

STARTING TO PREPARE FOR ADULTHOOD



Preparing for adulthood in the Year 9 annual review

Every young person who has a Statement of special educational needs or an Education, Health and Care (EHC) Plan must be given help to plan for their future. During Year 9 there is a meeting for you and your family, and the professionals who work with you to help you to start thinking about your future. This is called your Year 9 annual review.

If your Statement hasn't been changed to an EHC Plan this will happen as part of your Year 9 annual review. The Casework Officer will speak to your parents and you about this. If you would like someone to help you with changing your Statement to an EHC Plan, ask about getting an Independent Supporter (see 'Ask about' below).

What is the Year 9 annual review?

The Year 9 annual review is a meeting all about your future. It will take place at your school and the school will organise the meeting, send out invitations and get all the paperwork that they need.

The meeting will include you, your family, a teacher or someone who knows you from school and your Casework Officer from the council's special educational needs team. If you have health needs, there may also be someone from health services there, and someone from social care if you have had or may need support from social care services. You can also ask anyone you trust to go with you.

At the meeting, the professionals will listen to you and offer advice about the kinds of help you can get now and in the future with health, education, care and more.

Preparing for the meeting

Make sure the meeting is in a place that's accessible and familiar and at a time that suits you.

Ask your parent carer or teacher to help you prepare for the meeting. You could also ask your local Information, Advice and Support Service (IAS) for their help (see 'Ask about' below).

Spend some time thinking about your future and what you'd like it to look like. You could use the 10 questions below to help you think or ask someone you trust to go through the questions with you and write down your answers.

- What am I good at?
- What do I find difficult?
- What do I like doing?
- What is going well in my life?
- What is not going so well?
- What can I see myself doing as an adult?
- What support will I need to help me achieve my dreams?
- What needs to happen to keep me healthy and safe in future?
- Can I get around by myself? Would I like help to learn how?
- Where would I like to live when I grow up?



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If you haven't looked at your Statement of SEN or EHC Plan for a while, get your parent or carer or trusted adviser to look at it with you before the meeting and think about whether anything has changed.

If you want someone else to represent your views at the meeting – an advocate or trusted adviser – make time to share your views and ideas with them beforehand.

At the meeting

Paying attention to some practical things will help the meeting go more smoothly:

- Agree whether you will be there for some or all of the meeting and, if it's only for a part of it, which part it is.
- Make sure you can choose where you sit and know what will happen if you need to take a break.
- Ask to be introduced to anyone you haven't met before (or get your parents to ask for you).
- Have some written notes to remind you what to talk about and what's important. If you prefer to have pictures to show people, you could take them to the meeting too.
- Make use of your friend or trusted adviser. They can help put your point across or remember stuff that's been said.
- If there's anything you don't understand, ask people to explain or get your friend to ask for you. It's your life so don't be afraid to speak up.

After the meeting

The Casework Officer who comes to your Year 9 Review meeting writes your information into your Education Health Care (EHC) Plan. This is a document that says what is important to you and what you want to do in the future. It also says what support and help you should have. Your EHC Plan can go with you to college if you choose to go onto college.

You will be sent a copy of the EHC Plan afterwards and it should be in a format that you can understand. If you don't think the new EHC Plan reflects what you said in the meeting, tell the Casework Officer. You need to agree on what it says about your future.

At every Annual Review meeting after your Year 9 meeting, everyone should continue to help you to plan for your future.

Ask about

- **IAS:** Amaze can give you Information, Advice and Support (IAS) right up to your 25th birthday. We can help with things like getting the right support at school or college, with training and with health services or social care. Call our helpline on **01273 772289** or email **helpline@amazebrighton.org.uk** or visit **www.amazebrighton.org.uk**
- **Independent Supporters:** Amaze Independent Supporters can give 16-25 year olds (and their parent carers) extra help while going through the process of getting an EHC Plan. Call our helpline on **01273 772289** or email **helpline@amazebrighton.org.uk**
- **The Power Group:** a lively group for young people with learning disabilities aged 16 to 25 run by Amaze and Speak Out. Meet other young people with learning disabilities and talk about what matters to you. Call **Amaze's** helpline (above) or email **sue@amazebrighton.org.uk**



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- **Advocacy services** can help disabled children and young people be heard. **Brighton and Hove's Youth Advocacy Project** (01273 295510 or www.bhyap.org.uk/your-zone/what-advocacy) is for children and young people aged 5-21 who have a social worker. **Brighton and Hove Speak Out** (01273 421921) is for young people with a learning disability over 18. **Interact** (01273 229008) provides advocacy to adults with learning disabilities.

Further reading and useful links

- **Year 9 booklet for young people:** Amaze produces a booklet specifically for young people all about the process of beginning to prepare for adulthood in Year 9 annual reviews. Call the **Amaze** helpline to request a copy on **01273 772289**.
- **Through the Next Maze:** Amaze's handbook for parent carers of young people with SEND aged 14+ includes lots of information on further and higher education, social lives, money matters, social care, health, employment and travel. Though it's aimed at parent carers, young people may find the information helpful too. Call the **Amaze** helpline to request a copy on **01273 772289**.
- **Involving Young People fact sheet:** Amaze produces a companion fact sheet called 'Involving Young People'. This is all about planning for adulthood and aimed at parents and carers. Visit www.amazebrighton.org.uk/resources/publications/fact-sheets
- **Brighton and Hove's Local Offer:** The council's comprehensive online listing of all services for children and young people with SEND in Brighton and Hove includes lots of information about services for young people. See www.brighton-hove.gov.uk/localoffer
- **'My Kind of a Future':** this workbook from the **Foundation for People with Learning Disabilities** can help you think about what you want and what you need to know about after you leave school or college. You can download it from www.learningdisabilities.org.uk/publications/my-kind-of-a-future. They have lots more information and resources related to preparing for adulthood and person centred planning.
- **My Life Brighton and Hove** (www.mylifebh.org.uk): comprehensive online information about health and social care services in Brighton and Hove.

