

Preparing for adulthood

14 years old



25 years old

WHAT IS PREPARING FOR ADULTHOOD? The term “Preparing for Adulthood” is used to describe the process of moving from childhood into adult life. It is used by professionals to describe the changes in services when a child becomes an adult. Part of the process may include “transition” to adult services, this can happen at different times for different families.

WHAT IS TRANSITION? Transition is defined as a purposeful and planned process of supporting young people to move from children's to adults' services (Transition: getting it right for young people Department of Health and Department for Education and Skills).

WHY IS IT IMPORTANT?

- Promotes Independence and choice
- Empowers young people and families with Information and skills
- Embeds positive health behaviours
- Adolescence is a unique developmental stage and we need to acknowledge they are neither child nor adult
- People with complex needs and life limiting conditions may need support with future planning around health needs
- There are changes in models of care and legal frameworks young people and families need to know about

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Considerations in Practice:

- MCA and Liberty Safeguards (making choices)
- Transitional Safeguarding (Child to Adult)
- Education Health Care Plan Transition discussions from yr9
- How we signpost people to information around their needs
- How we work with health partners to support young people moving to adult services