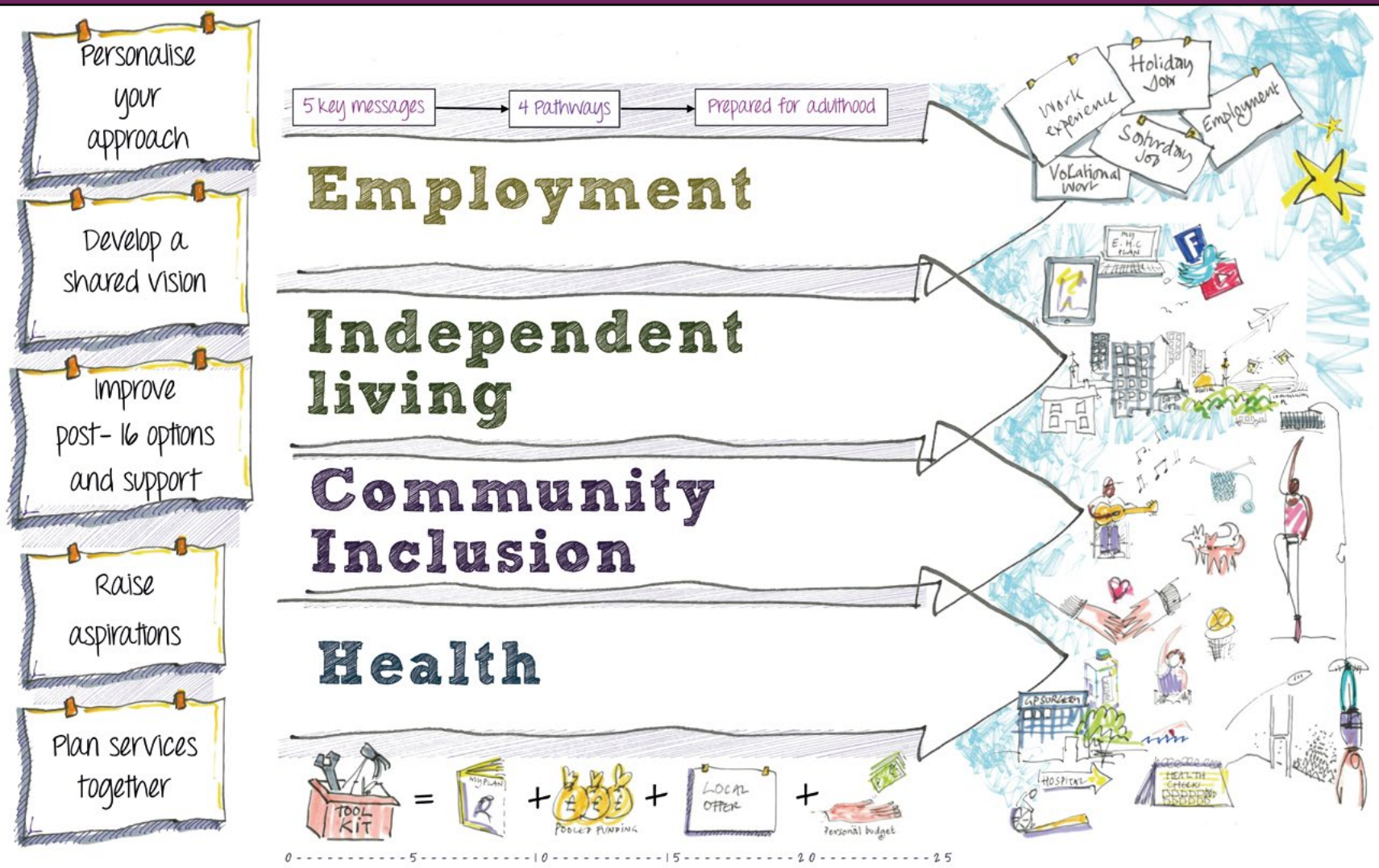
Preparing for Adulthood

PfA Outcomes across the age ranges for children and young people with SEND



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This supportive tool has been designed by the Department for Education (DfE) to promote consideration of the four PfA outcomes as part of EHC planning across the age range.

This includes consideration of aspirations, activity and provision that can support progress towards the PfA outcomes and what this might mean at different ages and stages of development. It is not intended to be a definitive list but is a starting point and we encourage feedback from colleagues testing out the tool in practice so that DfE can continue to develop it in the future.
Please get in touch at: info@preparingforadulthood.org.uk.

