

Growing up and moving on to adult life in Fife

What's next after school or college?



My 'Moving On' Plan



Your name



Your address



Your school



Your college



People who support you

What is Important to You?



Write down things which are important to you.

People, places, activities, interests, routines and needs.

A large, empty rectangular box with a teal border, intended for writing down important things.

Your Future Hopes and Dreams



What are your hopes and plans for the future?

What do you need to do to make your future plans happen for you?

What information do you need?

Who will help you to plan for the future?

What Your Family Want for You



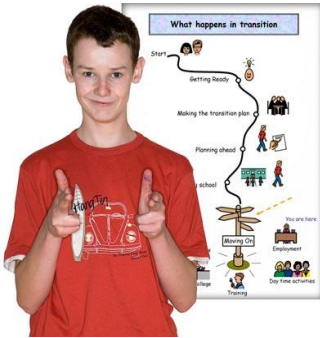
What do your family want for you now and in the future?

How can your family help you?

What information do your family need to know to make decisions and choices with you?

Where will they find this information?

Your 'Moving On' Plan



When will your future life planning begin?

Who will help to put your plan together?

What will each person do?

What information do you need to know?

Things That Must Not Happen



Things you don't want to happen.

Kinds of people you don't like to be with.

Places you don't like to go.

Activities you don't like.

Your fears and concerns.

Your Health and Well-Being



What are your health care needs?

Do you have a named doctor or community nurse who helps to look after your health?

Have you spoken to them about who will do this when you become an adult?

What needs to happen to keep you safe and healthy?

Who else can help you with this?

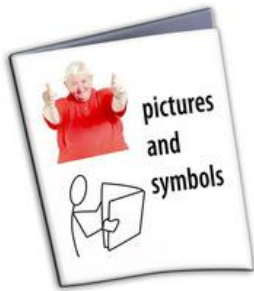
Your Care and Support Needs



If you have a Social Worker from Children's Services, have you spoken to them about the support you will need when you leave school?

If you don't have a Social Worker and need support when you leave school, who will help you to request this support?

How You Communicate



What do people need to know about your communication needs?

Do you use communication aids?

How do others involve you in making decisions and choices?

How do others involve you in meetings?

How do others make sure your voice is heard?

How should information be given to you?



College



Do you want to go to college?

What do you want to learn?

Which college offers a course to suit you?

How will you get there?

How long will you go for?

What support will you need?

Who will help you to arrange this?

What will you do when college ends?



Training



What skills would you like to learn and why?

Which training course will help you to build these skills?

What qualifications will you get?

What will you use these qualifications for?

Will you study when the training ends?

Will you look for a job or something else when the training ends?



Finding a Job



What skills do you have?

Are you ready to work?

What experience do you have?

Who can help you to find work?

What kind of work would you like?

How often can you work?

Volunteering



Would you like to do voluntary work?

What interests you?

When can you do this?

Where will you go to find voluntary work?

Who will help you to arrange this?

Housing

Where do you want to live in the future?

Will you live with your parents?

Do you want to share a house with someone else?

Will you be able to live on your own?

What support will you need?

How will you arrange this?



Parents and Carers



Your carers may need to make choices and decisions with you and for you.

It can be helpful to speak to other families to share information and experiences.

Your main carer can request a Carer's Assessment from the Social Work Service.

Travel



Can you travel by yourself?

Can you learn to travel with support?

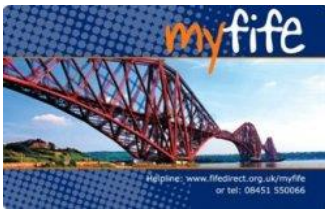
Will you need to pay for your fare?

Do you have a travel pass?

Who can help you to arrange this?

Will you need adapted transport?

Who will arrange this for you?



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Money and Benefits



Can you manage your money yourself?

If you can't, do you think you can learn to manage your own money?

Who will help you with this for you?

Do you and your family need advice about benefits?

Where will you get this advice?

Legal Matters



Will you need someone to speak up for you or to make decisions and choices for you?

If you can't make decisions for yourself, your family will need to think about who will do this for you when you are an adult?

Your family may need to visit a solicitor for legal advice about how they can make decisions for you when you are an adult. This is called guardianship.

Relationships



Who are your friends?

Who will help you to keep in touch with your friends when you are an adult?

How will you make new friends?

Leisure Time

What are your hobbies and interests?

How will you find things of interest in your local area?

Who can help you to go to activities if you need support?

Who will help you to try new activities and to meet new people?

