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| community.png**MY PREPARING FOR ADULTHOOD TRANSITION PLAN** | | | | | | | | | | |
| **Name** |  | | | **Date of first plan** |  | | | **Plan number** | |  |
| **My Goals**  **What we are trying to achieve** | | | **Action**  **What needs to Happen to help me achieve my goals** | | | **Who**  **Who needs to it** | **By when** | | **Comments**  **How we doing** | |
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| **PREPARING FOR ADULTHOOD TRANSITION PLAN: THINGS WE NEED TO THINK ABOUT:**  Below are some the things you might need to do, or skills you might need to learn to help you become more independent and get ready for being an adult | | | | | | | |
| **Money** | **Health and safety** | **Being part of my community** | **Work and learning** | **Home and where I live** | **Develop self care** | **Develop life skills** | **Getting the support I need** |
| money.jpg | health.jpg | COMMUNITY.gif | education.png | HOME 2.jpg | SELF CARE 2.gif | building life skills.png | support3.png |
| Have I got a bank account and do I know how to use the bank | Do I understand how to make a medical appointment? | Can I travel independently and plan a journey | What do I want to learn? | Can I stay in my home on my own and be safe – what needs to happen to support me with this | Can I prepare healthy meals | Can I plan and cook a simple meal safety | I know where to get help and support from |
| Can I go to the shop and buy things using a list | Do I know how to maintain my general health | Do I access any social groups or community groups | What job do I want | Can I keep my room tidy | Do I take enough exercise | Can I communicate my needs | I need extra help from social services |
| Do I need to learn budgeting skills | Do I understand by health conditions | Do you want to volunteer | What job skills do I need to learn | Do I help with household chores | Do I have issues with my anxiety and need to learn to manage this better | Can I make decisions about my life | I need to work with my social worker to think about what I am good at and what I need help with |
| Do I understand money | Do I need any support around sex education or sexual health | Can you get around your local community | What will I do once I leave college | Where do I want to live post 18 | Do I have ways to relax | Can I look after my personal care | I need to learn about who can help me as an adult |
| Do I need to claim benefits / do I understand what benefits I am entitled to? | Doing I understand the dangers of drugs and alcohol | Being a good neighbour | What I am good at, what do I struggle with | What I need to learn to become independent | Do I sleep well |  |  |
| Can I pay bills | Do I need support with internet safety | Do I understand stranger danger |  | Can I manage my own front door |  |  |  |
| Do I understand the value of money? | Do I need to learn how to stay safe in the community |  |  |  |  |  |  |