

# Preparation for Adulthood

# Living the life

**I choose**



**The plan to help young people with special educational needs and/or disabilities achieve their ambitions 2024-2028**



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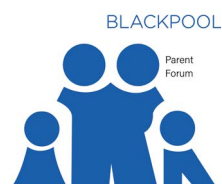
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This strategy has been co-produced by the following organisations:

**Blackpool Council**

**NHS**  
Lancashire and  
South Cumbria  
Integrated Care Board

**NHS**  
Blackpool Teaching  
Hospitals  
NHS Foundation Trust



# Working together

The Blackpool SEND Strategic Partnership asked our parents' young people's and adults' advisory groups to share their experiences and views to help us shape and write this plan.

This is a plan that has been co-produced through a series of face to face sessions with young people, professionals, parents and adults with SEND to help those aged 14-25 who have special educational needs and/or disabilities to live the life they choose. This model of working together has ensured that this strategy has been shaped by the experiences of families. It sets out our promise to help our young people to do what is important for them and provides a foundation for all Blackpool services supporting young people to prepare for adulthood.

*The SEND Partnership Board extends a big thank you to the Advisory groups for sharing their experiences and shaping this strategy.*

## We want this plan to:

Help young people and their parents and carers to know:

- What help they can get;
- Where they can get help;
- Who can help them;
- When they can get that help to prepare for life as an adult.
  - Help young people make decisions about the things they need to be able to do and the support they need, to live the life they choose.
  - Help professionals give young people the right support and services needed to do the things they choose.

We are committed to the Blackpool Families Rock principles that use the model of head (how we think), heart (how we behave) and hands (how we work) to develop our relationships with young people and their families.



# Introduction

The [Children and Families Act 2014 part 3](#) and the [SEND Code of Practice chapter 8](#) explains what professionals across education, health and social care must do to help young people prepare for life as an adult and to help young people achieve their best outcomes. Research carried out by the National Development Team for Inclusion (NDTi) [Preparation for Adulthood](#) led to the development of four pathways based on what young people with SEND say is important to them. These pathways are:

These pathways are:

1. Independent living

2. Being as healthy as possible

3. Higher Education  
and/or Employment

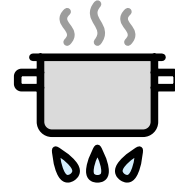
4. Participating in Society

In Blackpool, our advisory groups explored what these pathways mean to them, and the help and support needed from professionals to enable them to move successfully into adult life. As a result of these conversations it was agreed that Blackpool should have a fifth pathway. This pathway is called 'transition to adult services' and is central to planning and decision making for our young people with the most complex of needs.

## The Blackpool pathways are described as:

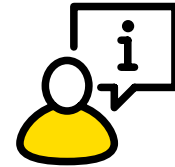
### 1. Skills for Living

Giving us choice, control and freedom over how we live our daily lives. Helping us get the skills we need to live as independently as we want to.



### 2. Transitions to Adult Health and Care Services

Planning with us together from age fourteen so that we have access to the personalised support we need from health and care services when we reach eighteen.



### 3. Being healthy

Giving us the information, tools and support we need so that we can keep ourselves healthy, manage our own health conditions where possible; and know when and how to ask for help from professionals when needed so that we can be as independent as possible.



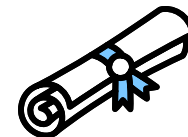
### 4. Education, skills and employment

Supporting us to gain the qualifications, experience and skills we need, in both a place and a way that is accessible and includes everyone, so that we can achieve our goals; move on to further/higher education, undertake community/volunteering activities; get a job that interests us. Helping employers, those we work with and those who support us to understand how they can help us succeed in reaching our goals.



### 5. Social and community inclusion

Including us in activities that other young people our age can go to, in places we feel safe and can get to. Involving us when planning and reviewing leisure services and community activities. Helping us to develop friendships and positive relationships with others.



This strategy details, for each of our pathways, the aspirations our young people want to achieve in their own words, together with the SEND Partnership's commitments to enable these aspirations to be achieved.

Our Advisory groups will continue to work together to produce a Preparation for Adulthood plan. This plan will set out the work that needs to be done, who is responsible for doing it and when it will be completed. A set of performance measures will be developed and reported to the SEND Partnership Board to provide assurance that our promises to young people with SEND across Blackpool are being fulfilled.

# THE VISION

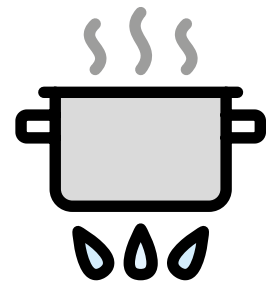
This strategy supports the SEND Partnership Board's vision set out in the Blackpool SEND Strategy 2022-25 that:

*All children and young people with SEND live happy, healthy lives, in a community that is inclusive and supports them to achieve their ambitions.*



This strategy contributes to this overall vision by setting out our commitments that enable our young people with SEND to achieve their ambitions and live the life they choose.

