

# Preparation for Adulthood (PfA)

A guide for young people with Special Educational Needs and Disabilities (SEND) from North Yorkshire

This PfA guide is full of links and tips.

Different parts of the guide are useful at different times, so we hope you keep coming back to it when you are at different stages of getting ready to become an adult.



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# Welcome to the PfA Guide!

This guide has four different areas:



**Education and Employment**



**Independent Living**



**Friends, relationships and being part of your community**



**Health**

Each area gives suggestions of how you can prepare yourself and what support is out there to help you.

The guide was co-produced by Flying High, Parent Carer Voice, SENDIASS and North Yorkshire Council, we hope you find it useful, if you have any feedback about the guide please contact [sen@northyorks.gov.uk](mailto:sen@northyorks.gov.uk).



# Education and employment



**Everything you need to know about learning and work!**





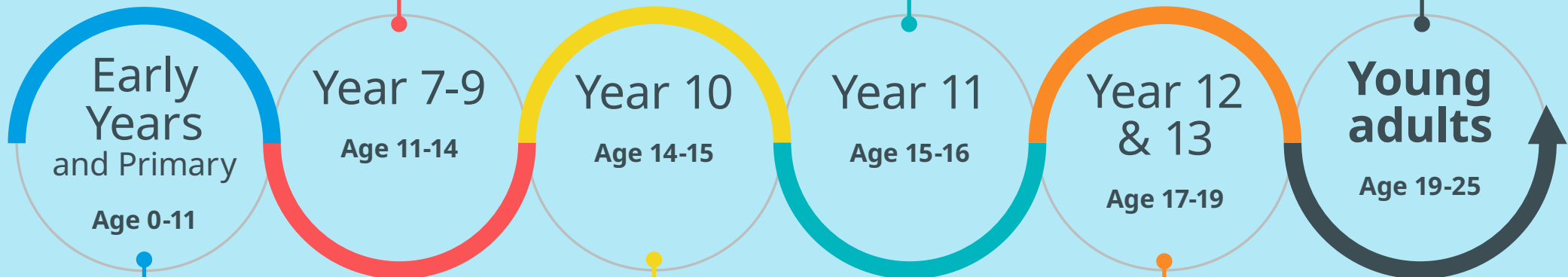
# What to think about and when!



- If you have an Education, Health and Care Plan, you will have an Annual Review (meeting) that includes PfA aims
- If you are on SEN support your SEN support plan should include PfA aims
- Choose your subjects (options)

- Last year when you have to go to school
- Apply to sixth form or college courses (if you have an Education, Health and Care Plan you will need to apply by 31 March)

- If you need support in adulthood then prepare for moving into adult services
- Review your 18 plus options



- From an early age settings will provide students with a range of skills and experiences to promote the best possible outcomes in adulthood.

- Agree your Exam Access Arrangements (getting extra help and support with exams)
- Start looking at options for when you are 16 plus
- Try and get some work experience

- You **must** continue in education or training until your 18th birthday
- Try and get some work experience
- Start looking at your options for when you're 18 plus and apply for your chosen option

# Secondary School





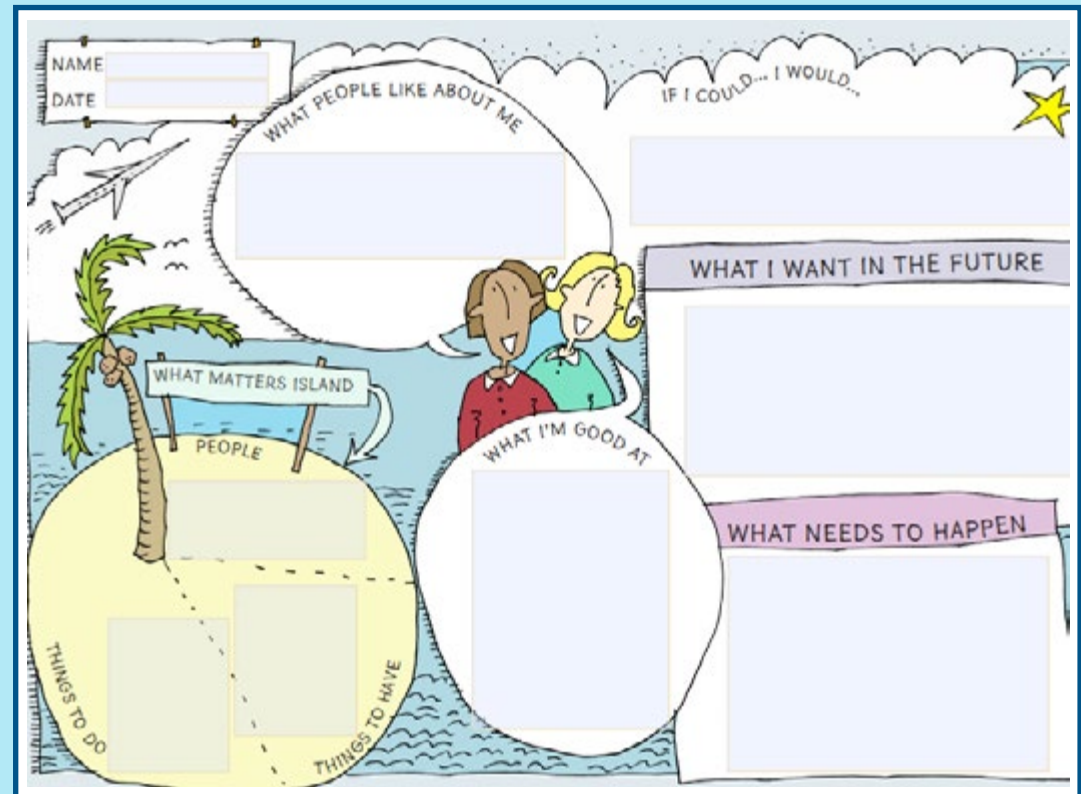
## Preparing for adulthood and your review

