














Preparing for adulthood: Top tips for families

	<p>Benefits: Is the young person receiving all the benefits they are entitled to, consider getting benefits check at your local Benefits Agency office (Wood Green Tel 020 8899 3200) or the Citizen Advice Bureau.</p>
	<p>Communication: Make sure providers are kept up to date with young person's preferred way of communication.</p>
	<p>Get Involved: Attend the young person's reviews, Information evening's, opportunities fair.</p>
	<p>Information and advice: Visit websites including Haringey SEND Local Offer, Haringey Council's Adult social care pages, Families Information Service Directory, Haricare service directory, Preparing for Adulthood website.</p> <p>Contact SEND Information Advice and Support Services (SENDIASS) at Markfield Centre for support.</p>
	<p>Life Skills/ independence: Encourage young person to be involved with cooking, laying table, laundry, and other household chores.</p>
	<p>Money Management: Encourage the young person to pay for items when out shopping, aim to increase knowledge of the value of money.</p>
	<p>Networking: Join Haringey Involve parent carer group or talk with other parent's, exchange information and support each other.</p>
	<p>Planning for change in routine: Practise what to do in emergencies i.e. telephones numbers of who to contact, address, sudden changes in routes due to bad weather.</p>
	<p>Post 16 options: Visit possible local provision: 6th Form Centre, College open day; Day Opportunities. You may wish to do a Supported Internships available via Mencap instead of going to college.</p>
	<p>Socialising: Talk about making friends, boyfriends, girlfriends /relationships. Encourage the young person to go out and about, for more information visit What's on in Haringey or Time Out's website</p>
	<p>Talk to your young person about leaving school;</p> <ul style="list-style-type: none"> • What they are interested in • What do they want to do.
	<p>Travel: Encourage independence as much as possible depending on ability, plan and practise routes</p> <ul style="list-style-type: none"> • Get a valid Oyster travel card via Post Office or Transport for London website.
	<p>19-25 options: Explore options such as employment (My AFK, Harington Scheme, The Job Centre's Central London Works programme), or discuss with colleges Supported Internships which are work placements that can lead to paid work. Internships are also available via Mencap. You may wish to discuss or search for Apprenticeships that are a route into paid work. The Haringey Employment and Skills Team may be able to help or visit the Haringey Adult Learning Service for courses.</p>