



# Preparing for Adulthood



**How can you get support after Year 9+ ?  
Where can you find more information?**



## Year 9+ (age 13– 25)

Before you enter Y9 discussions should start to happen about what your goals are and what you want to achieve post 16.



### Focus on 4 themes:

1. Education, learning and work
2. Developing Independence
3. Good Health
4. Friendships, relationships and community participation.



### Education, learning and work

This could be a Post 16+ college, university, supported internships and paid or unpaid work.



## Developing Independence

You could think about where you want to live and the type of support you might need.



## Good Health

A good healthy lifestyle and planning with health professionals like physical activities, healthy eating and life skills



## Friendships, relationships and community participation

How to be a part of society and maintain friendships.



## Your choices

Your choices are very important and it is best to share your views or concerns with people around you.

## You can find lots of information online:



- Hub100 Recruitment
- Local Offer Leicester
- Connexions
- Employment Enablement Service
- Remploy
- Prince's Trust



## How Can SENDIASS Help You?

SENDIASS can help you to understand documents or contact people for you. We can also help you to share your views.

You can contact SENDIASS in many different ways:



[www.sendiassleicester.org.uk](http://www.sendiassleicester.org.uk)



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