

# Preparing for Adulthood

## Forest Way School

The Preparing for Adulthood (PfA) framework, as outlined in the SEND Code of Practice 2015, focuses on four key outcome areas to support young people with Special Educational Needs and Disabilities (SEND) in their transition to adult life. For students with an Education, Health and Care (EHC) plan, these four themes must be the central focus of the Year 9 annual review (age 13–14) and all subsequent reviews.

### The four areas are:

#### Higher Education and/or Employment

This area involves exploring options for what a young person will do during the day after they leave school. It covers pathways such as university, further education colleges, or entering the workforce through apprenticeships, supported internships, or volunteering. Schools have a duty to provide tailored, impartial careers advice from at least Year 8 to help pupils understand these diverse options.

#### Independent Living

The focus here is on ensuring young people have choice and control over their lives, their support, and their living arrangements. This includes developing practical skills for autonomy, such as managing money and travel training, and exploring housing options like supported living, residential care, or Shared Lives schemes.

#### Participating in Society

This outcome aims to help young people become active members of their community and develop meaningful friendships and supportive relationships. It emphasises community inclusion and supporting the young person to make a positive contribution to their local area.

#### Being as Healthy as Possible

This theme focuses on maintaining physical and mental wellbeing into adult life. Key elements include the transition from child (paediatric) to adult health services, promoting active lifestyles, and ensuring those with learning disabilities receive an annual health check from their GP starting at age 14.

The primary goal of focusing on these areas is to work together with the young person and their family to help them achieve their specific goals and aspirations for the future.

