

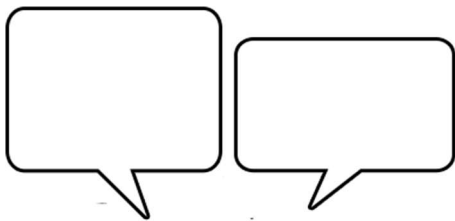
Top tips for preparing for adulthood

Benefits



Are you getting all your benefits? You can have a benefits check at your local Benefits Agency office (Wood Green **020 88 99 32 00**) or Citizens Advice

Communication



Make sure your staff and support workers know how you like to communicate

Get involved



Make sure you go to your review meetings, our information evenings and opportunities fair

Information and advice



- Haringey Local Offer website
- Haringey Council's website
- Families Information Service Directory
- Haricare service directory
- SEND Information and Advice Service
- Preparing for adulthood website

Life skills and independence



Help at home with cooking, laying the table, doing the laundry and other housework tasks

Health and wellbeing



- Visit the dentist
- Eat well
- Manage your weight
- Do regular exercise

Housing



Options include:

- Shared Lives
- Supported Living
- Keyring

Looking after your money



Practise paying for things when you're out shopping, learn how to sort out your money

Networking



Ask your parent(s) to join local parent carer groups, coffee mornings and talk with other parents to share information and support each other

Planning for the unexpected



Practise what to do in emergencies

- who to call and what their phone number is
- what to do if the weather affects your transport

Post 16 options



- Visit local 6th Form centres
- Go to College open days
- Look into Supported Internships that may lead to work
- Do some work or volunteering

Socialising



Talk about making friends, boyfriends, girlfriends, relationships

Go out and about

Check out **What's on in Haringey**

Talk about what happens when you leave school



- What you are interested in?
- What do you want to do?

Travel



Practise being more independent

Do travel training and practise the different journeys you need to make

Get a Freedom Pass or an Oyster card

Your options for ages 19 to 25



Start to think about getting a job

- My AFK
- Harington Scheme
- The Job Centre's Central London Works programme

Speak with colleges about **Supported Internships** – these are like work placements that can lead to paid work

Mencap can also support you with Internships

You could also look into Apprenticeships as a route into paid work

Haringey Works may be able to help

You could also visit the **Haringey Adult Learning Service** for short courses