Your review meeting should be all about you and what is important in your future. There are lots of tools to help you get ready for your meeting.

Here are some links to help you and the people who support you:

- [watch the What Matters Island video on YouTube](#)
- [view the What Matters Island template on NDTi website](#)
- [view person-centred planning tools on NDTi website](#)

At your Year 9 review PfA objectives and outcomes must be included.





**GCSE's** - some of these like Maths, English and Science have to be done and some you can choose.

**Entry level qualifications** - are closely linked to the National Curriculum but also cover work and life skills. Assessment for these can be written, spoken or practical.

Choosing your options

**Functional skills qualifications** - support the development of practical skills in English, Maths and ICT. There is a focus on explanation and problem-solving, with a choice of assessment methods.

**BTEC qualifications** - are job and work-related courses, designed around the job and skills employers need. They allow students to progress to further and higher education or into employment.





## Age 15-16 (years 10 and 11) access arrangements for exams

You may be allowed extra time, a computer or a smaller individual room to help you take your exams.

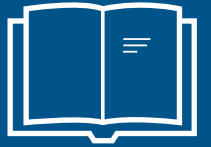
Speak to your SENCO or examinations officer if you think this would help you.

For example:

- if you usually have someone to help you read and write, they would be able to do this in an exam
- if you have dyslexia, you may require extra time for a written exam but not for a practical one



# Preparing for 16+



# Things to think about when preparing for your future 16+



**Enjoyment:** Will you enjoy your course and will it help you get the job you want?

**Money:** will it cost you anything? Are there any grants to help you?

**Regular Support:** What extra support do you need and will you get it (will your EHCP continue, if you have one)?

**Transport:** how will you get to where you need to be? How long will it take? How much will it cost?

**Moving on support:** What sort of support will you get to help you move to your new education provider?

**Trusted adult:** Will you want or need someone to help you at meetings? If so who?



Supported Internship	Apprenticeship	Further Education	Personalised learning colleges
<p>Good points:</p> <ul style="list-style-type: none"> <li>• real work experience</li> <li>• have to have an Education, Health and Care Plan</li> <li>• minimum of 26 weeks on work placement</li> <li>• useful experience to add to CV</li> </ul>	<p>Good points:</p> <ul style="list-style-type: none"> <li>• some professional qualification</li> <li>• paid</li> <li>• training for a specific job</li> <li>• can gain degree</li> <li>• can study degree after scheme</li> </ul>	<p>Good points:</p> <ul style="list-style-type: none"> <li>• some professions require A-levels or a degree</li> <li>• maximum career flexibility</li> <li>• can work part-time</li> <li>• emphasis is on education and learning</li> </ul>	<p>Good points:</p> <ul style="list-style-type: none"> <li>• specialist bespoke learning</li> </ul>
<p>Things to think about:</p> <ul style="list-style-type: none"> <li>• unpaid</li> <li>• 12 months commitment</li> <li>• no guarantee of a job</li> </ul>	<p>Things to think about:</p> <ul style="list-style-type: none"> <li>• not for all jobs</li> <li>• working while studying can be challenging</li> <li>• can limit career path</li> <li>• no job guarantees afterwards</li> <li>• lots of competition for places and jobs</li> </ul>	<p>Things to think about:</p> <ul style="list-style-type: none"> <li>• requires certain level of GCSE qualification</li> <li>• can take a long time</li> <li>• student finances</li> <li>• no guarantee of a job afterwards</li> </ul>	<p>Things to think about:</p> <ul style="list-style-type: none"> <li>• very specific criteria for gaining a place, this includes having an Education, Health and Care Plan</li> </ul>



## Top tips for preparing for 16+



Think early about what skills you could build.

It's worth looking into what colleges can offer, some will run job related courses which will help to get you into an industry at the end of it.

Talk to your families or support workers about what interests and skills you have, and what you would like to do next.

Do you feel confident enough to start work, or would you benefit from a college course or some training before work?

Legally all schools and colleges must have someone who provides careers guidance to students. You can speak to your school or college to find out who provides careers guidance.

There is no free transport after Year 11.

For information on subsidised travel please visit the [transport to sixth form or college page on the North Yorkshire Council's website](#).



## Decisions about Education, Health and Care Plan

When you reach 16 years of age, all rights related to your Education, Health and Care Plan transfer from your parents to you, the young person. You can still ask your parents/carers to help you make important decisions.