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Things to remember when using the tool:

- The outcomes will need to be personalised and focused on the young person's aspirations, supporting as independent a life as possible

- Children develop at different rates. For some young people indicators included in early childhood may continue to be outcomes they are progressing toward as they get older. Therefore it is important that each new age/stage continues to develop and build on the previous ones

- At review meetings the tool can be used to support development of imaginative yet achievable ways to support progress under each outcome

- This tool should be used as part of a personalised approach and can therefore be used as a starting point to develop EHC plans across a wide range of need. If you are supporting a young person with a life-limiting condition this tool can be used to focus on progress in a sensitive and personalised way

- Use creative approaches to embed activities in the curriculum and in everyday activities outside of the classroom

- Raise aspirations and expectations and encourage thinking about what the future might look like for children from an early age

- Promote a focus on outcomes that are transferable to the real world

- Local authorities should make sure they focus on the PfA outcomes in EHC plan reviews and make sure related information is covered in the local offer

- The indicators included in this grid, although specified against a certain age, are applicable across the age ranges depending on cognitive ability i.e. a young person aged 17 may still be learning to feed themselves. Some indicators translate across outcomes - 'making choices' and 'managing change all applicable to all four PfA outcomes.

Employment

Age	Early Years 0-4 year olds	Primary Reception Y2 Key Stage 1 5-7 year olds	Primary Y3-Y6 Key Stage 2 8-11 year olds
Steps Towards Outcomes	• Following instructions - consider any specifics around sensory impairment • Adapting to new environments • Playing with other children • Real world play (builder / nurse / doctor)	• Numeracy • Real world visits (fire stations, farms etc.) • 'What do you want to be when you grow up?' • Meeting role models	• Talk about different careers and education options • Access to career related role models • Start to build a personal profile of interests and ambitions • School sessions from visitors on their careers
Resources	• Achievement for all – Whole School Approach • Whole School SEND • Communication Trust • Children's Sleep Charity	• Aspirations for Life employment posters • Employment Video Case Studies	• Aspirations for Life employment posters • Employment Video Case Studies

Employment

Age	Secondary Y7-Y11 Key Stages 3 & 4 11-16 year olds	Post-16 In schools and post-16 providers 16-19 year olds	Post-19 19-25 year olds
Steps Towards Outcomes	• Subject option choices - thinking about university and college, picking the right subjects for future career goals • Exploring different careers • Understanding requirements for HE • Structured careers advisory sessions • Planning for employment: what qualifications do you need, what study programme should you be on, what work experience would be most helpful • Work experience, starting with tasters and building up to increasing time in the workplace - with support where needed • GCSEs / NVQs / Entry level qualifications • Vocational options • Continue to build personal / vocational profile - use in careers sessions • After school / Saturday jobs / part-time employment • understanding supported employment options e.g. access to work • Transition to new settings • Starting micro-enterprises	• Build on strengths and interests highlighted in personal / vocational profile • Apprenticeships • Supported internships • Traineeships • Further work on academic and vocational qualifications • A-levels and planning for university including sharing EHC plan with disabled students allowance study needs assessor • CV writing • Skills in applying for jobs or higher education • Interviewing • Understanding support from the LA, e.g. do they have a supported employment service?	• Consolidate or finish learning • Taking part in adult education / community learning • Completing outcomes in EHC plan • Voluntary work • Knowing how to access support from Job Centre post-education • Paid work or higher education • Understanding benefits
Resources	• Vocational Profile Workbook • National Careers Service • Preparing for Adulthood Employment Resources • Downs Syndrome Association Employment • PfA review toolkit	• Supported Internships • Apprenticeships/Traineeships • Study Programmes • Disability Rights UK Factsheets and Guides & Higher Education Guide	• Care Act and C&F Act Fact Sheet • Mental Capacity Act • Transition Quick Guidance • Care Act Transition Guidance

Independent Living

Age	Early Years 0-4 year olds	Primary Reception Y2 Key Stage 1 5-7 year olds	Primary Y3-Y6 Key Stage 2 8-11 year olds
Steps Towards Outcomes	• Feeding and drinking • Toileting • Real world play (kitchens, DIY, cleaning) • Getting dressed • Making choices	• Washing / brushing teeth • Telling the time • Paying in shops (supervised)	• Sleep-overs and residential trips • Cooking at school and home • Understanding money – paying for snacks in school • Shopping • Moving around the school independently • Travel training • Transport and road signs
Resources	• Making it Personal– Guidance to personal budgets • Integrated Personal Commissioning		

