Preparing for Adulthood

In the community

Moving around the community

Using the bus or train

Walking or cycling in the community

Play & leisure

Going to the cinema/shopping with friends

Playing sport, going swimming or going to the gym

Going on holiday

Going on a date

Attending Scouts / Guides / Brownies or other structured groups

Work, appointments & errands

Going to appointments or meetings

Going to the supermarket / bank / post office

Doing a part time job / volunteering

**To access suitable further education of his choosing so that he can gain qualifications.**

**Setting up a circle of friends, including best friends and other people from the neighbourhood**

**Support to keep and develop friendships including family support**

**Take part in the same things as other young people e.g. going out with friends; maintaining friendships after school ends**

**Us of direct payments and personal budget**

**Know about the benefits system including housing benefit; tax system**

**Plan for successful transition to college or other Post 16 provider**

* develop a career plan,
* get work experience,
* part-time work and employment
* travel training
* telling the time and time management,
* communication skills e.g. using a mobile phone,
* using money

talk about different careers and education options

sleep-overs and residential trips

youth and after-school clubs

learning to be safe on and offline

start to build a personal profile of interests and ambitions

understanding money

knowing the local area

school sessions from visitors on their careers

moving around the school independently

cooking at school and home

walking short distances alone

managing minor health needs eg asthma

shopping

transport / road signs

subject option choices in Year 9; thinking about college; picking the right subjects for future career goals

exploring different careers

understanding requirements for college courses

after school / Saturday jobs

structured careers advisory sessions

work experience, starting with tasters and building up to increasing time in the workplace - with support where needed

travel training

making decisions about what to spend money on

making own food

socialising unsupervised in town

independent living skills

making decisions about how to spend free time

social media

online gaming

staying safe online

belonging to different groups

friendships and relationships

puberty

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

Entry level qualifications

vocational options

continue to build personal profile - use in careers sessions

understanding supported employment options eg access to work

transition to new settings

starting micro-enterprises

build on strengths and interests highlighted in personal profile

planning for employment: what qualifications do you need, what study programme should you be on, what work experience would be most helpful

apprenticeships

supported internships

traineeships

further work on academic qualifications including E&M

CV writing

skills in applying for jobs

knowing how to access support from Job Centre post-education

interview skills

managing bills (e.g. mobile phone)

residential learning options

mental capacity - decision making

life skills

parents take a step back

managing your time

transition to adult care

being safe in your home

understanding different types of living arrangements and thinking about what future living arrangements are positive and possible for each YP

actively planning for future living arrangements with family, LA etc

knowing when you need to see the GP

staying physically active and healthy

understanding relationships, including sexual relationships - choices, safety and good health

19 – 25

consolidate learning

completing outcomes in EHC plan

voluntary work

knowing how to access support from Job Centre post-education

paid work

understanding benefits

planning other living arrangements

understanding correspondence/bills

accessing adult social care post 18