



MEETING A CAREERS ADVISER OR TRANSITION SUPPORT WORKER

It is our job to help you to

- think about future options
- make plans and choices

WHAT TO EXPECT:

RESPECT

Everybody is...

- different.
- important
- valued

QUESTIONS AND ANSWERS

There are no right or wrong answers! We ask questions to find out what is important to you. It doesn't matter if you have no ideas or lots of ideas. Our job is to help you think about what to do next. You can ask us questions too.

SUPPORT

We don't expect you to do everything on your own.

We will work with you to find any support you may need.

IMPARTIALITY

This means we don't have our own agenda about your future plans.

It's all about you!

CONFIDENTIALITY

We will keep your information private unless you agree we can share it or there is a concern about keeping people safe.

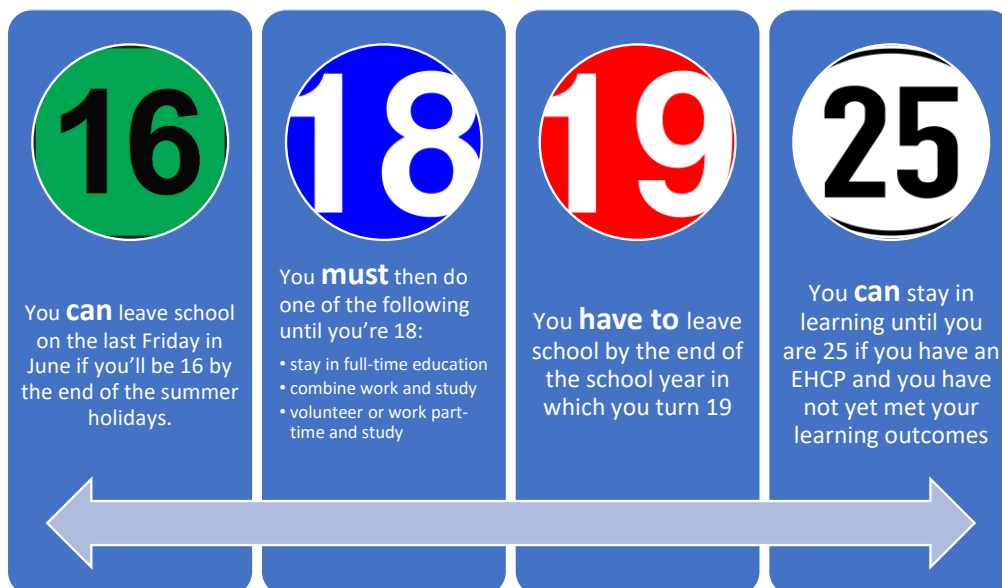


If you want to do some research of your own you can use the [links](#) below to find out more about options, activities and support.

Options include:

- stay in full-time education
- combine work and study
- volunteer or work part-time
- supported employment
- activities in your local community
- University and apprenticeships
- Schools, colleges and training providers
- Volunteering
- Self-employment
- College – what it can offer young people with SEND and how college differs from school

Options you have with an Education Health and Care Plan





Working out what you might want to do:

- Dorset Your Futures - offers information about future study options, labour market opportunities and the Local Offer
- Information to help young people with SEND decide what route to take in education, training or work.
- Planning together
- Explore jobs and careers
- Skills assessment - This is not meant to tell you what job to do in the future...it just makes you aware of a range of jobs that you may want to think about.
- You can try some quizzes to generate job ideas too -
<https://www.ucas.com/explore/career-quiz>
<https://www.prospects.ac.uk/job-match>

Making adult life work for young people

- Preparing for Adulthood
- Friends and social lives
- Making decisions
- Moving from Children's Services to Adult Social Care
- Independent living
- Advice on health
- Local Offer for care leavers
- 'Our Dorset' Community Directory



- SEND Virtual Transitions Fair - a wide range of information from local support groups and organisations, as well as on careers advice, and education and employment pathways, across the whole of Dorset, all in one place! A partnership between Dorset Careers Hub, Dorset Parent Carer Council, and Parent Carers Together.
- Preparing For Adult Life Guide - a guide for parents or carers of young people who are disabled or have special educational needs, with or without and Education Health & Care Plan. Dorset Parent Carer Council in collaboration with Dorset Council, parents, carers, and providers of education and health services including NHS Dorset.
- Right to Participate aims to increase awareness of the Equality Act, especially the ways it can protect disabled people from discrimination in everyday situations.

Contact us: shel@cosmiccactus.onmicrosoft.com

maria@cosmiccactus.onmicrosoft.com

We're happy to hear from people's families or support workers if they have questions too!