Independent Living

Age	Secondary Y7-Y11 Key Stages 3 & 4 11-16 year olds	Post-16 In schools and post-16 providers 16-19 year olds	Post-19 19-25 year olds
Steps Towards Outcomes	• Travel training • Making decisions about what to spend money on • Making own food • Socialising unsupervised in town / local community • Independent living skills	• Managing bills (e.g. mobile phone) • Managing potential income including Personal Independence Payments • Residential and local learning options • Mental capacity - decision making • Understanding consent and best interest • Life skills • Managing your time • Transition to adult care • Being safe in your home • Understanding different types of living arrangements - what arrangements are positive and possible for each YP • Actively planning for future living arrangements with family, LA etc.	• Arranging potential independent / supported living options • Planning other living arrangements • Understanding correspondence / bills • Continuing to develop independent living skills as part of a study programme
Resources	• My Own Place • Your Place to Live • Housing and Support • No Place Like Home Guide • Housing discussion papers 1-4 • Reach Standards • Down's Syndrome Association housing guidance • Making it Personal– Guidance to personal budgets • Integrated Personal Commissioning		

Community Inclusion

Age	Early Years 0-4 year olds	Primary Reception Y2 Key Stage 1 5-7 year olds	Primary Y3-Y6 Key Stage 2 8-11 year olds
Steps Towards Outcomes	• Making friends • Social interaction • Visits / day trips	• Team playing • After school clubs • Weekend activities • Developing friendships / friendship groups	• Youth and after-school clubs • Learning to be safe on and offline • Knowing the local area • Walking short distances alone • Friendships • Understanding bullying • Managing change
Resources	• Local Offer Guide • TfL Travel Training Support • Downs Syndrome Association Poseidon Project		

Community Inclusion

Age	Secondary Y7-Y11 Key Stages 3 & 4 11-16 year olds	Post-16 In schools and post-16 providers 16-19 year olds	Post-19 19-25 year olds
Steps Towards Outcomes	• Making decisions about how to spend free time • Managing social media and other technology • Online gaming and staying safe • Belonging to different groups • Friendships and relationships • Understanding the bigger picture and building resilience	• Developing new friendships • Personal budgets - how could they be spent post 16 to further PfA aspirations • Managing your time • Being safe on the streets • Understanding alcohol and drugs • Volunteering • Understanding the criminal justice system • Knowing where to go for help and how to use the emergency services	• Accessing adult social care post 18 • Maintaining friendships outside of an education setting
Resources	• Friends videos on PfA site Community participation outcome all ages • Change easy read leaflets on sex and relationships • Downs Syndrome Association Independent Travel App	• Volunteering Matters – Community Participation 16+	• Inclusion Web

Health

Age	Early Years 0-4 year olds	Primary Reception Y2 Key Stage 1 5-7 year olds	Primary Y3-Y6 Key Stage 2 8-11 year olds
Steps Towards Outcomes	• Checks at birth (hearing etc) • Diet and food variety • 2 year old development check • immunisations	• Child obesity checks • Diet - making choices • Dentist school visit • Immunisations • Physical exercise	• Managing minor health needs e.g. asthma • Starting puberty immunisation BCG • Obesity check • Articulating pain / health problems • Starting puberty
Resources	• PfA self-evaluation tools all outcomes and all ages • Personal health budgets for children and young people with complex needs – top tips • Green light tool kit • Downs Syndrome Association health guidance		

General resources:

- Contact a Family - https://www.cafamily.org.uk/
- Council for Disabled Children: https://councilfordisabledchildren.org.uk/
- National Network of Parent Carer forums: http://www.nnpcf.org.uk/
- NDTi: www.ndti.org.uk
- PfA: www.preparingforadulthood.org.uk

Health

Age	Secondary Y7-Y11 Key Stages 3 & 4 11-16 year olds	Post-16 In schools and post-16 providers 16-19 year olds	Post-19 19-25 year olds
Steps Towards Outcomes	• Sex education • Immunisation - tetanus • Managing more complex health needs • Understanding what the GP can help you with • Annual health check with GP if registered Learning Disability • Mental health and wellbeing • Drug and alcohol education • Switching the screens off and getting a good night's sleep	• Taking responsibility for dental and optical appointments • Managing own health • Transition to adult health services • Knowing when you need to see the GP • Staying physically active and healthy • Understanding relationships, including s exual relationships - choices, safety and good health	• Managing health appointments
Resources	• Ready Steady Go project Transition Guidance for children to adult health • Sheffield Children's Trust Transition Guidance	• Nice Guidance Transition • Health Check Guide • Sheffield Children's Trust Transition Guidance	

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