

Post 18 Options

Further learning and progression into independence/adulthood programmes



19-25 year olds have the option of remaining in education. Many colleges and further education providers offer learning programmes to help young people prepare for their future and adulthood.

www.gov.wales/special-educational-needs

Consider the differences between education providers as well as their courses/programmes and the support offer in place. Location is also important.

Visiting as many places as possible can help inform decision-making.

Think about the level you are working at, and what is the achievable next level. Further learning destinations are completely personalised according to the individual.

If there is a job you would like to do in the future, research what options are best linked to that career and which further education providers offer suitable courses.

<https://nationalcareers.service.gov.uk/> is a useful resource to explore career ideas.

Volunteering & supported internships



Volunteering involves doing an activity unpaid that benefits groups, an individual or the community. Volunteering can be done on a part-time or full-time basis. Useful websites to explore volunteering opportunities include:

<https://wcva.cymru/volunteering/>
<https://volunteering-wales.net/>
<https://doit.life/volunteer>

Supported internships are short work experience programmes, typically lasting between 6 weeks and 1 year. They are for 16-24 year olds, and young people with an EHCP (Education Health Care Plan) up to age 25. They are designed for people who may be looking for a job or who feel that they do not yet have the skills, qualifications and/or experience to progress straight away into work. They are unpaid but may lead to an apprenticeship, employment or other work opportunity.

Supported internship guidance:
<https://careerswales.gov.wales/my-future/find-out-about-your-options/be-a-trainee>

Supported internships:
www.right2work.org.uk/supported-internships

Employment, self-employment and apprenticeships



Another Post-18 option is to go into employment (paid work) or self-employment (working for yourself). This could be working part-time or full-time. For more information on employment and self-employment and to also explore opportunities, please visit:

Employment:
<https://careerswales.gov.wales/getting-a-job/employment-support>

Self-employment:
www.gov.uk/working-for-yourself

Job vacancies:
www.scope.org.uk/advice-and-support/finding-jobs
www.jobsinwales.com
<https://careerswales.gov.wales/getting-a-job>
<https://uk.indeed.com/>

Apprenticeships involve earning and learning at the same time. You would be employed to do a job and also study towards a related qualification. You may be working 4 days a week and go to college 1 day a week. Useful websites to explore apprenticeships:

<https://careerswales.gov.wales/apprenticeships>
<https://amazingapprenticeships.com/>
www.findapprenticeship.service.gov.uk

Daycare centres, health and social care, life and independent living options



Daycare settings offer personal care as well as social and learning opportunities for people of all ages. To explore daycare centres in your local area, please visit: www.gov.uk/day-care-centres

For information on transitioning to adult care and support when a young person turns 18:
<https://law.gov.wales/care-and-support-adults-and-children>

For information on housing options for young adults with a disability:
www.nhs.uk/conditions/social-care-and-support-guide/care-services-equipment-and-care-homes/moving-to-a-new-home-housing-options