

STARTING TO PREPARE FOR ADULTHOOD



Preparing for adulthood in the Year 9 annual review

Every young person who has an Education, Health and Care (EHC) Plan must be given help to plan for their future. During Year 9, there is a meeting for the young person and their parent or carer, and the professionals who work with them, to help you to start thinking about the future. This is called the Year 9 annual review.

What is the Year 9 annual review?

The Year 9 annual review is a meeting all about your child's future. It will take place at their school, and the school will organise the meeting, send out invitations and get all the paperwork that they need.

The meeting will include you, your young person, a teacher or someone who knows them from school and your Casework Officer (CWO) or Assessment and Planning Officer (APO) from the council's special educational needs team. If your young person has health needs, there may also be someone from health services there, and someone from social care if they have had or may need support from social care services. Your young person can also ask anyone they trust to go with you.

At the meeting, the professionals will listen to the young person and offer advice about the kinds of help they can get now and in the future with education, health, care and more.

Preparing for the meeting

Make sure the meeting is in a place that's accessible and familiar and at a time that suits your child and yourself.

It's important to help your young person prepare for the meeting. Their teacher can help them too or you could ask your local SEND Information, Advice and Support Service (SENDIASS) for their help. Amaze is the SENDIASS service for Brighton & Hove and East Sussex (see Ask about below).

Spend some time with them thinking about the future and what they would like it to look like. You may want to start with the following questions

- What are they good at?
- What do they find difficult?
- What support would be helpful for them?
- What do they like doing?
- What is going well in their life?
- What is not going so well?
- Is there a job or activity they would like to do as an adult?
- What support will they need to help them achieve their dreams?
- What needs to happen to keep them healthy and safe in future?
- Can they travel by themselves? Would they like help to learn how?
- Where would they like to live when they grow up?



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If you haven't looked at your young person's EHC Plan for a while, it's a good idea to look at it again together before the meeting and think about whether anything has changed. If you don't understand anything in the plan or if you think anything needs to be changed, you should put this in writing.

If your young person wants someone else to represent their views at the meeting – an advocate or someone they trust – make time to share your son or daughter's views and ideas with them beforehand.

At the meeting

Paying attention to some practical things will help the meeting go more smoothly:

- Agree whether your young person will be there for some or all of the meeting and, if it's only for a part of it, which part it is.
- Make sure they can choose where they sit and they know what will happen if they need to take a break.
- Ask to be introduced to anyone you haven't met before
- Have some written notes to remind you what to talk about and what's important. If your young person prefers to have pictures to show people, take them to the meeting too.
- If there's anything you or your young person don't understand, ask people to explain or get your friend to ask for you. Don't be afraid to speak up.

After the meeting

The CWO or APO who comes to the Year 9 review meeting writes the information into your young person's EHC Plan. This says what is important to them and what they want to do in the future. It also says what support and help they should have. The EHC Plan can stay with them when they leave school, whether they choose to go onto college or make other choices such as doing an apprenticeship.

You will be sent a copy of the EHC Plan afterwards and it should be in a format that you and your young person can understand. If you don't think the new EHC Plan says what you agreed in the meeting, tell the CWO/APO. You need to agree on what it says about their future.

At every annual review after the Year 9 meeting, everyone should continue to help the young person to plan for their future.

Ask about

- Amaze SENDIASS (Special Educational Needs and Disability Information, Advice and Support Service) offers impartial, confidential advice on anything to do with special educational needs and disabilities for 0 to 25 year olds. Parents, carers, children and young people under 25 with SEND living in Brighton & Hove or East Sussex can use the service. Email sendiass@amazesussex.org.uk, call 01273 772289 or visit <https://amazesussex.org.uk>
- Amazing Futures Careers can meet young people with SEND in Brighton & Hove to look at all the options available after 16 for work, training and education. Call Dara on 07485 345903 or email afcareers@amazesussex.org.uk
- Advocacy services can help disabled children and young people be heard. Brighton & Hove's Youth Advocacy Project offers advocacy for children and young people with a disability. Call 0800 0524 280 or go to: www.bhyap.org.uk/your-zone/what-advocacy.





Brighton & Hove Speak Out offers advocacy for young people aged 17+ with a learning disability Call 01273 421921 or visit their website: www.bhspeakout.org.uk.

POWHER East Sussex is for disabled children and young people up to their 19th birthday (0300 456 2370 or visit <https://www.pohwer.net/east-sussex>). Asphaleia Care offer advocacy to under 18s who have an East Sussex County Council social worker. Call 01323 324010 or visit their website at asphaleia.co.uk/ivandadvocacy.

- Youth Employability Services have specialist advisers who can support young people with planning the transition to adulthood. Brighton & Hove Youth Employability Service (01273 294247 or www.facebook.com/yesbrightonhove). East Sussex Youth Employability Service (01323 368390 or <https://www.cxk.org/resources/east-sussex-ehcp-resources>)

Further reading and useful links

- Amaze's *Involving Young People* fact sheet - Download from <https://amazesussex.org.uk/resources/fact-sheets>
- Amaze's *Thinking about your Future* booklet for young people- written to help young people in Year 9 think about what they want to do after school. Download at <https://amazesussex.org.uk/wp-content/uploads/lana-downloads/2024/10/Year-9-booklet-2024.pdf> or call the SENDIASS advice line to request a copy on 01273 772289.
- British Institute of Learning Disabilities (BILD) – information and resources for families and easy read guides for people with learning disabilities. Go to: www.bild.org.uk.
- Choice Forum – discussion forum for people with learning disabilities and their families. Go to: www.choiceforum.org.uk.
- Foundation for People with Learning Disabilities provides lots of information and resources relating to transition and person-centred planning. Visit <https://www.learningdisabilities.org.uk/learning-disabilities/a-to-z/t/transition>
- Local Offers: each local authority has an online directory of all the services that are available for children and young people with SEND and their families locally. See <https://eastsussexgov.uk/localoffer> or <https://www.brighton-hove.gov.uk/special-educational-needs-and-disabilities>
- Scope online community - forum for people with disabilities and their parents and carers to connect, share stories and get advice <https://forum.scope.org.uk/>

