

# Preparing for Adulthood



A young person's annual review in Year 9 and all those after must focus on Preparing for Adulthood (PfA).

This can be an exciting time for your young person but may also be a little daunting for you all, however it's so important to start putting the things in place now to help your young person achieve what they want to in their adult years

More information about the year 9 annual review can be found here:

[Information for parents and carers, preparing for Year 9 Annual Reviews \(AR\) | Worcestershire County Council](#)

## Employment

This outcome is about how the young person will be employed or occupied daily, depending on their needs - this might be paid employment or volunteering - it's also about exploring the support they will need to achieve their goals

Things to think about:

- What are they good at?
- What do they enjoy doing?
- What interests them?
- Have they/you had any thoughts what they might like to do?

## Friends, Relationships & Community

Community inclusion: having friends, being part of the community and having relationships.

Things to think about:

- What leisure activities do they like doing?
- Do they need support to maintain friendships?
- How will they get out and about?
- Do you know what leisure activities are available locally and how to access them?

## Independent Living

Independent living: what do they need to live as independently as they are able and what will this look like?

Things to think about:

- Where do they want to live?
- Who do they want to live with?
- What support would they need to live independently? e.g decision making, personal care etc
- What financial help is available ?

## Good Health

Health: what do they need to keep healthy and who can help?

Things to think about:

- Is their disability noted at a GP surgery?
- Are they entitled to an annual health check?
- What support will they need to transition to adult health care?
- Do they need support to understand their health concerns they have?