

Transitioning from school to adulthood with autism or a learning disability.



Leaving school is a big change.

You may have new choices to make about:



- **Work, college or training**
- **Where you live**
- **Money**
- **Health**
- **Friends and social activities**



You may feel excited, worried, or both.

It is OK to ask for help.



Start planning early

It is a good idea to start planning at least 2 years before you leave school.



The plan should be tailored to you, your need and your desired for your future.

Think about:



- What you enjoy
- What you are good at
- Where you would like to live
- What support you need



Your family, school and support workers can help you.



It is important to remember your plans can change as you get older and to check your plan regularly.



What can I do after school?

There are lots of different choices.



1. Go to college of university.

You can continue learning after school and study a subject you enjoy



Education and training

You can get help to think about what you want to do after school.



You could get:

- Careers advice
- Work experience
- Help to find a college or training course



2. Get a job

You could look for a paid job, an apprenticeship, or an internship.

**National
Careers
Service**

If you want to work, there are organisations that can help you. The National Careers Service can help you find jobs and training.



You can also get employment support from organisations such as:

- halow
- Surrey Choices



You do not have to find a job on your own.



3. Start volunteering

Volunteering means helping an company or group without being paid. It can help you learn new skills and meet people.



4. Move into independent or supported living

You may want to start moving towards living more independently. This can help you learn skills like cooking, cleaning or managing money.



Help when you become an adult

When you turn 18, some of your support may change. You may move from children's services to adult services.



It is important to start planning for this before you turn 18.

You may need help with:

- Money and benefits
- Finding a home
- Looking after your health
- Finding a job
- Learning new skills
- Becoming more independent

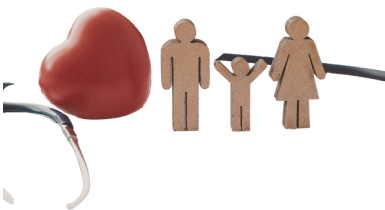


Your family, school, support workers and other professionals can work together to help you.



Funding

There are several funding options available to support you.



An Education, Health and Care Plan (EHCP) is a plan that explains what support an person needs.



Friends and social activities

Having friends and doing things you enjoy is important.



You could:

- Join a group and meet new people
- Try a new activity
- Take part community events



Organisations such as **halow** offer social activities and other ways to meet new people through social events.



Remember, your future is about you, your goals and your dreams. There are many services that can help you make those decisions.



Need more help? Contact the us at

Referrals@halowproject.org.uk