

Preparing for Adult Life (PfAL)

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Aim

- Highlight the 4 Preparing for Adult Life (PfAL) outcomes
- Consider how parents/carers can be involved in supporting children and young people to achieve them.
- Look at what support there is for young people/parents/carers in Norfolk and beyond around PfAL, including the role of the new PfAL Service.

The 4 PfAL outcomes

- **Employment/Education**
- **Being Healthy**
- **Independent Living**
- **Friends, Relationships, and Community**

The PfAL 'pillars'



Money

Transport



Young people making their own decisions and the importance of parents and carers

“As young people develop, and increasingly form their own views, they should be involved more and more closely in decisions about their own future. After compulsory school age (the end of the academic year in which they turn 16) the right to make requests and decisions under the Children and Families Act 2014 applies to them directly, rather than to their parents. Parents, or other family members, can continue to support young people in making decisions, or act on their behalf, provided that the young person is happy for them to do so, and it is likely that parents will remain closely involved in the great majority of cases”.

SEN COP 2015

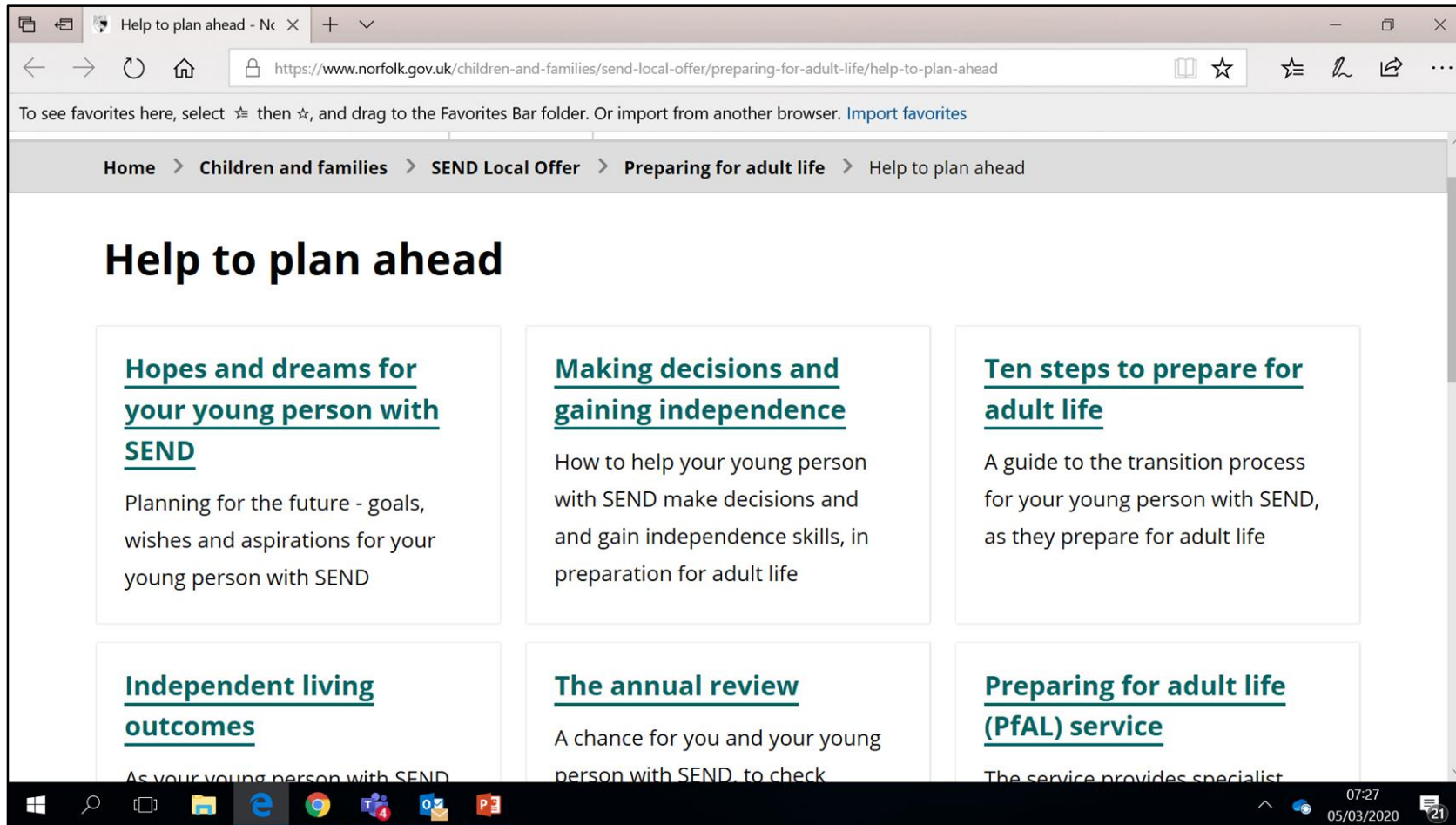
Parents and carers supporting PfAL

- Importance of hopes and dreams
- Interests, strengths and motivations
- Planning for change
- Start early
- Start small



Parents and carers supporting PfAL

<https://www.norfolk.gov.uk/children-and-families/send-local-offer/preparing-for-adult-life/help-to-plan-ahead/step-by-step-guide>



The screenshot shows a web browser window displaying the Norfolk County Council website. The address bar shows the URL: <https://www.norfolk.gov.uk/children-and-families/send-local-offer/preparing-for-adult-life/help-to-plan-ahead>. The breadcrumb navigation path is: Home > Children and families > SEND Local Offer > Preparing for adult life > Help to plan ahead.

Help to plan ahead

Hopes and dreams for your young person with SEND

Planning for the future - goals, wishes and aspirations for your young person with SEND

Making decisions and gaining independence

How to help your young person with SEND make decisions and gain independence skills, in preparation for adult life

Ten steps to prepare for adult life

A guide to the transition process for your young person with SEND, as they prepare for adult life

Independent living outcomes

As your young person with SEND

The annual review

A chance for you and your young person with SEND, to check

Preparing for adult life (PfAL) service

The service provides specialist

The Windows taskbar at the bottom shows the date and time as 07:27 on 05/03/2020.

Toolkits and resources:

