

Lost in Transition? 5 Top Tips:

1

Plan Early. It is never too early to start planning what you want for the future. Think about what kind of job you want, where you want to study, where you want to live.

2

Have an Action Plan. Ask yourself, what do I want to achieve? Then set yourself realistic tasks and goals with timescales. Make them as practical and concrete as you can. Get family or friends involved to help you.

3

Make Contacts. Get to know your community and local employers. Try lots of different opportunities out there including volunteering. Make a positive contribution.

4

Get Creative. If you're not sure about what you want to do why not turn a hobby into a community project? Before you know it something small could turn into something big!

5

Start with the end in sight. Finally, try and have a clear direction or goal as to where you're heading or where you want to be. Develop a step-by-step plan as to how you are going to get there looking at what skills you need and how you are going to do it. Always keep this the focus of your plan.

United Response works with a growing number of young people and their families, across England and Wales – helping them to take control of their support packages and to choose the staff that work with them. We believe that person-centred planning is especially important during transition, so that you are at the heart of developing your support.

As well as working directly with you, we have strong links with local councils, social workers, family forums, Primary Care Trusts, and schools and colleges – which mean that we can help make the transition period as easy as possible for you.

For more information on transitions, or to make an enquiry about support, please email get.support@unitedresponse.org.uk



www.unitedresponse.org.uk