

Preparing for Adulthood



Preparing for Adulthood Outcomes

For all pupils from year 9 and onwards, the Outcomes on their EHCPs must link with the Preparing for Adulthood areas. This is to ensure that pupils are not only being supported to access education, but being offered a more holistic level of support to build key life skills and ready them for life beyond education.

There are four Preparing for Adulthood areas:

- Education, training and/or preparation for employment
- Interaction with others and the wider community
- Independent living skills
- Promoting good health and well-being

Below is a summary of what kind of skills or areas of challenge each Outcome may try to build upon.

More information and resources for staff, pupils and parents may be found at:

<http://preparingforadulthood.org.uk/>

Education, training and/or preparation for employment

This includes exploring different employment options, such as support for becoming self-employed and help from supported employment agencies, as well as education and training possibilities.

The outcome may relate to:

- preparing for transitions
- identifying appropriate post-16 pathways and how to access them
- preparing for higher education beyond college
- alternatively preparing for training options such as supported internships, apprenticeships and traineeships
- finding a job, and learning how to do a job (for example, through work experience opportunities or the use of job coaches)
- accessing a particular career or setting up their own business
- understanding any welfare benefits that might be available when in work
- understanding where to seek additional employability skills support or training if required

Interaction with others and the wider community

This includes having friends and supportive relationships, as well as participating in, and contributing to the local community.

The outcome may relate to:

- developing and maintaining friendships and relationships
- participating in social activities,
- projects or opportunities
- participating in community activities, projects or opportunities
- opportunities for engagement in local decision-making
- understanding mobility and transport support

Independent living skills

This means young people having choice, control and freedom over their lives and the support they have, their accommodation and living arrangements, including supported living.

The outcome may relate to:

- preparation for independent living, including exploring what decisions young people want to take for themselves and planning their role in decision making as they become older
- where the child or young person wants to live in the future, who they want to live with and what support they will need
- skills required in contributing towards, setting up or maintaining a house
- general life, organisation and independence skills
- local housing options, support in finding accommodation, or seeking the appropriate housing benefits and social care support

Promoting good health and well-being

This is centred around equipping all young people to be as healthy as possible in adult life.

The outcome may relate to:

- understanding what makes a healthy lifestyle, including healthy eating and exercise
- developing emotional and mental health, including managing stress and anxiety
- maintaining physical health
- managing illness, including taking medication appropriately (e.g. managing medication for diabetes)
- knowing how to access adult health services
- knowing which services to seek support from to maintain different aspects of health