

MY TRANSITION PLANNER

GETTING READY FOR MOVING ON

ABOUT ME

Name: My Key Worker:

Address:

MY NEW HOME

Move in day: My Key Worker:

My new address:

keys
group

WHERE TO START?

To make your plans for moving on as smooth and stress-free as possible, we want you to start planning as soon as you are ready. This **transition planner** will help you feel ready and prepared for this next stage in your life. Your key worker will support you to work through your transition planner and help put all your plans into practice.

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PLANNING MY MOVE

MY NEW HOME

This section is all about planning to **move into your new home**, just as you would like it. We will give opportunities to visit and encourage you to plan who will visit with you, who will help you move, and maybe stay over for the first few nights while you settle in. **Discuss with your Key Worker** what you would like for your move and make a note of your answers below.

My first visit

When will I visit my new home?

Who will come with me?

What I need to think about when I visit my new home?

Making it homely

My first impressions:

Anything I would like to do in my new home once I've moved in?

What do I want/need to buy for my new home:



PLANNING MY MOVE

MY NEW HOME

How am I progressing?

LEARNING & DISCOVERING THE LOCAL AREA

Are you moving somewhere new? Now is the time to start **researching** the local area and exploring the community! It is a good idea to plan some activities in and around your new area before you move. This will help you **feel at ease** and familiar with your new surroundings.

My new area

My first visit will be:

Who will come to support me?

WHEN I VISIT:

What do I want to learn / discover about where I'm going to live?

I WILL GET TO VISIT AGAIN:

Date:

Who will come to support me?

I WILL GET TO SLEEP OVER BEFORE MOVING:

Date:

Who will sleep over with me:



LEARNING & DISCOVERING THE LOCAL AREA

How am I progressing?

PLANNING MY MOVE

RELATIONSHIPS & SUPPORT NETWORKS

It's important to **build and maintain friendships** and **relationships** as you move on. Having familiar faces around you and people who care about you will help you settle into your new home. It is also important to speak to professionals who are supporting you,- they all want you to be happy and help you settle and adjust.

My support network

NAME	RELATIONSHIP	CONTACT DETAILS

KEEPING IN TOUCH

Who would I like to keep in touch with from my current home after I move?

NAME	CONTACT DETAILS
NAME	CONTACT DETAILS
NAME	CONTACT DETAILS

Who would I like to visit me when I move?

NAME
NAME
NAME

Community support

My community support services that I may find most useful:

NAME	CONTACT DETAILS
NAME	CONTACT DETAILS
NAME	CONTACT DETAILS
NAME	CONTACT DETAILS



PLANNING MY MOVE

RELATIONSHIPS & SUPPORT NETWORKS

How am I progressing?

MY HEALTH

It's important to take **good care of your health**- let's face it, none of us like being ill! However, sometimes it is unavoidable, and you'll need to seek the help of medical professionals. This section is for noting down those all-important numbers, contacts and addresses.

Local services

WHERE IS MY LOCAL...

ADDRESS / CONTACT DETAILS

Local Hospital

Urgent Care Centre

Pharmacy

Sexual Health Clinic

Drugs & Alcohol service

I AM REGISTERED WITH THESE SERVICES:

ADDRESS / CONTACT DETAILS

Local GP

Y / N

Dentist

Y / N

Optician

Y / N

Make a note of any other helpful services that you might need

TIP: The local pharmacy will be able to help and advise on any minor health issues or concerns. Ensure you know where your local pharmacy is and get their advice first.



MY HEALTH

How am I progressing?



PLANNING MY MOVE

HOW I FEEL

Moving home is an **exciting step** towards your future, but it's important to acknowledge that moving home is a major life event and it is expected that you will **experience different emotions** about it. We encourage you to talk to the people who support you, they will help you work through any worries you may have and ensure you are adequately supported. You may want to jot down some of your feelings and use this as a starting point to get the conversation going.

Feelings

If I need emotional or mental health support I will:

MY FEELINGS ABOUT MOVING

How do I feel about moving?

What am I excited about?

What am I worried about?

What help and support do I want and need:

Remember!

A problem shared is a problem halved. Talk to a friend or a professional if you are worried about anything



PLANNING MY MOVE

HOW I FEEL

How am I progressing?

BEING SAFE

This section is to help you **feel as safe as possible** in your new home. You might be living independently, or in shared accommodation, and now need to take a few extra steps to **ensure you feel safe**.

My safety

What might make me feel unsafe?

What will I do to feel safer?

Who will help me if I don't feel safe? (Note down any contact details)

Who will I let into my home?

Who I should not let into my home?

I HAVE UPDATED MY PERSONAL
SAFETY PLAN READY FOR MOVING:

Y / N



BEING SAFE

How am I progressing?

PLANNING MY MOVE

MY MONEY & BUDGETING

When you move it may be the first time you will be responsible for looking after your money and **having to budget** for the things you need to pay for. It is a good idea to think about the money you will be receiving and your spending.

My money

How much money will I receive each week?

How will I access my money?

If I am struggling with my money and think I might run out, where can I go for help?

Bills and outgoing

What are my bills, when do they go out, and how much do I have to pay?

BILL	DATE	AMOUNT

What other expenses do I have that I need to budget for?

Activities, Cinema, Eating out, etc...

Here is a breakdown of how I plan to spend my money each week :



PLANNING MY MOVE

MY MONEY & BUDGETING

How am I progressing?

PRACTICALITIES OF MOVING

This last section is about **gathering and organising all your belongings**. It is a good time to think about what personal belongings you would like to take with you, and what you would like to purchase before moving.

Personal belongings

When you move, your house will be furnished with the following items:

Is there anything else that you need / want to get before moving?

Who will help you with this?

MOVING

I will have all my belongings organised by:

Who will help me move all my stuff:

We think the following belongings will be essential for you before you move. Mark the items that are relevant to you and speak to your carer if you need to get any of these items organised prior to moving.

Personal Identifications	Y / N
Passport & birth certificate	Y / N
Bank card	Y / N
Record of vaccinations	Y / N
Transport ID (provisional license, bus pass)	Y / N
Electronic device/s (mobile, laptop, computer)	Y / N
My personal and household belongings	Y / N
My achievements (awards, exam results, CV)	Y / N
Medication (if relevant)	Y / N
Personal hygiene (toothbrush, toothpaste, soap, hairbrush)	Y / N
<input type="text"/>	Y / N
<input type="text"/>	Y / N
<input type="text"/>	Y / N



PRACTICALITIES OF MOVING

How am I progressing?



**GETTING READY
FOR MOVING ON**

If you are still unsure or have any questions...

you can visit our website to find our more -
www.keys-group.co.uk

Or give the Keys team a call today!
0121 7287800