

Preparing your child for adulthood

As your child moves forward in their school career, you may be starting to think about what the future could look like for them. This can feel exciting, and sometimes a little overwhelming too. Every young person is unique, and there is no single pathway into adulthood. Thinking about your child's hopes, strengths and aspirations can help you explore the options available and make sure the right support is in place along the way.

It may feel like only yesterday that your child was starting school, but preparing for adulthood begins much earlier than many people realise. From developing independence skills such as dressing, eating, communicating and managing daily routines, children are building foundations for adult life from a young age.

In Years 9 and 11, the focus begins to shift towards preparing for the future. Together with you, your child's school and any professionals involved in their care, planning for their future can begin and consideration given to what matters most to your child and family.

Preparation for adulthood focuses on key areas:

- **Education, training and employment** - exploring future learning opportunities, careers and supported internships where appropriate.
- **Independent living** - building skills and confidence for everyday life and identifying any support that may be needed in adulthood.
- **Being healthy** - helping young people understand and manage their health needs, including accessing services such as annual health checks if they are eligible.
- **Friends, relationships and community inclusion** - supporting young people to develop social connections, take part in activities and feel included in their local community.

If your child has an Education, Health and Care Plan (EHCP), preparing for adulthood will be an important part of annual reviews and future planning. Support can be provided by school, the Local Authority and other services working with your family.

As a 0-19+ Service, we are here to support your child and your family as needs change. If you would like advice or support, please contact our **Contact Hub** on **0300 123 4058** or visit our website: www.wchc.nhs.uk/children

You may also find the following resources helpful when considering future options and making decisions as a family.

Useful resources

Cheshire East Council

- Living independently - [Preparing for adulthood](#)
- Post 16 education [School transitions](#)
- Healthy lifestyles - [One You Cheshire East](#)
- Adult social care - [Care and support for adults](#)

Council for Disabled Children

- [Preparing for adulthood guides and toolkits](#)

NHS England

- Healthy Lifestyle - [Healthy living - NHS](#)
- [NHS England: Health and care passport \(plain English\)](#)

NHS

- For children and young people with more complex needs - [Annual health checks - learning disabilities](#)

Remember, planning for adulthood is a journey rather than a single event. Taking time to explore your child's aspirations and the support available can help them make a positive and confident transition into adult life.