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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  |  |  |  |  |  |  |