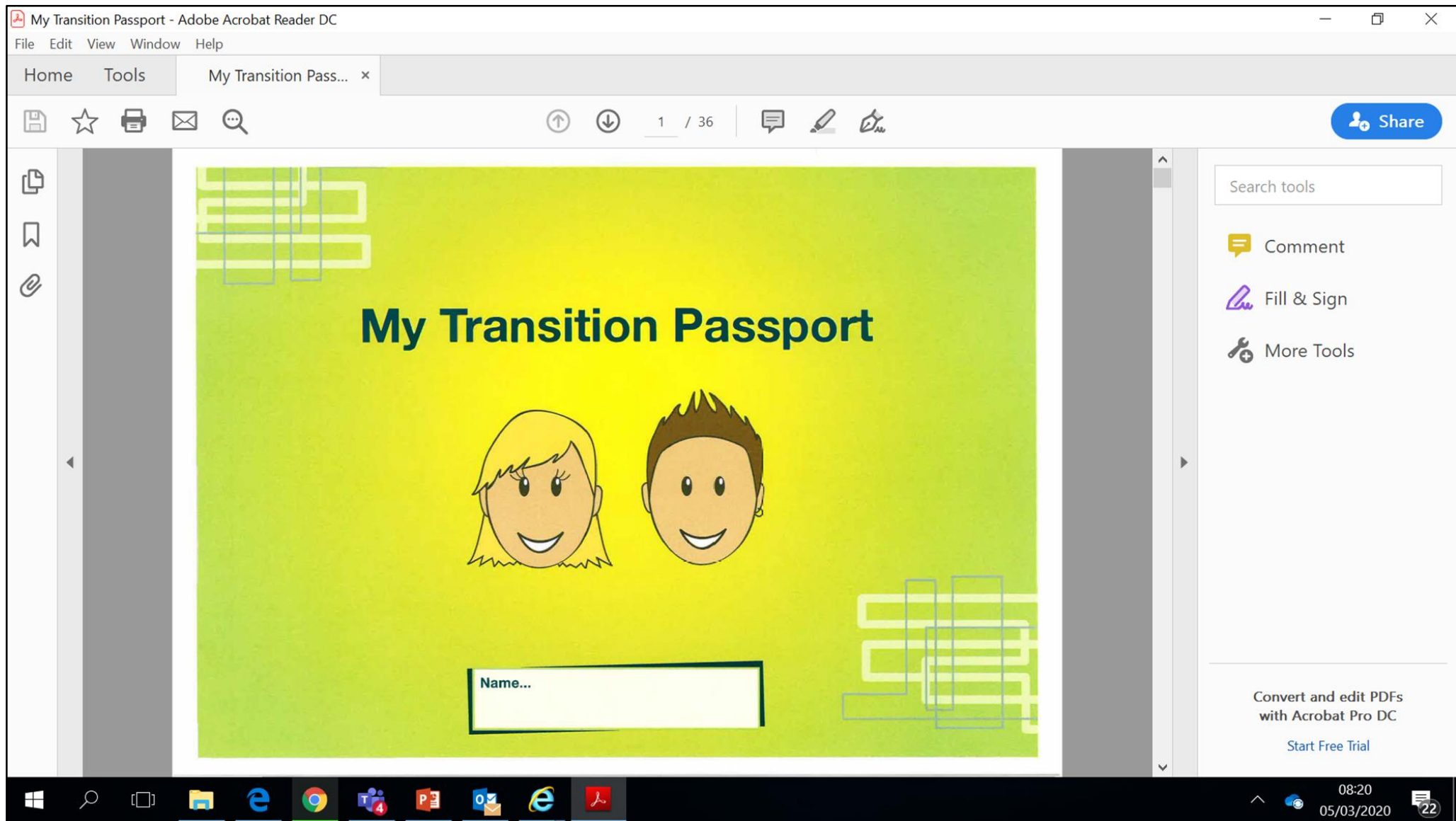
My transition passport

Relationship Map

Ten steps to prepare for adult life

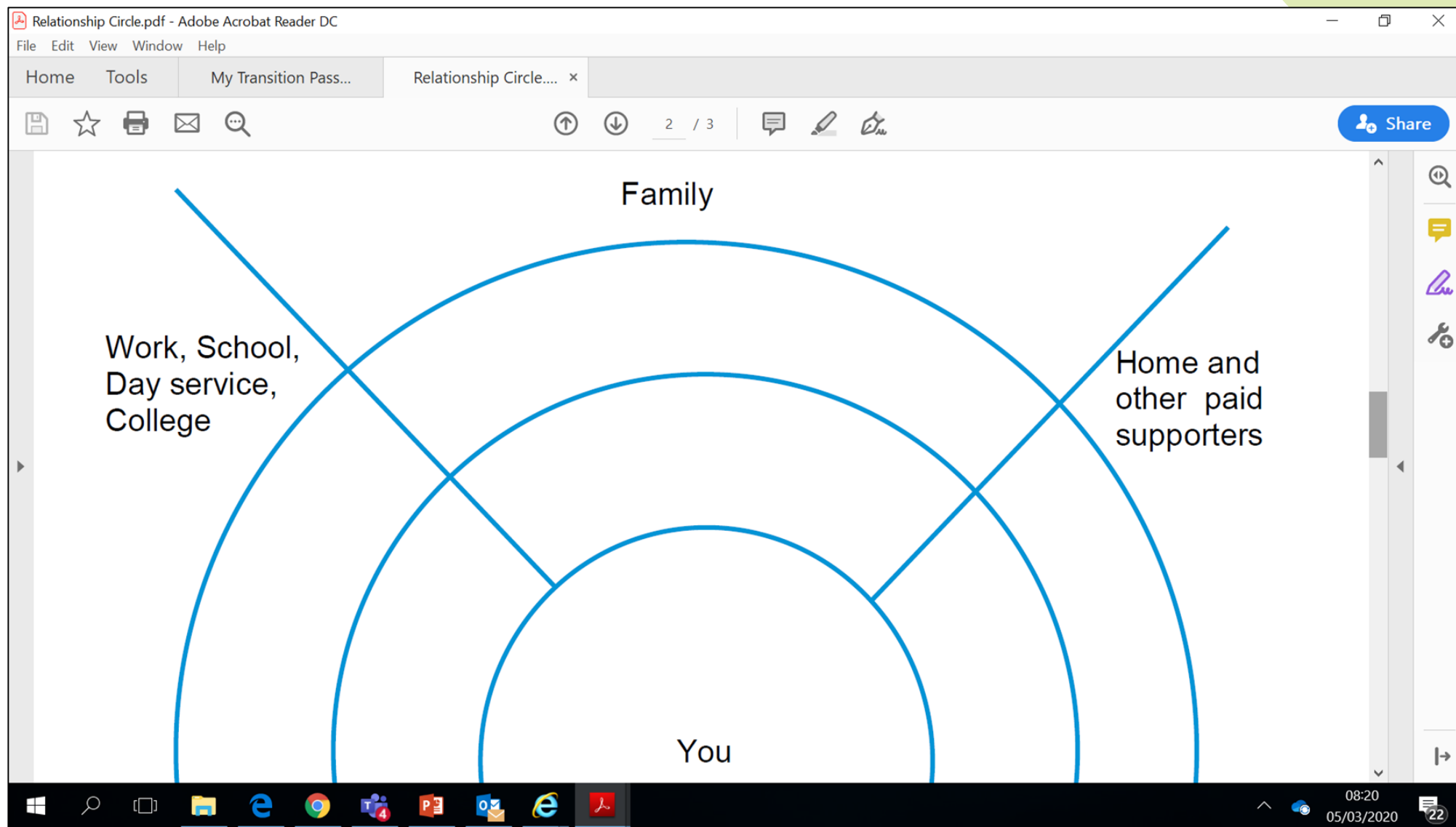
Picture my future





Relationship Map

www.norfolk.gov.uk/children-and-families/send-local-offer/preparing-for-adult-life/help-to-plan-ahead/step-by-step-guide



www.norfolk.gov.uk/children-and-families/send-local-offer/preparing-for-adult-life/help-to-plan-ahead/step-by-step-guide

Ten steps to prepare for

[Download My Transition Passport \(pdf\) to record hopes and dreams](#)

[Download a Relationship Map \(pdf\) to identify who is important to you](#)

[Find services - search our Norfolk Community Directory](#)

Step 2: Make a PfAL plan (age 13 - 14)

Think about your main goals and wishes and the outcomes you'd like in [education](#) and [employment](#), [independent living](#), [good health](#), [being part of your community](#), friends and relationships. If you have an [Education, Health and Care plan \(EHCP\)](#) these should be recorded at your Year 9 review. You may have a worker from the Preparing for Adult Life (PfAL) team. If you do, they'll also help you.

Step 3: Who is doing what (age 14 - 15)

Now that you know what needs to happen and where you're headed, make sure that everyone knows what they need to do to help you achieve your goals. This plan may include tasks for you, your family or carers, and professionals that work with you, such as your teachers at school, or a social worker if you have one.

