



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government

Cymry Ifanc  
Young Wales

[www.cymru.gov.uk](http://www.cymru.gov.uk)

# My Life, My Way

A Young Persons Guide  
to Transition



Transition in Action

Working to improve the move to adulthood  
for young disabled people in Wales



**Learning Disability Wales**  
**Anabledd Dysgu Cymru**



ISBN 978 0 7504 xxxx x

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CMK-22-xx-xxx

E7600910

# What is Transition?



- It is about moving on!
- From the age of 14 - 25 you have to make choices about your future!
- You will leave school, go to college, do some training or get a job.
- You may build new relationships!
- Sometimes, making these choices may be hard and scary!
- There may be a lot of people involved in helping you!
- Planning should start long before leaving school!

If you make plans and start thinking about this early it will be easier.

This leaflet will help you find out what should happen, and when.



# What should happen and when?

## Year 8

- This is when you should start thinking about the choices you will be making later on.
- You can ask for information about what choices there are in your area.
- You can start thinking about what type of job you would like in the future.

## Year 9

- In year 9 you will have a meeting called a transition planning meeting.
- You may meet with Careers Wales.
- At this meeting you will talk about making a **transition plan**.
- You should meet with someone called a key-worker.
- It will be important to have people who support you at the meeting. You can see who these people will be on page 5.
- It is important that you tell the group what you would like to happen in the future and that everybody has a copy of your transition plan.
- You may want to make a person centred plan. This will make sure that everyone is making a plan that is based on **what you want!**



## Year 10

- You should have another meeting to look at how your plan is moving forward.
- New people from adult social services and adult health services should attend this meeting.
- You should meet again with Careers Wales.
- You will have to think about leaving school at age 16 or 19.

## Year 11


- You should take part in work experience which is interesting to you.
- Your plan must be revisited to check progress.
- You should meet again with Careers Wales.
- You should be given info on direct payments and Independence.

### You may also:

- Meet with a welfare rights person.
- Apply for residential college.
- Stay in school.
- Leave school.
- Go to college.
- Get a job.

## Year 12

- Plan reviewed.
- Adult services should now be partners and taking more responsibility.


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- Possibly start regular visits to the place you will go to next.
  - Write a C.V.
  - Apply for jobs, voluntary positions.

## **Year 13**

- More work experience.
- Review plan.
- Attend college/work experience/voluntary/day services more often.

## **Transition planning meeting**

- This meeting may be at the same time as your Annual Review meeting.
- You will be invited to the meeting along with your parents/carers.
- You will be asked what you want to do in the future.
- You can use your person centred plan.
- You will make your transition plan.
- All the people at the meeting will be asked what they can do to help you achieve what is in your transition plan.



## Some of the people who may be at your transition planning meeting and what do they do?

**Key worker** - This person will work with you closely to make sure all the people working on your plan are doing what they should be doing

**Family/Carer** - They can help you decide what is good for you and talk about your choices

**Social worker** - They will be able to let you know what they can offer you as you may need them when you pass 18

**Health staff** - If you have health needs they will need to plan for those health needs when you become an adult

**Teacher** - They will be able to talk about what you have learnt so far in school and then know what you will need to learn as you get older

**Educational psychologist** - They will also need to be part of the plan and find ways to help as you grow older

**Support worker** - They will be able to talk about what you do in your spare time and help with new things to do as you grow older

**College staff** - They can let you know what courses are available if you want to go to college when you finish school. They can also set up regular visits to the college for you to get used to it

**Day service staff** - They can let you know what programmes they have if you wish to use day services when you finish school. They can also set up visits to see if you would enjoy it

**Careers advisor** - They will have lots of ideas and choices that are available in your area for when you leave school

**Advocate** - This is someone who will talk to you and let the rest of the group know what you want if you feel nervous about it or you think the other adults won't listen to your choices

**There may also be other people there and you can ask who they are and what they do at the meeting**

# Some important questions you may want to think about before you start planning or during your planning.

- Who would I like to help me with this?
- Where would I like to be in 5 years time?
- What are the things I need to do to get there?
- Do I have any health needs I need to think about?
- Would I like to become more independent with support?
- What are my goals for the future?





# What are my options?



**After leaving school there are many things you can do. There will be different choices depending on where you live in Wales. Your career advisor and key worker can tell you about these.**

**Below are some of the options you may have:**

- Stay in School until 19.
- Apply for jobs (The job centre and job centre plus can help you with this).
- Sign up with a supported employment agency (Your school can tell you about these).
- Go to college (Your school can help you with this).
- Join a training programme (Career advisor can let you know about this).
- Day services (Social worker can tell you about this).
- Get some work experience or voluntary work to help you to get a paid job you would like to do in the future (Career advisor can help you with this).

**Three young people have shared their stories about how they got a paid job on the next few pages.**

## Sara's Story

Sara is 26 and has been working full time for Mencap Cymru for over 2 years. Sara's job is Partners in Politics Officer and the biggest part of her job is running workshops with young people to tell them

it is important to have their voice heard about

things that are important to them. Sara

went to Coleg Morgannwg after leaving school and studied health and social care and business and admin courses.