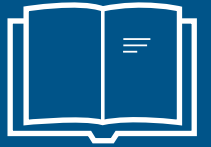
# Young adults (19-25 years old) 18+





University	Apprenticeship	Get a job	Own business	Supported internship
<p>Good points:</p> <ul style="list-style-type: none"> <li>• you need a degree to get some jobs</li> <li>• maximum career flexibility</li> <li>• can work part-time</li> <li>• can gain work experience in summer holidays</li> </ul>	<p>Good points:</p> <ul style="list-style-type: none"> <li>• some professional qualification</li> <li>• paid</li> <li>• training for a specific job</li> <li>• can gain degree</li> <li>• can study degree after scheme</li> </ul>	<p>Good points:</p> <ul style="list-style-type: none"> <li>• great understanding of job</li> <li>• earn money sooner</li> <li>• can try different jobs</li> <li>• no student loans</li> <li>• could work and study part-time, employer could help sponsor your course</li> </ul>	<p>Good points:</p> <ul style="list-style-type: none"> <li>• learn lots of skills</li> <li>• can earn a lot of money</li> <li>• can be very exciting</li> </ul>	<p>Good points:</p> <ul style="list-style-type: none"> <li>• real work experiences</li> <li>• just for young people with an Education, Health and Care Plan</li> <li>• minimum 6 months</li> <li>• useful experience to add to CV</li> <li>• training provided</li> </ul>
<p>Things to think about:</p> <ul style="list-style-type: none"> <li>• you need A-Levels or similar to get a place</li> <li>• qualifications for some jobs may take a long time</li> <li>• it costs a lot of money that you could be paying back for many years</li> <li>• no guarantees of job at the end of it</li> </ul>	<p>Things to think about:</p> <ul style="list-style-type: none"> <li>• not for all jobs</li> <li>• working while studying can be challenging</li> <li>• can limit career path</li> <li>• no job guarantees afterwards</li> <li>• lots of competition for places and jobs</li> </ul>	<p>Things to think about:</p> <ul style="list-style-type: none"> <li>• start a job at entry level salary</li> <li>• you may need to study a course to progress</li> <li>• skills learned may not be suitable for other jobs in future</li> <li>• may need to compete with more qualified people who want the same job</li> </ul>	<p>Things to think about:</p> <ul style="list-style-type: none"> <li>• difficult to find the money to start the business</li> <li>• high chance of failure</li> <li>• can be difficult to become an employee afterwards</li> <li>• you may not be taken seriously because of your age</li> </ul>	<p>Things to think about:</p> <ul style="list-style-type: none"> <li>• unpaid</li> <li>• minimum of 6 months</li> <li>• no guarantee of a job</li> </ul>





For information on university courses, please see the [UCAS website](#)

If I go to University would my Education, Health and Care Plan stop?

If you are studying a course at Level 4 or above, your EHCP will stop, and it is the responsibility of the local authority to pass on the information from your Education, Health and Care Plan to the university.

Universities have a duty to make reasonable adjustments.

Each university will offer different support, please see individual universities for the support they offer.

Things to think about when going away to University:

- go to the open day and have a good look around
- speak to the learning support department and see what support is available for you
- choose the type of accommodation carefully, think about accommodation that provides all or some of your meals
- think about staying closer to home so you can visit your family and friends more often
- apply for Disabled Students' Allowance to help with the cost





**Disabled Students' Allowance (DSA)** is money to cover the study-related costs you have because of a mental health problem, long term illness or any other disability.

This can be given on its own or in addition to any student finance you get. The type of support and how much you get depends on your individual needs - not your household income. You do not need to pay back Disabled Students' Allowance.

**Do not buy any equipment until you have been assessed** - you will not be reimbursed for it.

To apply for DSA visit [help if you're a student with a learning difficulty, health problem or disability: How to apply on the government's website.](#)





## Interview and job seeking support



You can speak to one of Job Centre Plus's Advisers about looking for work, and they can tell you about training and skills, and let you know about disability friendly employers in your area. For information please visit the [Job Centre Guide website](#).

Work Choice is a voluntary programme for disabled people to help them find work by giving them training, interview coaching and skills development. For information please visit the [Work and Health Programme page on the government's website](#).

Mencap's employment services support people with a learning disability to develop the skills and confidence needed to get a job. For information please visit the [Mencap website](#).

North Yorkshire Council's supported employment team can help people who have eligible care needs to find employment. The Supported Employment team give a personalised approach to provide the extra help and support you might need to find the right job. For information please visit the [supported employment service page on the North Yorkshire Council's website](#).

The Work and Health Programme helps you find and keep a job if you are out of work. Talk to your work coach to see if you are eligible (if you do not have a work coach, go to your local Jobcentre Plus and ask to speak to a work coach about the Work and Health Programme). For information please visit the [Work and Health Programme page on the government's website](#).

# Help at a job interview and when in work



You can apply to get money for helping you at a job interview or when you have started work through Access to Work. You can use this if you:

- are deaf or hard of hearing and need a British Sign Language interpreter or lip speaker
- or
- have a physical or mental health condition or learning difficulty and need communication support.

For more information on [Access to Work](#) please visit the [government's website](#).

To check if you are eligible please visit the [guidance on the government's website](#).

North Yorkshire Council's supported employment team can help people, who have eligible care needs, in getting ready for interviews and getting to interviews. For information please visit the [supported employment service page on the North Yorkshire Council's website](#).