# Skills for Living



## Young people's aspirations

- I will learn the skills I need to be as independent as I can be in a way that suits my needs. This includes anything relevant to me such as cooking, cleaning, budgeting, benefits, form filling, accessing college or university.
- I will start to learn these skills as soon as I am ready. I will be given roles and responsibilities in the places I know well to help me learn. Adults supporting me will encourage me to do everything I can do for myself.
- I will learn how to solve everyday problems and know where to get more support if I need it. (Example - what do I do if my kitchen floods?)
- I will know my rights, and what I'm entitled to, and what options I have as I get older. I will be given this information early so I can make decisions with the support of my family/friends and carers. (Example - How becoming more independent/working can affect benefits or what support is available for me to live independently.)
- I will know how to advocate for myself to make sure that I get my reasonable adjustments.
- My PA will be someone I trust and will be able to do any training they need to make sure they can help me reach my full potential.

***"I want my school or college to teach me things I'll need to know when I'm an adult"***

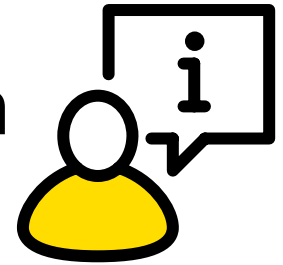


## Our promise

**We will provide skills training, support and advice that young people have told us is important for them to live life as an adult by:**

- Working with young people, education, skills and other providers to develop courses and opportunities for young people to learn skills for living.
- Publicising learning opportunities that promote young people's independence through the local offer.
- Enabling young people to access meaningful opportunities at the appropriate times and places
- Providing training and development opportunities to those supporting young people.
- Working together to produce a Transitions to Adulthood Services and Support Guide for young people and families in Blackpool.

# Transitions to Adult Health and Care Services



## Young people's aspirations

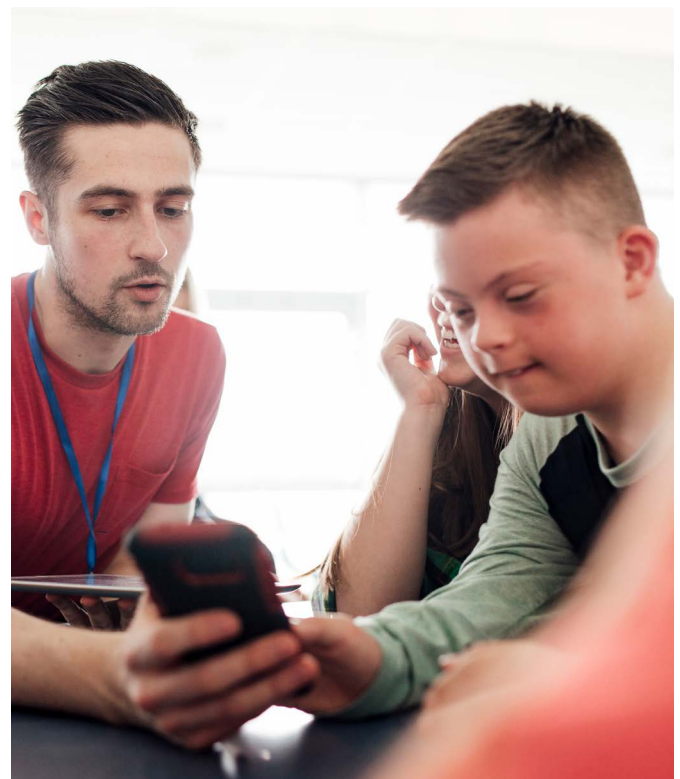
- I will be given all of the information I need at the earliest appropriate point to make informed decisions.
- Where appropriate, I will be able to visit settings and experience services so that I can make informed choices.
- Services will work together to make sure that I don't 'fall through the gaps' because I'm becoming an adult.
- I will make my own decisions and plans about my future with the help and support of my family/carers and information from services.
- My views will be respected, listened to, recorded and carefully considered.

***"I need to know what help I can expect early to plan for my future"***

## Our promise

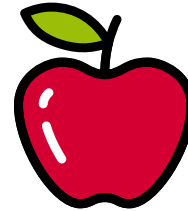
**We will adopt a person-centred planning approach so that each young person knows what help they are entitled to, who will support them and when they will get it by:**

- Providing accessible information and advice to enable young people and their families/carers to know what they are entitled to and to aid their decision making.
- Facilitating children and adults' health and care services staff to work together with young people to ensure that transitions are planned for from the age of 14.
- Embedding across our workforce the Blackpool Families Rock principles and Communications Charter





# Being Healthy



## Young people's aspirations

- I will start to learn about how my body and my mind works as soon as I'm ready. I will know what I'm good at and what I find difficult and, most importantly, why.
- I will be supported to discover what works for keeping me healthy so that I can manage my own health conditions and be as independent as possible.
- When I have a health difficulty I know how and who to ask for help.
- Information about making healthy choices will be available and accessible to me when I need it.
- The people who help to keep me healthy will know and respond to my needs
- I will be given information from health care professionals in an accessible format to help me manage my physical, mental health and emotional wellbeing
- I will learn about safe and healthy relationships and know how to protect myself from unhealthy ones.

