

A Young Person's Guide to: Year 9 Annual Review

Preparation for Adulthood starts at an early age.

A real focus and narrowing outcomes should come in the year 9 annual review.

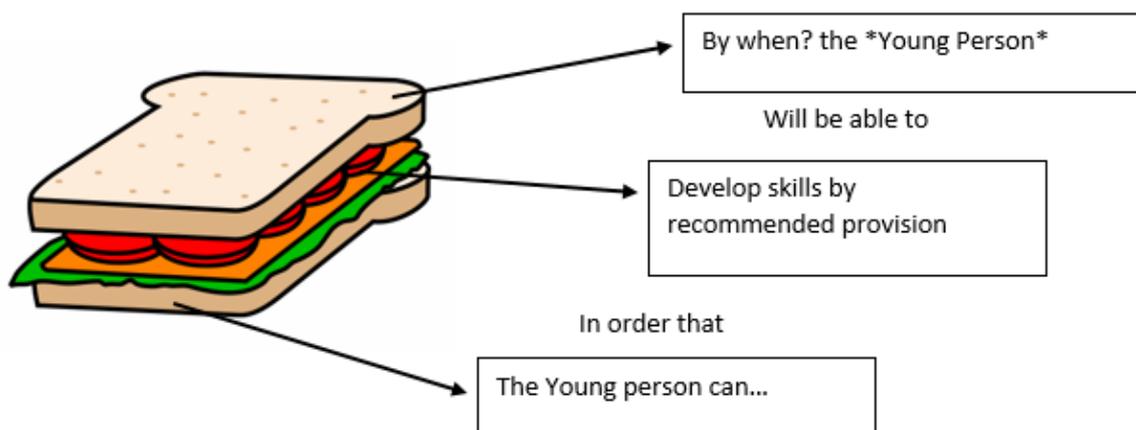
There needs to be a focus on outcomes that are transferable to the real world.

Model of writing PfA outcomes - The Sandwich Model

The Top – specifies a realistic timescale when the outcome will be achieved.

The Filling – Specifies the skill that will develop as a result of provision. Skills should be measurable through observation or assessment.

The Base – specifies how 'the filling' (skills) move the young person towards the life they want for themselves. What will the skill give the young person?



There are 4 sections that should be looked at when we talk about preparation for adulthood.

Education, Training and Employment
Friendships and Community
Independent Living

Health

Employment

The aim is for Young People to gain meaningful employment in a job that suits them. Education, training, and supported internships should be tailored to suit the needs and goals of the individual Young Person. In preparing for adulthood, people supporting Young People should have conversations around future goals. A good way of achieving this is through Vocational Profiling, this is a person centred way of planning and gathering information. Support around education and employment should come in the form of work experience, planning for employment and helping young people to understand employment options.

An example of how planning for education and employment might look in the EHCP:

Aspiration: To get a job as a veterinary nurse

Outcome(s): By July 2020 I will have had at least 3 work experiences relating to animals and veterinary science. So that I have an understanding of what will be expected from me in my role as a veterinary nurse.

In 12 months I will be able to travel independently around my local area, by walking, using public transport, or by taxi with the support I need. So I am able travel to work and meet friends.

Friendships and Community

The EHCP should start detailing how the young person can gain support for their friendships and community involvement.

Young people should be supported around making decisions about how to spend their free time, how to manage and stay safe on social media and other technology including online gaming, belonging to different groups and what that might look like for them, how they can make and engage with friendships. It is the responsibility of people who work with young people to help them to understand the bigger picture and help them build resilience.

An example of how planning for friendships and community might look in the EHCP:

Aspiration: To have a friendship group, be part of a gaming club, and volunteer in a Rainbows club

Outcome(s): By the end of year 12 I will be going out with friends twice a week, to go to the cinema, swimming, walking and music events. So that I am part of my community.

In 6 months I will be volunteering with a Rainbows club, I will have support to contact different groups. This will help with my extracurricular activities and support future employment.

By 2020 I will be a member of a gaming club, I will meet with the club whenever they meet but at least once a month. This will help support my friendships and skills.

Independent Living

Preparing for independent living is an important part of everyone's life, for a young person with an EHCP making sure the right kind of support is in place is very important. In year 9 there should be a focus on supporting young people around independent travel, making decisions about spending money, making own food, and independent living skills. Conversations should also start around where the young person wants to live in the future, and what support they may need.

An example of how planning for Independent Living might look in the EHCP:

Aspiration: To live in my own home, with the support I need.

Outcome(s): By Sep 2020 I will know what type of accommodation I want to live in and who I want to live with.

By May 2020 I will be responsible for making my own lunch for school and will make 1 meal at home a month.

By Jun 2021 I will be able to go to the shops independently and buy ingredients for a meal I will make.

Health

In the EHCP any individual health needs should be discussed in Section C, however there should also be a focus for every young person on their general health needs in the plan. This might include education around sexual health and relationships, drug and alcohol awareness, mental health and wellbeing. There may need to be a specific focus on how to manage your own health, knowing when to see the GP, and how to stay fit and physically active and healthy.

An example of how planning for Health might look in the EHCP:

Aspiration: To be fit and healthy and know how to look after my health

Outcome(s): By the end of year 12 I will have membership to the gym and be attending twice a week with a friend, so I am able to keep fit.

By the end of year 11 with support I will have booked myself a dental appointment, to check my teeth are healthy.

By the end of year 13 I will be using my health action plan to support me in taking me medications, my diet and exercise.