After this she went on to do work experience and voluntary work at schools near where she lives. Sara heard about the job in Mencap

Cymru and applied. In her interview

Sara had to do a presentation and

she admits to having been very

nervous. But, her presentation was

great and she got the job. She now has

to do lots of presentations and talking

to large groups of people and this has really

helped her with her confidence. When Sara was

interviewed for this piece she had just finished filming a video

interview to let people know how important it is that young disabled

people are listened to and have the opportunity to work. Sara really

enjoys working at Mencap Cymru and says one of the best things is

working with the other staff and meeting so many new people and

boosting her confidence. Sara's dreams for the future are to become

a professional actress and she has already worked as an actress for

Hijinx Theatre Company where she went on tour last year playing

the lead character in one of their plays.



## Shane's story

Shane is now in full time employment at Your Pet's Warehouse in Tonypandy.

Shane joined a transition programme whilst he was still in school at Ysgol Hen Felin, in the Rhondda. The programme was being run by Elite Supported Employment Agency. When Shane joined the programme he took part in lots of training to help him get ready for the world of work. Shane also had independent transport training which would mean that when he did get a job he was confident to travel to work on his own. Shane's first work tasters were at Rhondda Valet, where he would clean cars, he then had a part time job at a grocery store. He then moved onto a placement as a groundsman at Treherbert park. Whilst Shane was on this placement he heard about the job at Your Pets Warehouse and applied. Shane was successful and now works full time at the shop. He has to get up early to catch the bus to work to make sure he is on time. His main tasks at work are to feed and keep the animal's cages clean, keep the trolley tidy and clean, unload stock, serve customers and make sure the shop is stocked up and clean.



Shane says the best thing about the job is the support he had when he started to make sure he was getting on well. Shane also really enjoys being part of the team.

## Sophie's story

Sophie is now 26 and lives and works in Pembrokeshire.

Sophie attended Pembroke College and did a course in Catering after she left school. Almost at the end of her college term Sophie started to look for

employment and started thinking about making applications and writing a C.V.

Then she saw a full time job advertised at the Qube restaurant in Tenby.

Sophie knew the restaurant well as it was where she had gone for work experience whilst at college. She went along to the restaurant and asked for an application form which she filled out. She then had the interview and found out that she had got the job.

Sophie admits to being quite nervous on her first day but settled in really quickly.

Sophie now works 38 hours per week and some of the things she does include taking orders, taking payments, serving and pulling pints.

Sophie really enjoys being part of the team that work there and also the social part of working with a team, Sophie often goes out around Tenby town for drinks after her shift with the rest of the team. Although Sophie enjoys working at Qube, her long term goal is to work as an advocate for people with learning disabilities as she has gained a lot from training with Pembrokeshire People First. She would like to be able to provide the support that she has had to others.



# Where can I find more information?



You can talk to friends, parents/ carers and people around you



You can look for information on the internet



You can telephone people who can give you advice



You can send emails and ask for advice and information



# Where to go now?

## **Careers Wales**

Website: [www.careerswales.com](http://www.careerswales.com)

Telephone: 0800 100 900

## **Skill Wales**

Website: [www.skill.org.uk](http://www.skill.org.uk)

Telephone: 0800 328 5050

Text phone: 0800 068 2422

Email: [info@skill.org.uk](mailto:info@skill.org.uk)

## **CCNUK (Key working)**

Email: [wales@ccnuk.org.uk](mailto:wales@ccnuk.org.uk)

## **Jobcentre plus**

Website: [www.jobcentreplus.gov.uk](http://www.jobcentreplus.gov.uk)

Telephone: 0845 6060 234

Textphone: 0845 6055 255

## **Easy health**

Website: [www.easyhealth.org.uk](http://www.easyhealth.org.uk)

## **Tros Gynnal (Advocacy)**

Website: [www.trosgynnal.org.uk](http://www.trosgynnal.org.uk)

Telephone: 029 2039 6974

Email: [admin@trosgynnal.org.uk](mailto:admin@trosgynnal.org.uk)

## **Citizen's advice Bureau**

Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
(For information on benefits)

## **Mencap Cymru**

Helpline: 0808 8000 300

**Supported Employment - [check online for your local organisation](#)**



# Useful Websites

**[www.trans-active.org.uk](http://www.trans-active.org.uk)**

A website all about transition and useful things to do.

**[www.movingonup.info](http://www.movingonup.info)**

A transition website for young people from BME communities.

**[www.cliconline.co.uk](http://www.cliconline.co.uk)**

A young person friendly website about careers.

**[www.transitioninfonetwork.org.uk](http://www.transitioninfonetwork.org.uk)**

A transition website which will give you more information.

**[www.learningdisabilities.org.uk](http://www.learningdisabilities.org.uk)**

A website for people with a learning disability.

**[www.snapcymru.org.uk](http://www.snapcymru.org.uk)**

A website giving support and advice to children and their families.

**[www.learningdisabilitywales.org.uk](http://www.learningdisabilitywales.org.uk)**

A website giving advice and support to people with learning disabilities in Wales.



**[www.shaw-trust.org.uk](http://www.shaw-trust.org.uk)**

Supports disabled young people to prepare them self for work and independence.

**[www.after16.org.uk](http://www.after16.org.uk)**

A website for young people about transition.

**[www.ilf.org.uk](http://www.ilf.org.uk)**

Information about claiming money.