

# Becoming an adult



## Top Five Tips for Young People and their Families for Approaching Adulthood **STARTING NOW!**

A publication of Clare Children's Services (CCS). Young Adult Team. CCS is a specialist service for families of children in County Clare who have disability.

### What is included in this booklet?

How is being an adult different than being a child?

What are some things you can do to get ready to be an adult?

What are some ways the *Young Adult Team* can help you to get ready to be an adult?

How can you get in contact with the *Young Adult Team*?

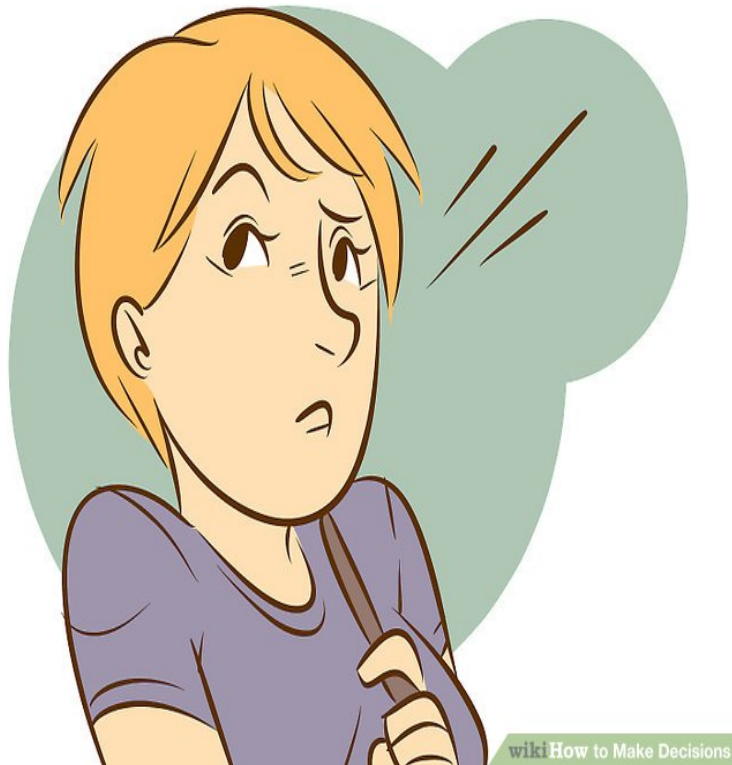
**When you are an adult, you are more independent.**



**When you are an adult, you do more for yourself.**



**When you are an adult, you  
make more decisions.**



**When you are an adult, you are  
part of a community.**



**When you are an adult, you have different kinds of support and help.**



**How can you get ready to become an adult?**



- You can learn things that will help you become an adult.
- You can do things that will help you become an adult.

## Tip 1: Learn all about yourself.



Some questions you can ask yourself are:

- What are the things I like the most?
- What are some things I don't like?
- What are some things I am really good at?
- What are some things that are more difficult for me?
- What settings or supports help me to be my best?

**STARTING NOW**, ask yourself questions like these.

## Tip 2: Tell other people what you need to succeed.



- Does it help you to have a quiet space to work or take a break?
- Does it help you to have active breaks?
- Does it help you to have a schedule?
- Does it help you to have more time to answer questions?
- What else helps you succeed?
- Who should you tell? Who can help you do this?

**STARTING NOW**, practice letting other people know what helps you.

### Tip 3: *Stretch* your comfort zone.



- Try new things, even if they are different from what you are used to.
- Try to do things even if they seem hard at first.
- If something seems difficult or boring, take a short break doing something you like. Then go back to finish it.

**STARTING NOW**, try new things!

### Tip 4: Be open-minded.



- Some people find out that they enjoy doing things they never thought of before.
- Find out about lots of things you might like to do now and when you are older.
- Watch videos of other young people doing things.

**STARTING NOW**, be on the lookout for new ideas for things to do and see.

## Tip 5: Be connected.



- Your family and friends are the most important to spend time with.
- Meet new friends and helpers too!
- Look for clubs or groups of people who share your interests.
- Do things with your family, friends, and other people that are fun.

STARTING NOW, do something fun with someone.

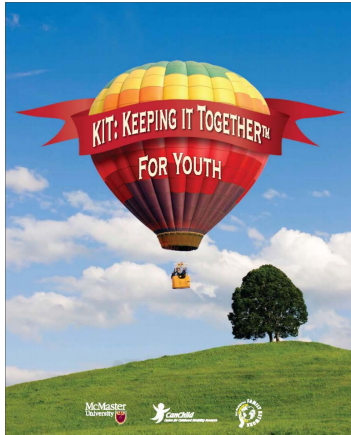
One way the *Young Adult Team* can help you to get ready to be an adult starting now is with the Independent Living Skills Checklist and Action Plan.



- The Independent Living Skills Checklist and Action Plan helps you and your parents know what skills you have and what skills you still need to learn to be more independent as an adult.

The *Young Adult Team* can help you learn about the skills you need and make a plan for yourself.

Another way the *Young Adult Team* can help you to get ready to be an adult starting now is with the CanChild Youth Kit.



- The *CanChild Youth Kit* helps you to organise your own information, and share it with others as you get older.
- The *Youth Kit* has chapters about different things about you that you can complete over a time.
- It helps you learn about yourself, and set goals for your future.

You can watch a video about the Youth Kit here: <https://canchild.ca/en/research-in-practice/the-kit>, or The *Young Adult Team* can help you start your *Youth Kit*.

For more information, or for help getting ready to be an adult, contact the *Young Adult Team* at:

*Clare Children's Services,  
Young Adult Team,  
Lifford Road, Ennis.*

*Phone: 065 686 3500*

*Email: [reception.clarechildrensservices@hse.ie](mailto:reception.clarechildrensservices@hse.ie)*