You can ask for extra help from your Disability Employment Adviser from the JobCentre Plus about interviews. For information please visit the [Job Centre Guide website](#).

If you think you have been treated unfairly when applying for a job contact the Equality Advisory Support Service.

Telephone: 0808 800 0082

[Online contact form at the Equality Advisory Service website](#).

More information on the [Equality Advisory Support Service can be found on the government's website](#).





# Ending an Education, Health and Care Plan



One of the reasons for not continuing an Education, Health and Care Plan is if you no longer require the special education or training provision specified in the plan. When making this decision for someone aged 19 or over, the local authority must consider whether the education or training outcomes specified in the Education, Health and Care Plan have been achieved.

You cannot end the Education, Health and Care Plan simply because the individual is aged 19 or over. When you are close to finishing your education and training, the local authority should use the final annual review to agree on the support needed to help you engage with adult services before ending your Education, Health and Care Plan.



# Where to go for more support



If you go to a school or college, you should first talk to your teacher. If they cannot help speak to the SENCO or Headteacher.

If you need more help then you could speak to:

- SENDIASS for advice. Please visit the [SENDIASS website](#)
- Parent Carer Voice who are a parent/carer support group for families with a child or young person with SEND. Please visit the [Parent Carer Voice website](#) for information



# Independent living



**This section will give you ideas to help you become more independent.**



# Your travel



Independent travel training can be offered through school or other organisations.

There are Apps to make travel easier for example, the UK Bus Checker on the Apple App Store.

Information about driving and using public transport if you have mobility issues can be found on the [NHS website](#).

For travel assistance on trains [watch a video about assisted travel on trains on YouTube](#)

Information about assisted travel on planes is available on the [UK Civil Aviation Authority website](#).



If you need North Yorkshire Council to arrange transport when you start at a 16+ setting then you will need to apply each year and will need to pay towards it. For information on subsidised travel please visit the [transport to sixth form or college page on the North Yorkshire Council's website](#).



## Looking after it

Start learning about money - lots of the High Street banks offer free on-line training about money. We do not recommend one bank so please look at the other banks' websites, but as an example please visit the [Barclays Life Skills website](#).

When you are 11 or over, you can open your own bank account, when you are a child this helps you learn how to look after your money. We do not recommend one bank so please look at the other banks' websites, but as an example visit the [Starling Bank website](#).

Pre-paid cards can be a good way to for children from the age of 6 to learn about looking after money. There are lots of different types, some of them charge a monthly fee. We do not recommend one pre-paid card so please look at the other pre-paid card websites, but as an example visit the [HyperJar pre-paid card website](#).





## Some facts

You might be able to get some money from the government to help you. This money is called 'benefits', please visit the [government website for information about benefits](#).

When you are 16 years old or older you become responsible for your benefits - please see the [Making Decisions section](#).

If you have a carer, then a Carers Assessment gives them the chance to get some money for the caring they do. Please visit the [carer assessment page on the North Yorkshire Council's website](#) for more information.

If you have a carer, you might be able to get Direct Payments. This money can pay for things like having someone to take you to clubs etc. For more information please visit the [direct payments and personal budgets page on the North Yorkshire Council's website](#).





## Housing options

**Social housing** is housing that is owned by the local council or a housing association. For more information please visit the [North Yorkshire Home Choice website](#).

**Private landlord** is when you pay money to someone or a company who owns a property. It might be a room in a house.

**Home ownership** is when you borrow money to buy a house and pay the money back over many years or you buy the house with savings or you could inherit a home when someone dies.

**Homeshare** is when a disabled person invites someone to live with them in return for some support. The 'homesharer' has their own room in the householder's property. They give support with things like cooking or socialising. For more information on homeshare and independent living please visit the [preparation for adulthood - independent living page on the North Yorkshire Council's website](#).





## Housing options (continued)

**Home ownership for people with long-term disabilities (HOLD).** This is a specific type of shared ownership to help people with a disability to own their own home. It is run by some housing associations. For more information on owning your home please visit the [HM Government website](#).

**Shared ownership** - a housing association owns part of your home and you own the rest. You have to pay rent to the Housing Association for the part you do not own and pay the mortgage, if you have one, for the part you do own. For more information about shared ownership please visit the [government website](#).





## Housing options for those with a social care assessment

**Extra care housing** is when you are living in your own home with 24-hour care and support available on site. For more information please visit the [extra care housing schemes page on the North Yorkshire Council's website](#).

**Residential care homes** - you have a bedroom in a building shared with a number of other people. 24-hour care will be provided on site as will meals. For more information please visit the [residential care homes and nursing homes page on the North Yorkshire Council's website](#).

**Supported living and sheltered housing** - There are lots of different types, some of which come with help from support staff. For more information please visit the [sheltered and supported housing page on the North Yorkshire Council's website](#).

**Shared lives schemes** - you are matched with a host family. You share family life and live with, or near to, the host family. For more information please visit the [preparation for adulthood - independent living page on the North Yorkshire Council's website](#).





**Finding a home and support service** - the [‘Finding a home and support service’ leaflet by the Learning Disability Board](#) has been written for Hambleton and Richmondshire area and a lot of the information would be useful for those living in other areas too.

