

COLLECTIVE GET TOGETHER



This write-up shares information from a session on preparing for successful adulthood, which took place during the Collective Get Together 2023 and has been shared with DfE



Young people from across The Collective tell us that they want to be **happy, healthy and successful adults**, but need better support to make this happen!

This session was co-developed with young people; some who want to help others by sharing their experiences and others who do not feel prepared for adulthood and understood what some of the challenges are in reaching your potential.

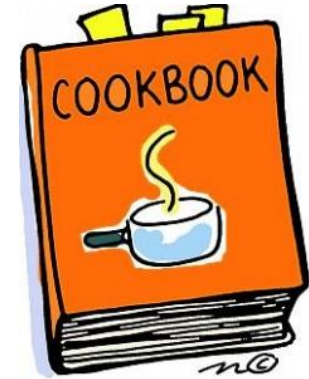
During development of this session were heard from young people that:

- Being independent is not easy
- Sometimes support isn't available because you are over 18
- Support isn't teaching us to do things for ourselves
- That top tips for day to day stuff would be really helpful



The first part of this session was around independent 'cooking'. Young people wanted to create an 'easy to make' recipe book. The group co-produced a recipe sheet which young people filled out at the event, and others have filled in afterwards. We will continue to accept these until at least January 2024

This will be an ongoing co-production project for The Collective members.



The second part of the session was top tips for independence.

The development group came up with 8 key areas for being a successful adult. These were:

- Cooking and food
- Travel
- Personal appearance
- Shopping
- Jobs and working
- Relationships
- Money
- Chores and house skills

Young people gave tips to be successful for each area! These are on the following pages.....

This is going to be an on-going project which we hope to link in with National Network of Parent Carer Forums (NNPCF) as well as practitioners who support those with SEND to create something useful!



Chores and skills in the house

- List of what you are doing or need to do
- Split it into smaller tasks
- Aim time to finish
- Get the hardest ones out the way first
- Take little breaks
- Listen to music – it can help keep you motivated
- Plan ahead
- Have a weekly planner with set days to do set chores to help keep on top
- Have an alarm to remind to take medication
- Apps like Timo – made for time management for people with ADHD and autism
- Wristwatch
- Rewards for tasks that need motivation
- Split them up so you don't end up doing everything
- Practice things like ironing and folding



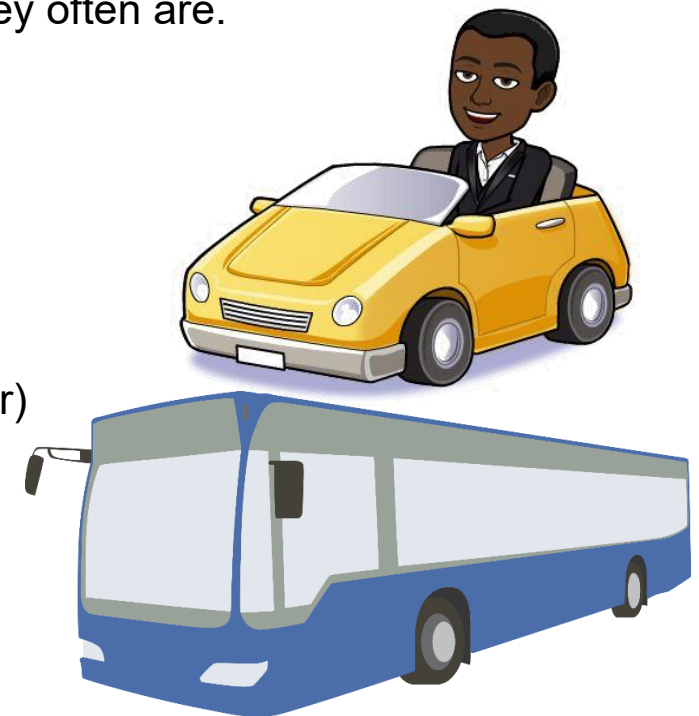
Shopping

- Make a list of what you need
- Have a budget plan, how much do you wish to spend.
- Try not to get things that you do not need
- If you want to try something new, don't bulk buy in case you do not like it.
- If you know you won't be able to get your full groceries in one shop, then think of a shop where you can get everything instead of going to multiple shops and spending lots of money.
- When buying different items there may be a lot of types for example: branded, unbranded, supermarket savings, choose which ones you prefer instead of going for the branded because its 'popular'
- Use a trolley to help
- Plan it in sections
- Sunglasses and noise cancelling headphones for sensory issues in supermarkets
- Don't go to the supermarket while hungry
- Make a meal plan
- Go from room to room making a list of what you need
- Know where things are so you don't overspend



