Health and Care (EHC) Plans

What is 'Preparing for Adulthood'?

'Preparing for Adulthood' is when you, and the people who support you, start to think about the future.

It is not just about what you are going to do when you leave school; it also helps you to think about the steps you need to take to start planning for your future adult life.

The four life outcomes for 'Preparing for Adulthood' are based on what young people with Special Educational Needs and Disabilities say is important to them:

- Paid employment (including self-employment)
- Good health
- Independent living (more choice and control over your life)
- Having friends, positive relationships and being part of the community.

There is a booklet available to help you start to think about these things. Ask your teacher or education and careers advice worker where to find this if you don't have one already.

Early transition planning from the first meeting needs to be in place for all young people with an Education Health and Care (EHC) plan, focusing on outcomes and your transition to adulthood and how to achieve them.



What is a transition review?

For those on Education, Health and Care plans (EHCPs), transition reviews take place in Years 9, 10 and 11 whilst you are still at school.

In Year 9, when you are 13 years old, will be the first time you will sit down with your parents/carers, teachers and other people who are supporting you to start to think about 'preparing for adulthood'. Other people might include your careers advisor, your therapist or your social worker.

Your thoughts and ideas about you are important to the review meeting and everyone else must listen to what you have to say and keep a record of what you want for your future.

This meeting will take place each year and everyone involved will have a copy of your plan so everyone knows how they should be supporting you.

How will my voice be heard?

You have the right to attend your review meeting and communicate your views. You will be encouraged and supported to do so.

Every young person has the right to change their mind about what they want to do and that will be ok. You may choose to attend all or part of the meeting and your wishes will be respected.

You and your parents/carers are not expected to make definite decisions at the first meeting as you may change your minds as things at home change.

You might like to write down what you want for your future, including as much detail as you like. Remember that things like what activities/hobbies you'd like to do in your spare time and how much independence you want in making decisions about your social life, are as important as decisions about school and work.

Some things to think about include:

- What information you need to help you make decisions about your future

- What subjects you want to study and what other activities you'd like to be involved in for your remaining time at school
- What you want to do when you leave school (ask for a copy of the Education and training opportunities booklet)
- What opportunities there are in your area to do what you want to do – have a look at the [Local Offer](http://www.stockport.fsd.org.uk) website (www.stockport.fsd.org.uk)
- What support you might need to achieve your life outcomes (see the paragraph on Preparing for adulthood for a reminder of what these are)

If you don't want to be at the meeting, you can ask someone to tell the people about the things you have written down.

You can ask your parents/carers or your teacher or you can have someone who is independent. This might be someone from a voluntary organisation whose job it is to support you in meetings; they will speak just for you.

Who will be at the meeting and why?

The people who are invited are usually the people who you know; your parents/carers and your teacher. Other people you know might include a speech and language therapist or physiotherapist if you have one or your worker from Healthy Young Minds, your social worker and your education and careers advice worker.

A Transitions Social Worker from Adult Social Care may be at your review meeting once you get into Year 11. They don't attend for everyone because there aren't enough of them to go around but they will offer you a transitions assessment. They have to do this by law if they think that you are likely to have care and support needs once you are over 18 and into your adult life.

The people at the meeting will:

- Find out whether you have any ideas about what you want to do when you leave school.
- Listen to what you are interested in and enjoy doing.
- Listen to your dreams and fears so that building for the future can be based on a shared knowledge between you, your family and professionals.

The meetings are usually held in school because it is the school's responsibility to arrange them.