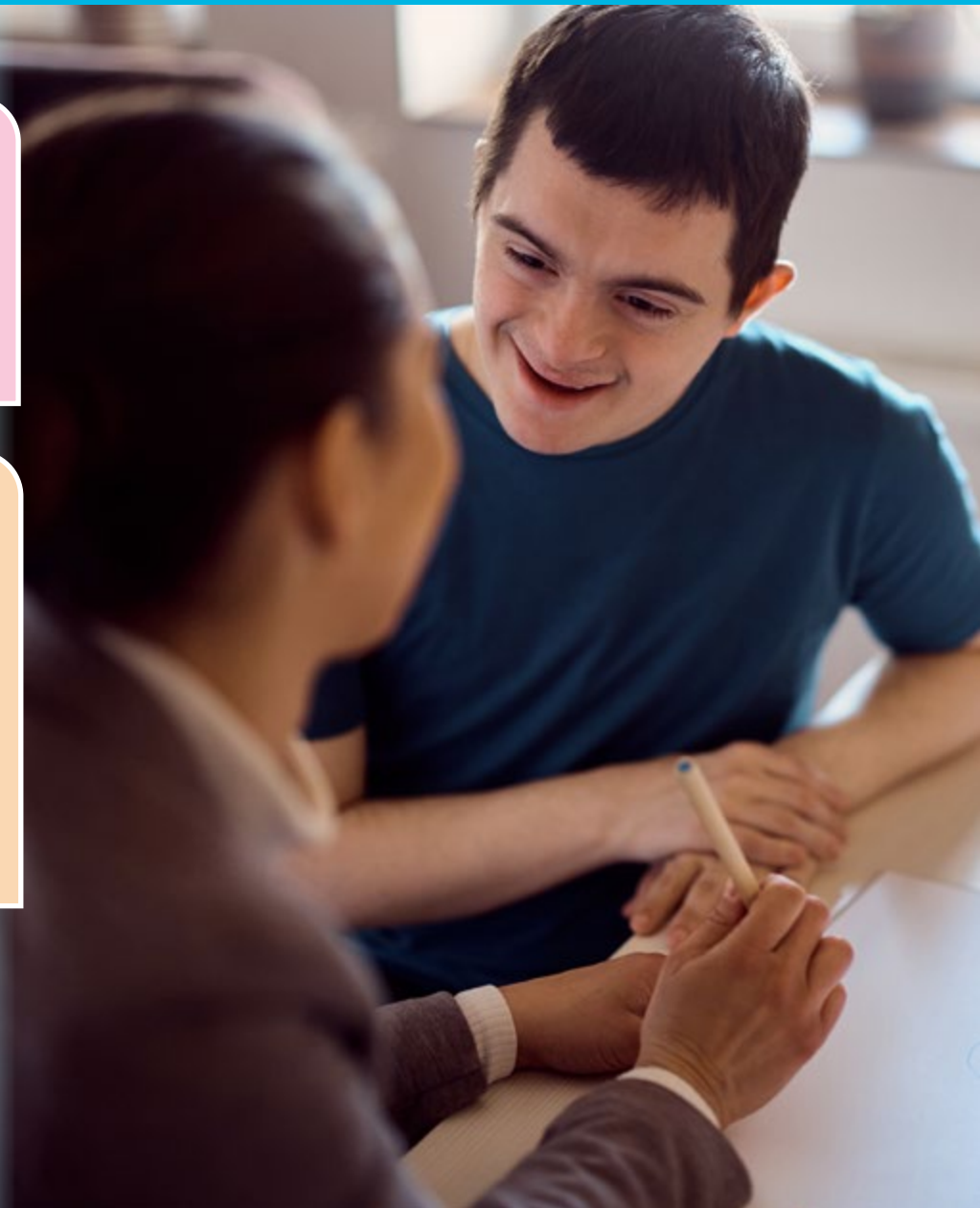


# Your care



If you have an Education, Health and Care Plan, this plan will bring together your education, health and social care needs, or you may have a Health Care Plan for your health needs. If you're 18 or over, and you already receive Social Care your social workers will help you transfer into Adult Social Care.

Because you are no longer a child you may need to start paying for your care. An assessment of your finances will be done to work out whether you need to pay for your care. For more information about the financial assessment please visit the [paying for social care page on the North Yorkshire Council's website](#). For information about what you should expect to pay please view the [North Yorkshire Council's what you should expect to pay for care services in 2024 to 25 document](#).



## Your care (continued)



If you are 18 or over, and you feel you need some social care support then you can ask for a Social Care Needs Assessment, this is where your needs are looked at to see if you need some help. For more information please visit the [request involvement from adult social care page on the North Yorkshire Council's website](#).

**For advice and support with daily living including an online assessment tool please visit the [advice and support to help with daily living page on the North Yorkshire Council's website](#).**



# Leaving care



If you're leaving care then you can get lots of useful information and support by downloading the Linking Lives app onto your phone.