Travel

- You can use contactless cards on the bus and train – you do not need to purchase a ticket before hand.
- Get on the right transport and make sure you have the right tickets
- Prepare your route before hand – you can use google maps to do this.
- Pick your train tickets up the day before travel – that way you will not worry the night before if you can't get your tickets for some reason and takes longer than expected.
- If you have problems with tickets, find someone who works there and they will help you.
- Plan your journey and don't take advice from others while on your journey. Keep to your plan with accessibility.
- I arrive 20 mins early in case the transport is early because they often are.
- Apps can help with timetables
- Ear defenders/ sound cancelling headphones can help
- Apply for blue badge
- Apply for bus pass
- Apply for disabled rail card
- Book wheelchair spaces in advance
- Love 2 meet U app (building friendships and travelling together)



Money

- Make sure you find out what benefits you are entitled to and your family – speak to citizens advice or SENDIASS if under 25. You may be eligible for universal credits.
- Always know what your interest rate is.
- Don't get into dept
- PIP (You may be entitled to) Get support with forms etc....
- Always make sure you pay depts off on time.
- Always check your bank account on a regular basis.
- Find a job you enjoy
- Keep track of what you spend
- Open a bank account
- pay by card always check the amount
- Get tips from your local bank
- If you're young you can sign up to go Henry or hyper jar
- Budget and track your money
- Try to save
- Learn about different coins and note
- Check the exchange rates on currency for when you go abroad
- Don't share your personal details with anybody
- Don't give money to strangers
- Be responsible for your money. Use a wallet, zip it up in a pocket so it's safe and secure.
- If your card gets lost ring up the bank to get the card frozen and get the card stopped or blocked.



Jobs and working

- Arrive on time and be prepared.
- Reasonable adjustments for employee's to provide
- Ensure employees know what your individual needs are
- Try something new get out of your comfort zone [independent travelling]
- Join the club
- Volunteering can help you get a job
- Practise interviews
- Shadow people at work
- Learn about different jobs
- Try your hardest and push yourself to your limits but make sure you don't push yourself too far
- focus on your dreams
- Network
- Social media account dedicated to certain topics
- Read books on topics
- Make sure you enjoy what you're doing
- Plan for the future-also enjoy the moment and journey



Personal hygiene and appearance

- Shower every day (if you can) or flannel down intimate areas/ use dry shampoo etc..
- Keep stocked up with products (check these regularly)
- Don't feel under pressure to remove body hair if you don't want to.
- Flavoured toothpaste can help if mint is overstimulating/ too unpleasant
- Brush teeth twice a day for two minutes
- After a bath or shower put on deodorant
- Some people might like to wear perfume or aftershave
- Some people might shave
- To keep smart have routine haircuts, maybe every other month
- Wash every evening and morning
- Use shower gel and used shampoo to wash your hair
- You should clean your skin
- Check products if you have allergies
- Wear clean clothes and dress in a way where you like what you wear
- You might want to iron your clothes after they've been washed
- It can help to carry breath mints or gum
- Cut and clean under your nails especially if you are handling food
- Keep your eyebrows tidy, you might want to pluck them
- Don't bite or pick your nails, instead distract yourself
- Remember to pick up any prescriptions if you need them



Cooking and food

- Asda and Morrisons best for people with allergies
- Use by date = unsafe to eat
- Best before date = Lower quality past written date
- If using knives/ chopping meat, veg etc... you can get lots of pre sliced, carrots, chicken, peppers etc...
- Always check what the temperature is on the knob – check the label and what temperature the food needs to be to set the temperature
- Write shopping lists to help you make healthy lifestyle choices
- Meal plan
- Arrange transport if needed
- Go to the same supermarket every time by doing this you will become familiar with what is in the shop
- Budget and make sure you can use money safely, including checking your bank balance to make sure you have enough for your food
- Use a freezer
- Be aware of allergies
- Eat regularly and drink plenty of water-put it in a planner if you need to so you don't forget
- Keep a list of the things you need to buy next time you go shopping
- Try to eat healthily



Relationships

- Always keep in contact
- Keep to yourself.
- Keep conversations short.
- Healthy relationships game
- Be open and free
- gender equality
- Networking
- Honesty
- Go to local groups
- Use the Internet to keep in touch if you can't see people in person
- Keep communication flowing
- Know your boundaries and enforce them
- Check in with those that you care about
- Learn how friends communicate- be respectful and attentive to their needs
- Consent!