***"I have the information I need to make healthy choices and look after myself"***

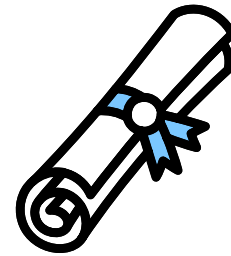
## Our promise

**We will provide information, support and access to health and wellbeing services that help young people manage their own health and wellbeing by:**

- Working together with young people to find out what information they need, and where and how it can be accessed
- Providing training for all professionals involved in supporting the health needs of young people.



# Education, skills and employment



## Young people's aspirations

- I will be able to get an education in a way that is accessible to me and be able to learn in a variety of ways.
- I will have a choice of meaningful, accessible courses/qualifications that will lead to further opportunities.
- I will be able to achieve a range of qualifications, including some that do not require exam-based assessment.
- There will be an option for me to apply for work and/or volunteering and go through inclusive recruitment activities (inclusive interviews and, where appropriate, job trials).
- I will be able to find meaningful employment that meets my needs when I am ready.
- My school/ college/ workplace will be aware of my needs and make reasonable adjustments to support my wellbeing.
- There will be a range of opportunities with employers who are 'disability friendly' and have received training in supporting those with SEND.
- I will have the chance to learn about being self-employed.



***"I want a job that pays me enough so I can live without worrying about money and where my employer knows what extra support I need"***

## Our promise

**We will prepare and help young people plan their journey to work by providing opportunities that suit their interests and abilities in places where their needs are understood and supported by:**

- Promoting inclusive practice in the development and delivery of all school/college activities.
- Developing appropriate courses with partners that meet the needs of young people and lead to sustainable employment or self-employment.
- Increasing the range of vocational opportunities that enable young people to gain a qualification through practical assessments.
- Developing, promoting and increasing relevant work experience and employment opportunities that mutually meet the needs of young people with SEND and employers.
- Detail advocacy support and services on the local offer

# Having a social life



## Young people's aspirations

- There is a range of inclusive and SEND specific community activities that are
- Lived experience mentors are available at some of the social activities I attend who can share their experiences with me.
- Social spaces (and schools/ colleges) have a 'culture of kindness' to help me learn about how to build and maintain friendships if I want to.
- I can learn some of my skills for life at social activities.

***“Talk to me about where I want to go, when I want to go and what I want to do”***



## Our promise

**We will develop Blackpool as a town where activities are designed to meet the wide range of interests of all our young people by:**

- Working with providers of community activities to enable young people with SEND to engage in sessions that they wish to join.
- Provide opportunities for young people with SEND to maintain school and college friendships into adult life.
- Encouraging providers to recruit/ train young people with lived experience to mentor young people attending their sessions
- Broadening existing recreational activities, and commissioning new activities with community services that develop life skills, build self-confidence and encourage positive relationships for young people.
- Enabling young people to have their voices heard and taken account of as active citizens within the community.

# Language used in this document

Word	Meaning
Accessible	Making information or things easy for you to find and understand.
Advocate	Able to represent your own interests.
Aspirations	Achieving personal goals.
Assurance	To give confidence.
Blackpool Families Rock principles	A set of values for Blackpool Council employees that sets out how we think, behave and work with families.
Commitments	A promise.
Communications Charter	An agreement that tells you how professionals will talk to/write to you and your family.
Family	Parent/Carer or other people who help you.
Foundation	The starting point.
Inclusive	Making adjustments so that young people with SEND can join in.
Independent	Being able to do things for yourself.
Mentor	A person who has experience of what you are doing now and who can support/advise and guide you.
Outcomes	The benefits or differences made to young peoples' lives.
PA	A person who is paid to help you with daily living tasks.
Pathways	Options that are available to you.
Performance measures	A way of checking progress.
Person centred planning	Making sure you are at the centre of your planning and your views are listened to and influence the support you receive.
Preparation for Adulthood	Planning the things I need to know and do to live life as an adult.
Skills for living	Skills such as washing, cooking, cleaning, managing money.
Strategy	A plan.
Transitions	Transfers between children's and adult services for health and social care support.
Vision	The SEND Partnership Board goal.
Vocational	Skills that prepare you for a particular job.