# Understand your rights



[Watch Our Human Rights Act in two minutes by the British Institute of Human Rights on YouTube](#)





## Family members or carers can help you make decisions.

Some of the ways that family members or carers can apply to represent you or be your advocate:

- **Appointeeship** is when someone gains the right to deal with your benefits, when you turn 16. Please visit [become an appointee for someone claiming benefits information on the government's website](#)
- **Deputyship** is when someone makes decisions for you. Please visit [deputies: make decisions for someone who lacks capacity information on the government's website](#)
- **Power of attorney** is a legal document that lets you appoint one or more people to help you make decisions or to make decisions on your behalf. Please visit [make, register or end a lasting power of attorney information on the government's website](#)

**Mental Capacity Act** (MCA) (2005) protects and empowers people who may lack the mental capacity to make their own decisions about their care and treatment. It applies to people aged 16 years and over.

- view an ['easy read' version of the Mental Capacity Act 2005 on the Local Government Association website](#)
- View the [Mental Capacity Act 2005 in full document on the Legislation website](#)

# Wills and inheritance



If your parent/carer thinks you will inherit something then it would be good to discuss this with Mencap or scope to reduce the effect that this inheritance will have on your support package.

Watch [Protecting Their Future produced by Mencap on YouTube](#) for more information.

There is a lot of information about trusts and wills on the internet. Please visit the [Scope website](#) or email Mencap at [willsandtrusts@mencap.org.uk](mailto:willsandtrusts@mencap.org.uk)

# Where to go for more support



If you need further support then you can contact:

SENDIASS - a confidential service that gives advice.  
Please visit the [SENDIASS North Yorkshire website](#).



Parent Carer Voice are a parent/carer support group for families with a child or young person with SEND. Please visit the [Parent Carer Voice North Yorkshire website](#).



Contact are a charity that support families, bring families together and help families take action for others. Please visit the [Contact website](#).



# Friends, relationships and being part of your community



**Finding activities and clubs is a good way to help maintain friendships and be part of your community. This section will help you find out more about how to get involved.**





# Things to think about when joining a group or club



**Do you need support? Talk to someone you trust.**

**Transport:  
how will I get  
there and  
back?**

**Help: will I need  
extra help?**

**Fun: will I  
enjoy it?**

**Joining in:  
can I fully join in  
with everyone?**



# What is out there in your community?



Please visit the [North Yorkshire Connect website](#) to search for local groups, services or activities.

Please visit the [libraries page on the North Yorkshire Council's website](#) to find out about all the libraries in North Yorkshire.

Please visit the [SEND groups for young people page on the North Yorkshire Council's website](#) to find out more about local groups and support networks.

Scarboccia is an example of a sport club where everyone can fully join. Please visit the [Scarboccia website](#) to find out more about the club.

# Helping out for free



Please visit [North Yorkshire Council's volunteering page](#) for more information.



# Staying safe online



[Social Media Safety: find out more about child safety online on the government website.](#)

[Keeping children safe online: find out more on the NSPCC website.](#)

[Sexting: advice is available on the NSPCC website.](#)

[How to stop cyber-bullying: advice is available on the UNICEF website.](#)

[National Crime Agency: advice for young people and parents/carers about getting the most out of the internet is available on the Education from the National Crime Agency website.](#)





# Other information



[Watch The Importance of Friendship video by Preparing for Adulthood on YouTube](#)



Disability magazine Disability Horizons: giving disabled people a voice is available to view on the [Disability Horizons website](#).

# Where to go for more support



## If you need further support then you can contact:



**SENDIASS** - a confidential service that gives advice.



**Parent Carer Voice** are a Parent/carer support group for families with a child or young person with SEND.

**Contact** are a charity that support families, bring families together and help families take action for others. For more information please visit the [Contact website](#).

**NSPCC** - for more information please visit the [NSPCC website](#) or call 020 7825 2505.

**Childline** - for more information please visit the [Childline website](#) or call 08001111.



**CEOP Education (National Crime Agency)** - for information, advice and resources about protecting children and young people from online sexual abuse please visit the [CEOP Education from the National Crime Agency website](#).





## Achieving a healthy life transition: moving into adult care

Everything you need to know to keep your body and mind healthy.



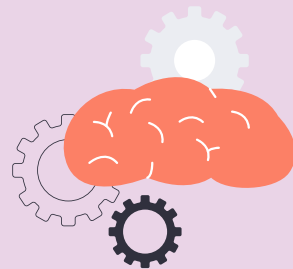
# What does 'being healthy' actually mean?



## Take a look at some of the examples.

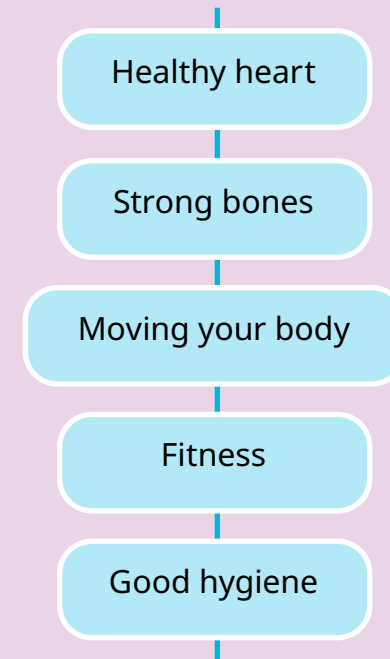
These are a few ways to keep your body healthy!

