



Preparing for Adulthood



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



Year 9+ (age 13– 25)

Before you go in to Year 9, school should start to talk to you about what your goals are and what you want to do after the age of 16.



They should look at 4 main things:

1. Education and work
2. Independence
3. Good Health
4. Friendships and relationships



Education and work

You could think about what you would like to do when you finish college and what work you might like to do.



Independence

You could think about where you want to live. Think about what things you can do on your own or with someone helping you.



Good Health

You could think about being healthy and who can help you with planning activities, healthy eating and life skills .



Friendships and relationships

You could think about how to be a part of your community/ the place you live and how to keep in touch with friends.



Your choices

Your choices are very important and it is best to share your thoughts or things you are worried about 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



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