

East Riding of Yorkshire Preparation for Adulthood Outcomes Guide

Stage 3 to Stage 5 *(ages 11 - 18+ 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/employment
- Independent living
- Community inclusion
- Health

Young person'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)

Stage 3 (11 - 14 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 / employment

Completed ✓

- 3.01 I have thought about my subject option choices (thinking about future careers)
- 3.02 I have thought about what I want to do when I leave my education setting
- 3.03 I have had some form of careers advice in my education setting
- 3.04 I understand the entry requirements for further education

Health

Completed ✓

- 3.05 I know where to get help if I feel unwell
- 3.06 I know who my GP is and how to contact them
- 3.07 I know to switch off all electronic devices to get a good night's sleep
- 3.08 I know about being healthy and I know some information regarding sex and relationships

Independent living

Completed ✓

- 3.09 I can cook a small meal and tidy up after myself
- 3.10 I am able to spend money sensibly
- 3.11 I know how to cross the road and use different transport methods safely (bus, train, bike, etc.)
- 3.12 I know how to make my own choices and when to ask for help with making decisions

Community inclusion

Completed ✓

- 3.13 I can make sensible decisions around my spare time
- 3.14 I know how to use social media safely and know not to give out personal information
- 3.15 I can socialise with my friends in a safe way
- 3.16 I know about places and activities in my community that I might enjoy

Stage 3 evidence

My hobbies and interests are:

My favourite subjects are:

Parent/carer comments:

Outcome evidence

Additional evidence pages available at the back

Parent/carer signature: _____

Teacher signature: _____

Stage completion date: _____

Stage 4 (14-16 years)

Education / employment

Completed ✓

- 4.01 I am working towards my goals and I have thought about my options beyond my current education setting
- 4.02 I have experienced a workplace and understand my own future employment options
- 4.03 I have received careers advice, built a personal profile and made an application through the Log On Move On website
- 4.04 I know I can ask for help if I feel worried about transferring to a new education or training setting

Health

Completed ✓

- 4.05 I know about healthy eating and have a balanced diet
- 4.06 I know where to go if I need advice regarding sexual health and relationships
- 4.07 I have attended my annual GP health check (*if registered with a learning disability*)
- 4.08 I know who to ask for support regarding my mental health and wellbeing

Independent living

Completed ✓

- 4.09 I know how to plan an individual journey and I can travel independently
- 4.10 I know how to look after myself and I am able to cook, clean and wash my own clothes
- 4.11 I am able to budget my money and I know how to save
- 4.12 I can socialise unsupervised in the local community

Community inclusion

Completed ✓

- 4.13 I understand the dangers of social media/internet/online gaming and use them appropriately
- 4.14 I can manage my time and know how to act responsibly
- 4.15 I actively engage myself in the community and belong to different groups
- 4.16 I can develop and maintain healthy friendships and relationships

Stage 4 evidence

When I leave my current education setting I would like to:

My aspirations in life are:

Parent/carer comments:

Outcome evidence

Additional evidence pages available at the back

Parent/carer signature: _____

Teacher signature: _____

Stage completion date: _____

Stage 5 (16 - 18+ years)

Education / employment

Completed ✓

- 5.01 I have considered my future options for higher education, training or employment (including foundation apprenticeships, apprenticeships and supported internships)
- 5.02 I have achieved some qualifications and I have thought about my further education options
- 5.03 I know how to write a CV, how to apply for work and understand the interview process
- 5.04 I understand how to access support from Job Centre Plus and understand how to check if I am entitled to any benefits

Health

Completed ✓

- 5.05 I have taken responsibility for my health, dental and optical appointments
- 5.06 I am comfortable with the transition into adulthood / adult health services
- 5.07 I understand how to stay physically fit and healthy
- 5.08 I understand relationships, including sexual relationships - choices, safety and good health

Independent living

Completed ✓

- 5.09 I can take care of my own personal finances (budgeting, mobile phone bill)
- 5.10 I have the mental capacity to make my own decisions
- 5.11 I am continuing to develop my independent living skills
- 5.12 I have considered and understand different types of living arrangements for my future independence

Community inclusion

Completed ✓

- 5.13 I can develop and maintain new relationships / friendships outside of school / college
- 5.14 I understand how and when to use the emergency services (police, ambulance, fire service and coastguard)
- 5.15 I can stay safe and understand the negative effects of drugs (legal and illegal) and alcohol
- 5.16 I can manage my own time and attend appointments on time where needed

Stage 5 evidence

When I leave my current education or training setting, I would like to:

My aspirations in life are:

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 / employment

Jobs	gov.uk/find-a-job
Benefits advice	gov.uk/browse/benefits
National Careers Service	nationalcareers.service.gov.uk
Apprenticeships	gov.uk/become-apprentice
Access to Work	gov.uk/access-to-work
Careers information	logonmoveon.co.uk
Supported internships	eastriding.gov.uk/local-offer/young-people/further-and-higher-education/supported-internships

Health

Childline	childline.org.uk or freephone 0800 1111
Samaritans	samaritans.org or freephone 116 123
Find a GP	nhs.uk/service-search/find-a-gp
Find a dentist	nhs.uk/service-search/find-a-dentist
Mental health	youngminds.org.uk
Good health	healthforteens.co.uk
Bullying	kidscape.org.uk
Sex and relationship education	brook.org.uk/resources

Preparing for Adulthood

Email us @ pfageneralenquiries@eastriding.gov.uk

East Riding Parenting Offer

- [eastriding.gov.uk/living/children-and-families/free-online-learning-for-parents-and-carers](https://www.eastriding.gov.uk/living/children-and-families/free-online-learning-for-parents-and-carers)

Independent living

Journey planning	traveline.info
Independent travel training	eastriding.gov.uk/local-offer/young-people/finding-your-way-around/help-with-travel
Road safety	think.gov.uk/education-resources
Banking and budgeting	lloydsbankacademy.co.uk/financial-skills

Community inclusion

E-safety	ceopeducation.co.uk
Report online abuse	ceop.police.uk
Preparing for Adulthood	preparingforadulthood.org.uk
Drug and alcohol info	youngminds.org.uk/young-person/coping-with-life/drugs-and-alcohol

Preparing for Adulthood



East Riding Local Offer

[eastriding.gov.uk/local-offer](https://www.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](https://www.eastriding.gov.uk/living/children-and-families/families-information-service-hub)