### Mental



healthy mind + healthy body

### Physical



= happy human



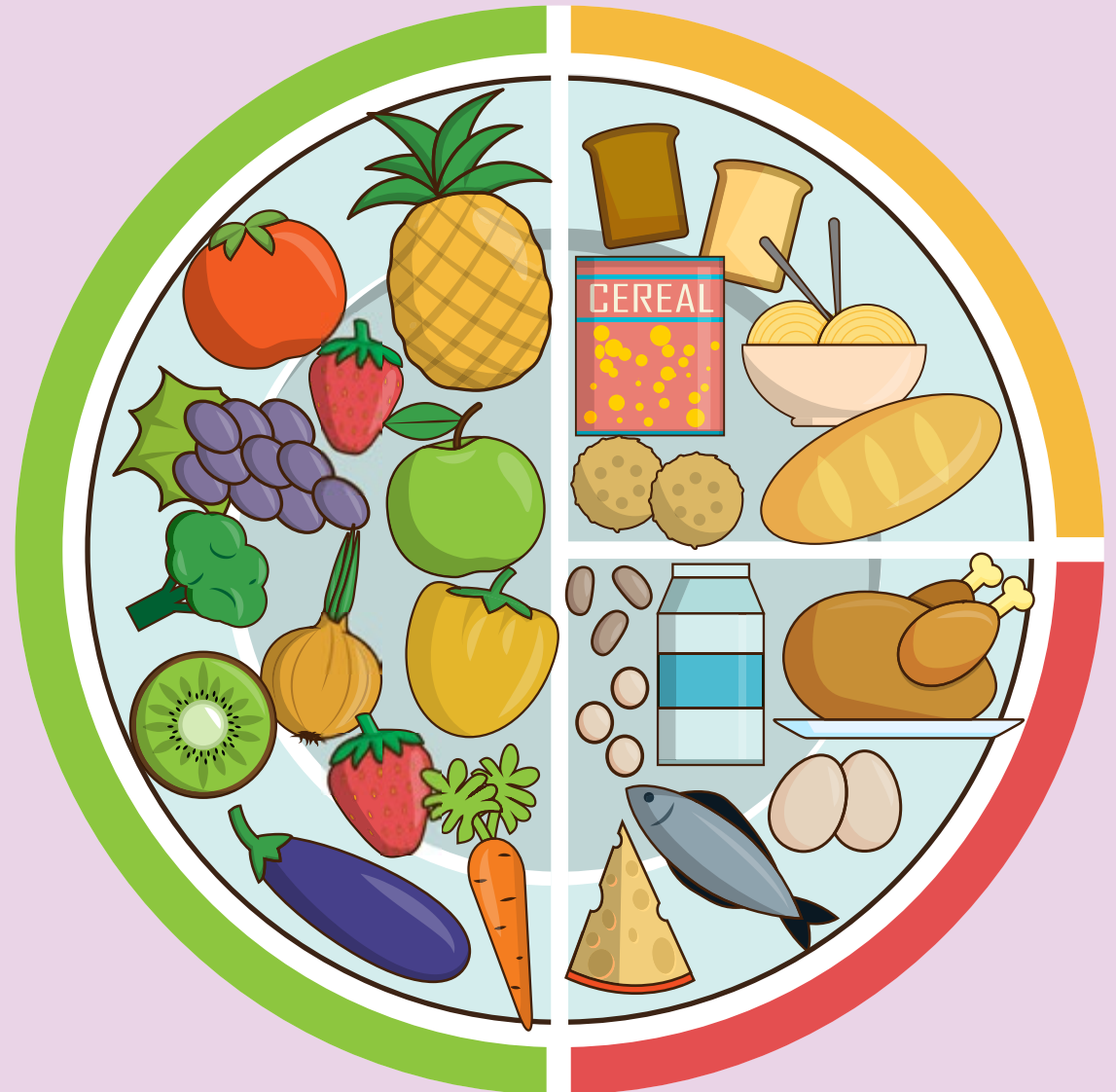
# Eating healthy



## It is important to have a balanced diet.

Try to have:

- five portions of fruit and vegetables each day
- high fibre foods like brown bread, brown rice/pasta
- some dairy (milk or milk based products)
- some beans, pulses, fish, eggs, meat and other protein
- plenty to drink



# Mental health



## Some examples of good mental health:

- Having happy relationships with those around you
- Talking about how you feel
- Being positive about yourself
- Coping with difficult situations

It is ok to have a bad day, it doesn't mean you have bad mental health.

## Remember

Getting outside and moving your body can make you feel much happier and improve your mental health.





## every mind matters

[Every Mind Matters information on the NHS website](#)

[Find your nearest Mind centre by visiting the Mind website](#)

[Information for young people on looking after your wellbeing - Mind on the Mind website](#)

[Help With How I'm Feeling on the Young Minds webpage](#)

## The Go-To

For healthy minds in North Yorkshire

[The Go-To website](#)

[The Go-To intro video on the North Yorkshire Clinical Commissioning Group](#)





# Help for your physical health



## Get active and use your local leisure centre!

**Bedale, Northallerton, Thirsk and Sowerby**  
Please visit the [Zest website](#)

**Harrogate, Knaresborough, Pateley Bridge and Ripon**  
Please visit the [Brimhams Active website](#)

**Scarborough, Whitby and Ryedale**  
Please visit the [Everyone Active website](#)

**Selby and Tadcaster**  
Please visit the [Selby Leisure Centre website](#) and the [Tadcaster Leisure Centre website](#)

**Skipton and Settle**  
Please visit the [Craven Leisure Centre website](#) and the [Settle Swimming Pool website](#)



[Please visit the NHS website for information on Live Well](#)



## Puberty

Puberty changes our bodies and that affects us all in different ways. You can find out what to expect from puberty and information and advice on the [Childline website](#).

