

## Parent / Carer Area

What support is there to help my child prepare for the future?

Preparation should start early - long before your child becomes an adult.

As part of your son/daughters [Education, Health and Care \(EHC\) plan](#), the Year 9 [annual review](#) and every review after that, will include a focus on preparing for adulthood. This means there should be targets in the EHC plan that will help your child to achieve steps towards preparing for future options. The EHCP will be updated as your child progresses.

When your son/daughter leaves Redbridge, they are likely to have some or all of the following options available to them depending on their ability, independence and support needs:

- Further education at a college or training provider to follow a study programme— [Full List here](#) including [Independent Specialist Colleges](#) (ISCs).
- [Apprenticeship](#)- An apprenticeship is a way to gain the skills, knowledge and experience you need to get into many careers. They combine work, training and study, letting you 'earn while you learn'. Apprenticeships are available across a range of areas. Further information can be found [here](#).
- [Traineeship](#)- Usually a 6 month programme made up of extended work experience working towards qualifications. A traineeship will normally lead to an apprenticeship or work.
- [Supported Internship](#)- Supported Internships are a study programme for learners with Education, Health and Care Plans (EHCPs). Learners will have a work placement and complete relevant qualifications alongside their placement.
- **Employment** - open, supported or voluntary.
- **Social Care options** - community based day activities - this could include day centres, part-time college, social firms, community leisure or sport/fitness activities and supported living/ specialist residential care for those who are eligible for services.

## Useful websites and contacts

- A list of education providers and contact information — [LIST PDF](#)
- [Liverpool local offer website](#) provides information for children and young people up to the age of 25 with special educational needs and disabilities (SEND) their parents or carers - all in one place. Knowing what is out there gives you more choice and control over what support is right for you or your child.
- For resources and support you can visit the [Preparing for Adulthood website](#)
- <https://www.togethermatters.org.uk/planning-the-future/>
- [www.parentalguidance.org.uk](http://www.parentalguidance.org.uk)
- <https://contact.org.uk/advice-and-support/education-learning/education-beyond-16/>

You can contact a qualified Careers Advisor via text / phone or webchat to discuss careers, courses and finding a job—<https://nationalcareers.service.gov.uk>

Children and young people with SEND and their families may be entitled to additional financial support. The government offers advice on financial help for children and young people on the [Learner Support Helpline](#) (0800 121 8989)