

## **What could you be doing now?**

In the period leading up to the Year 9 review, you might want to start to have conversations with your child about the sort of things that will be important to them as they get older. Talk to them about what they want to do, what sort of things they are interested in and who they want to spend time with.

It can be quite daunting for a young person to suddenly be the focus of lots of questions in a review meeting, and to have to think about what they want to do as an adult. It is good to prepare them by talking about these things over a longer period of time. That way they will be used to not just the questions, but to giving an opinion about what they want for themselves.

There is a lot of useful information about transition and Preparing for Adulthood to be found on the internet, including on Bexley's Local Offer.

Suggested links to explore are included in the Further Information section of this planner.

Some services, provided by health, change at different ages. It would be useful to start to have discussions with the people who take the lead on your child's healthcare at the moment, to see how this might affect them, and when planning will start for any future changes in service.

You might also want to think about who:

- you feel should be involved with transition planning,
- should be invited to the Transition Review or
- should contribute to it

Remember to let the person co-ordinating the meeting know in good time. **It is important that all aspects of a Young Person's life are considered**, not just immediate concerns around schooling.

Things, other than schooling, that should be considered include:

- health care needs
- travel training and transport
- getting a place at College
- getting a Job
- where to live and who with
- learning the skills to live independently
- anything else that is important to/ a concern for you or the young person now or in the future.

Encouraging your child to think ahead about what they want to do in the future and then supporting them to communicate these aspirations can be challenging.

However, the school will be working with your child using a range of tools. It may be helpful to be aware of what conversations are taking place at school and when, to enable you to follow up at home.

It would be worth contacting your child's school now, to understand what they have planned and how you can support this work.

You can use the **Early Days Checklist** in this planner to write down any thoughts or questions you want to ask at the Transition Review Meeting.

**Tools that parents have found useful to start and support conversations about the future include:**

### Talking Mats



This communication tool can be very helpful with decision making around things like where the young person would like to live in the future.

Bexley Voice have some examples of the tools schools currently use to engage young people in the annual review and planning process.

Let us know if you would like to see them.

### 'How to' Videos

There are lots of 'How to....' video clips available to help you prepare. They can support you when talking with your young person about their aspirations and how to get the best outcomes for them.

**Preparing for Adulthood** - Involving young people in decision making

<https://www.youtube.com/watch?v=wtDEbeXoV5M>

**Family Footings** – Person centred Planning for Parent/Carers

[https://www.youtube.com/watch?v=GUN7L\\_ERcxo](https://www.youtube.com/watch?v=GUN7L_ERcxo)

**HelensandersonHSA** – Communication and decision making for young people in developing aspirations for EHC plans

<https://www.youtube.com/watch?v=2grqNAXhloc>

Please see the Further Information section of the planner for additional links.

**Other tools suitable for your child or young person to help them contribute to the review process:**

- A power point presentation can be prepared in advance at home or with school staff
- Using photographs, symbols or other pictures that describe what they want to say, written up on to pre prepared cards
- Technology like iBooks, iPads etc can be utilised

- Some schools have prepared visuals/videos to explain what will happen at a transition review – it might be helpful to watch this together at home.
- Some young people have access to a WIKI which is a web-based way of sharing a wide range of information with and about your young person with those working with them.