Understanding and respecting our own and other people's bodies is very important. There are parts of our bodies that are private. You can say no to anybody, about anything you feel uncomfortable with, at any time.



**childline**

ONLINE, ON THE PHONE, ANYTIME

Call 0800 1111 

[Information about sex and consent can be found on the Childline website.](#)

# Contraception and safe sex



If you have unprotected sex, there is a chance that you could become pregnant or catch a sexually transmitted infection (STI). [Some great advice and information can be found on the Brook website](#), experts in sexual health and wellbeing, about the different types of contraception, how to use it and when to ask someone else to use it.

Sexual activity should only ever take place if both people want to.

Consenting is when you say yes for something to happen, and you should only ever do this if you feel happy to. [Learn about what consent means in different situations on the Brook website](#).



# Relationships



## Having a positive relationship

Here are some examples of what a positive relationship looks like:

- both people feel supported
- both people get their own space
- talk to each other
- respect each other

Please visit the [Brook website for more information on relationships.](#)







## What is Gender Identity?

Gender is the word for human behaviour, actions and roles in relation to ideas of 'male' and 'female'.

The way you feel about your gender is called your gender identity.

Please visit the [Childline website for information and advice on gender identity.](#)







## What is Sexuality?

Sexuality describes how you express yourself in a sexual way. Part of your sexuality is your sexual orientation, which means who you are attracted to, want to have sex with and fall in love with.

Please visit the [Childline website for information and advice on sexuality](#).



# Vaccinations



**There are certain vaccinations that reduce the chance of you becoming really unwell.**

**Flu Vaccine/nasal spray** - one of these is the Flu vaccine/nasal spray. If you have a health condition or weakened immune system, it is important that you get a Flu vaccine or treatment every year. For more information on the [Flu vaccine please visit the NHS website.](#)

**COVID-19** - Covid is a very infectious respiratory disease caused by the SARS-CoV-2 virus. It can be very serious in people who have a weakened immune system. There is no cure for COVID-19 although some newly tested treatments do help to reduce the risk of complications. For more information please visit [COVID-19 vaccination: guide for people with a weakened immune system on the government website.](#)

**HPV** - Girls and boys aged 12 to 13 years (born after 1 September 2006) are offered the human papillomavirus (HPV) vaccine as part of the NHS vaccination programme.

The HPV vaccine helps protect against cancers caused by HPV. For more information please visit the [HPV vaccine overview on the NHS website.](#)



# Moving into adult healthcare



Moving from children's health service into adult health services starts around the age of 13-14 and finishes by the time you turn 18.

Further information can be found by viewing the [Transition: moving into adult care document on the Ready Steady Go website.](#)

Here are some things you can do:

- ask your doctor about the change to adult health services
- if you have a disability, make sure your doctor has this on their records
- learn more about your disability or condition and any treatments you have
- prepare and ask questions at doctor's appointments
- take someone with you to your doctor's appointment
- find out who to call in an emergency



# What healthcare is available to you?



Free annual health checks are available to everyone who is over the age of 14 and on the learning disability register.

Contact your GP if you want to check that you are on this register.

Please visit the [Mencap website to find out about the learning disability register.](#)





## Who can get free prescriptions?

Free NHS prescriptions are available if:

- you are 16-18 and in full time education
- you have a valid medical exemption certificate (MedEx)
- you have a continuing physical disability that prevents you going out without help from another person and have a valid medical exemption certificate (MedEx)
- are an NHS inpatient

Please visit the [NHS website to find out more about free NHS prescriptions.](#)





# Where to go for more support



## Speak to someone you trust.

Call 111 to chat about medical problems.

Book an appointment with your doctor.

The NHS's Patient Advice and Liaison Service (PALS) can help when things go wrong with the NHS. Please visit the [NHS website to find out more about NHS's Patient Advice and Liaison Service.](#)



This guide has been co-produced by



Special Educational Needs and Disabilities  
Information Advice and Support Service



# What to do if you want to know more about PfA!

North Yorkshire Council's SEND Local Offer is North Yorkshire Council's information hub for children and young people with SEND and their families. For information please visit the [SEND Local Offer page on the North Yorkshire Council's website](#).

Find out more about the [core offer to care leavers on the North Yorkshire Council's website](#).



# What does that word mean?

<b>Annual review</b>	The yearly review of an Education, Health and Care Plan.
<b>EHCP</b>	Details the education, health and social care support that is to be provided to a child or young person who has SEN or a disability. It is drawn up by the local authority after an Education, Health Care needs assessment of the child or young person has determined that an Education, Health and Care Plan is necessary, and after consultation with relevant partner agencies.
<b>SEN Support</b>	The way that schools assess the needs of children and young people and then provide support (does not include those with an Education, Health and Care Plan).
<b>SENCo</b>	Special Educational Needs Co-Ordinator in education settings.
<b>NYC</b>	North Yorkshire Council