

East Riding of Yorkshire Preparation for Adulthood Outcomes Guide

Foundation to Stage 2 (ages 0 - 11 years)

A range of Preparation for Adulthood (PfA) outcomes that children can achieve, starting from their earliest years through to adulthood.

INCLUDED OUTCOMES CONSIDER:

- Education/world of work
- Independent living
- Community inclusion
- Health

Child's name: _____

Parent/carer's name: _____

Education setting: _____

Date: _____

Parents / carers, professionals and any adult in a young person's life can support the achievement of these outcomes. Suggested age ranges are flexible and can be adapted depending on the needs of the individual child or young person.



www.logonmoveon.co.uk/information/er-pfa-info-and-resources



EAST RIDING
OF YORKSHIRE COUNCIL



Humber and North Yorkshire
Health and Care Partnership

NHS
Humber and
North Yorkshire
Integrated Care Board (ICB)

Foundation Stage (0-5 years)

How to:

The outcomes listed can be set in any order that is relevant to an individual. Some children may never be able to achieve certain Preparing for Adulthood outcomes and this is okay. The guide provides outcomes that children can work towards to improve their independence skills and help them to lead happy and healthy lives. Please ask a parent/carer/teacher to add brief comments or photos as evidence and sign when the outcomes are completed.

Education/learning to think about the world of work

Completed ✓

- 0.01 I can follow a simple instruction
- 0.02 I can adapt to new environments
- 0.03 I can join in games and activities with others
- 0.04 I can role play (builder, doctor, police officer, train driver, etc.)

Health

Completed ✓

- 0.05 I have had my health checks at birth
- 0.06 I have a varied diet and enjoy different foods
- 0.07 I have had my two year old development review
- 0.08 My immunisations are all up to date

Independent living

Completed ✓

- 0.09 I can wash my hands
- 0.10 I can go to the toilet on my own
- 0.11 I can put my coat on without help
- 0.12 I can wipe my nose

Community inclusion

Completed ✓

- 0.13 I have made friends at my education setting (nursery/school etc.)
- 0.14 I can play games with others
- 0.15 I can share toys and take turns
- 0.16 I like to go on visits with my parent/carer

Foundation Stage evidence

I am happiest when I am:

I am good at:

Parent/carers comments:

Outcome evidence

Additional evidence pages available at the back

Parent/carers signature: _____

Teacher signature: _____

Stage completion date: _____

Stage I (5 - 7 years)

Education / thinking about the world of work

Completed ✓

- I.01 I can read, write and recognise my numbers to 20
- I.02 I can recognise community buildings / recreation areas (fire stations, hospitals, parks)
- I.03 I can talk about *"what I want to be when I grow up"*
- I.04 I can recognise jobs in the community (postal worker, teacher, police officer)

Health

Completed ✓

- I.05 I can make healthy choices with food
- I.06 I have had a dental check up
- I.07 My immunisations are all up to date
- I.08 I can take part in physical exercise

Independent living

Completed ✓

- I.09 I can wash my face and brush my teeth independently
- I.10 I know what time I go to bed and have made a start with telling the time
- I.11 I can help an adult pay for items in the shop
- I.12 I can help with simple cooking tasks at home

Community inclusion

Completed ✓

- I.13 I can take part in team games
- I.14 I have attended clubs at my education setting
- I.15 I have taken part in activities at the weekend
- I.16 I have developed friendships in my education setting

Stage 1 evidence

What people like about me:

My interests and hobbies are:

Parent/carer comments:

Outcome evidence

Additional evidence pages available at the back

Parent/carer signature: _____

Teacher signature: _____

Stage completion date: _____

Stage 2 (7-11 years)

Education / world of work

Completed ✓

- 2.01 I can talk about different careers and my options for secondary education
- 2.02 I have had access to career related role models
- 2.03 I can talk about my interests and ambitions
- 2.04 I have listened to a visitor in my education setting talking about their career

Health

Completed ✓

- 2.05 I can manage minor health needs e.g. hay fever
- 2.06 I know about puberty and how my body will change
- 2.07 I understand why sleep, healthy food choices and exercise are important for my health
- 2.08 I can tell an adult when I am in pain or when I feel unwell

Independent living

Completed ✓

- 2.09 I can help with cooking at home
- 2.10 I understand money i.e. paying for an item and receiving the correct change
- 2.11 I can move around my education setting independently
- 2.12 I know how to stay safe when walking near busy roads

Community inclusion

Completed ✓

- 2.13 I know how to stay safe on and offline
- 2.14 I can make and sustain friendships with my peers
- 2.15 I understand bullying and know to tell an adult
- 2.16 I can manage changes to my routine

Stage 2 evidence

My favourite subjects are:

When I grow up I want to be:

Parent/carer comments:

Outcome evidence

Additional evidence pages available at the back

Parent/carer signature: _____

Teacher signature: _____

Stage completion date: _____

Additional evidence

Additional evidence

Additional evidence

Additional evidence

Useful links

Education / world of work

- Speech and language support icancharity.org.uk
- BBC Bitesize resources bbc.co.uk/teach
- Children's sleep charity thesleepcharity.org.uk
- Family Lives primary familylives.org.uk/advice/primary

Preparing for Adulthood

Email us [@pfageneralenquiries@eastriding.gov.uk](mailto:pfageneralenquiries@eastriding.gov.uk)

Health

- Childline childline.org.uk or freephone [0800 1111](tel:0800 1111)
- Find a GP nhs.uk/service-search/find-a-gp
- Find a dentist nhs.uk/service-search/find-a-dentist
- Mental health place2be.org.uk
- Good health nhs.uk/healthier-families
- Bullying kidscape.org.uk



Independent living

- Journey planning traveline.info
- Finding your way around eastriding.gov.uk/local-offer/young-people/finding-your-way-around
- Road safety think.gov.uk/education-resources
- Banking and budgeting natwestthrive.com

Community inclusion

- E-safety ceopeducation.co.uk
- Report online abuse ceop.police.uk
- Preparing for Adulthood preparingforadulthood.org.uk

East Riding Parenting Offer

- eastriding.gov.uk/living/children-and-families/free-online-learning-for-parents-and-carers

East Riding Local Offer

eastriding.gov.uk/local-offer

The local offer provides useful information for children and young people with special educational needs and disabilities (SEND) and their families. It is here to help families, individuals, groups and organisations find information so you have more choice and control over what support is right. Please visit the East Riding SEND Local offer website for more information, including content about Preparing for Adulthood.

The Families Information Service Hub (FISH) offers a wide range of information, advice and support to parents and carers across the East Riding eastriding.gov.uk/living/children-and-families/families-information-service-hub