



What's Next checklist

This guide is here to help you think about what you want to do next after turning 16 or 18. It will help you explore your options and make choices that suit you. You can use this guide to think about how you want to spend your time, what kind of support you might need, and what feels right for you. You may find it helpful to complete this with a trusted adult.

What type of setting interests you?

- Post 16 (post 16 only)
- College
- Supported Internship
- Apprenticeship
- A job with support
- An adult social care provider (post 18 only)
- Volunteering opportunities

What type of support do you think you will need?

- Help with travel (bus, taxi, or support worker)
- Extra learning support (e.g., smaller groups, 1:1 support)
- Support for your health or personal care needs
- Help with communication or understanding information
- Help with applying for a place
Explaining you have an EHCP and your support needs

How many days a week do you want to do this?

- Full-time (4–5 days a week)
- Part-time (1–3 days a week)
- A mix of activities (e.g., college some days, volunteering on others)

How do you like to learn and enjoy your day?

- In a classroom with lessons
- Learning by doing (e.g., hands-on activities)
- Being outside or in the community
Working with others or independently

When you have found where you would like to go, Here are some more detailed points you may need to consider... You may wish to do this with someone from your support network.

- Have you checked that you meet the entry Requirements?
- If it is not full-time, how will I spend my other days?
- Have you told them about your EHCP plan?
- Are they able to accommodate your needs?
- Have you looked at www.futuredestinations.co.uk? to explore all options?
- When is the next open day?
- Who do you need to speak to, to find out more?
- Do you need to apply? if so do you need help to do this?
- Will you need special equipment or a uniform?
- Can you get help to pay for it?
- Do you need support to apply for funding or a bursary?
- What travel arrangements do you need to consider?
- Do you need travel training to help you feel more confident?
- Do you need to reapply for your EHCP?
- Do you know where your local DWP/Job centre is?
- Are you receiving PIP allowance?
- Are your family members happy with your choice?
- Have you talked to them about your plans?
- Do they have any questions or worries?
- Is this a decision made by you with no pressure from friends, family, or others?
- Does this choice feel right for you?

Final Check: Do You Feel Ready?

- Do you have all the information you need?
- Do you feel excited about your next step?
- Do you know who to ask if you have any worries?