Help to plan ahead

- [A checklist to good transition - useful tool for young people and families](#)
- [Transition between children's and adult health services](#)
- [Preparing for adult life \(PfAL\) service](#)
- [Groups and organisations offering help](#)

11:04 05/03/2020

Picture my future

www.picturemyfuture.com

Picture My Future

Home
About
Modules
Toolkit
Links
Gallery
Contact

MODULE 1: INTRODUCTION TO PICTURE MY FUTURE

Welcome to Picture My Future. This is an online training course designed to teach you about Picture My Future and how it can be used to support people with disability as they explore their goals for the future. There are five training modules and each module has a short animation as an introduction. After you have viewed the animation you should complete the module below it before going on to the next module. At the end of these modules you should have an understanding of the Picture My Future approach and how to facilitate it, as well as an understanding of where it fits within the broader planning context.

[READ MORE >](#)

MODULE 2: COMMUNICATING WITH A PERSON WITH DISABILITY

QUESTION?

08:23
05/03/2020

Key websites

The Local Offer

Norfolk Community Directory

Justonenorfolk

Helpyouchoose

National Careers Service. Also you can call 0800 100 900 to get advice.

The Local Offer


www.norfolk.gov.uk/children-and-families/send-local-offer/preparing-for-adult-life

Preparing for adult life · × + ▾

← → ↺ 🏠 🔒 https://www.norfolk.gov.uk/children-and-families/send-local-offer/preparing-for-adult-life ☆ ☆ ⌵ 🔍 ⌂ ⋮


To see favorites here, select ☆ then ☆, and drag to the Favorites Bar folder. Or import from another browser. [Import favorites](#)

Start this process early on as learning skills they will need from the day they are born. Learning is something that carries on however old you are.




Help to plan ahead

How to help your young person on their journey to adulthood




Getting a job ahead

Advice and guidance to help your young person find work



Leisure and community

How to help your young person be an active part of the community




Finding somewhere to live

Advice and guidance to help your young person find

Windows Taskbar: File Explorer, Edge, Chrome, Teams, PowerPoint, Outlook, Edge, Adobe Reader

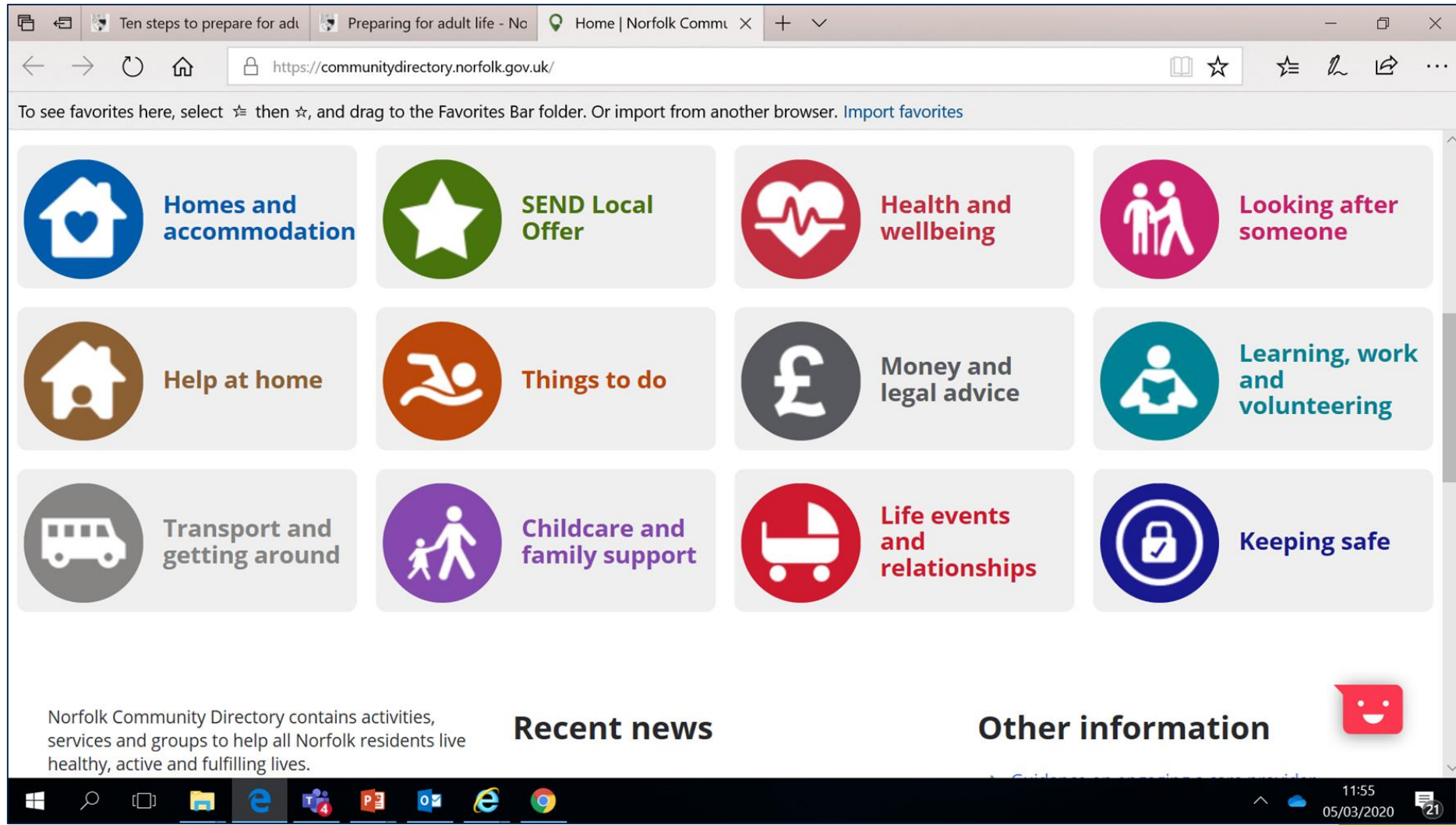
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Norfolk
County Council

