

Preparing for Adulthood

Timeline

What does Preparing for Adulthood (PFA) mean and when does it start?

Preparing for adulthood is about taking steps to ensure that young people with special educational needs and disabilities receive the right level of support to enable them to live as full and active a life as is possible. The 4 main things that young people say are important to them are:

- Education and Employment
- Independent Living
- Community Inclusion
- Health and wellbeing

These areas should be discussed as part of transition planning which usually starts in Year 9 (13 or 14 years old) with the annual review of a young person's Education, Health and Care Plan.

Throughout the Preparing for Adulthood process:

- All reviews and plans should be centred around my needs, hopes and aspirations for the future.
- I need to agree who will need and can be sent information about me, including adult services.
- I will need my GP to have information about me.
- Each meeting should be recorded and shared with the people who support me now and those who are going to be supporting me as an adult.

What do I want to do in the future?

Questions to ask yourself

Age 13-14

- Who is currently helping me?
- What services do I currently access?
- Who needs to come to my review meetings or provide reports?
- Will I need a Continuing Healthcare Assessment?
- Have I been given information and advice?
- Anyone with a Learning Disability is entitled to a health check from age 14 – how do I access this?

Age 15

- Is anyone new helping me?
- What services am I accessing?
- Do I need to start my careers planning with my Careers Adviser (Connexions).
- Do I need support from PFA?
- Are there any schools or colleges I need to visit?
- Do I need a benefits check?
- Do I have clearly recorded goals for my future?

Age 16

- Mental Capacity Act means I can have more choice and control over my decisions – what does this mean for me?
- This could be my final year at school – have my goals changed?
- Do I want to stay at school or look at college, training or employment (apprenticeship)?
- Have I completed my Careers Action Plan with my Careers Adviser (Connexions)?
- What do I need to be independent?
- What support might I need when I am an adult?
- Do I need PFA support to answer these questions?

Age 17

- Do I feel fully supported?
- Do I have access to a range of information about what life may look like when I am an adult?
- Have my goals changed?
- Do I need a referral to Adult Social Care for a Care Act Assessment to help my support planning?
- Do I have an informal carer that needs a carers assessment?
- Do I need help to look at where I might want to live in the future?

Age 17 ½

- Has a referral to Adult Social Care been made?
- Has a Continuing Health Care Assessment been done?
- Is my GP involved?
- Are my benefits in the right name?
- Will I have a personal budget and who will help me with this?
- What further learning do I need?
- Where do I go for information and support?
- Do I know where I am going to live?

Age 18-19

- Am I continuing with my education, am I looking for training or employment (apprenticeship) or do I need support to access services in the day?
- Am I getting the right benefits?
- Do I feel that my Care Act Support Plan is enabling me to meet my goals and aspirations?

Age 19-25

- Am I living the life I want, and doing the things that are important to me, as independently as possible?
- Am I able to have a good time with my friends?
- Am I part of my community?
- Am I being supported with my health needs?
- Have I met my outcomes on my EHCP (if I still have one) or am I continuing to meet them?
- Am I leading a fulfilled life?

At 18 I am an adult >>>>>>>>>>