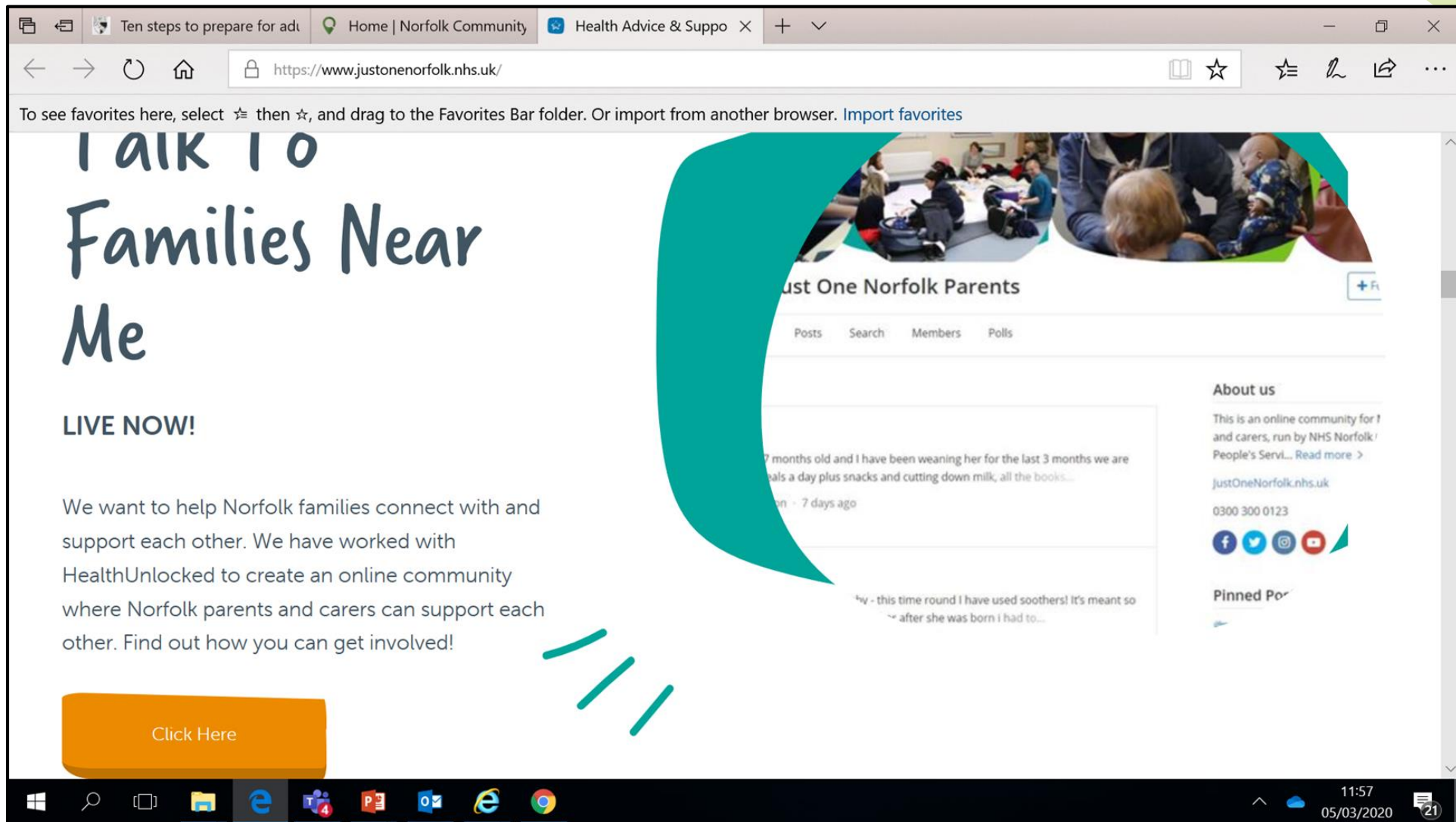
Norfolk Community Directory

[www.communitydirectory.norfolk.gov.uk](https://communitydirectory.norfolk.gov.uk)



Justonenorfolk

www.justonenorfolk.nhs.uk/



The screenshot shows a web browser window with the URL <https://www.justonenorfolk.nhs.uk/>. The browser's address bar and tabs are visible at the top. The website's main heading is "TALK TO Families Near Me" in a large, dark blue font. Below this, it says "LIVE NOW!". A paragraph of text explains the purpose of the community: "We want to help Norfolk families connect with and support each other. We have worked with HealthUnlocked to create an online community where Norfolk parents and carers can support each other. Find out how you can get involved!". At the bottom left, there is an orange button labeled "Click Here". On the right side of the page, there is a section titled "Just One Norfolk Parents" with a header image showing a group of people. Below this, there are tabs for "Posts", "Search", "Members", and "Polls". A post is visible, mentioning a 7-month-old child and weaning. To the right of the post, there is an "About us" section that describes the community as an online space for parents and carers, run by NHS Norfolk. It includes the website URL justOneNorfolk.nhs.uk and the phone number 0300 300 0123. Social media icons for Facebook, Twitter, Instagram, and YouTube are also present. A "Pinned Post" section is partially visible at the bottom right. A large teal speech bubble is overlaid on the page, pointing to the "Join" button in the "Just One Norfolk Parents" section. The Windows taskbar is visible at the bottom of the screen, showing the time as 11:57 on 05/03/2020.

TALK TO Families Near Me

LIVE NOW!

We want to help Norfolk families connect with and support each other. We have worked with HealthUnlocked to create an online community where Norfolk parents and carers can support each other. Find out how you can get involved!

Click Here

Just One Norfolk Parents

Posts Search Members Polls

About us

This is an online community for parents and carers, run by NHS Norfolk's People's Service. [Read more >](#)

justOneNorfolk.nhs.uk

0300 300 0123

Pinned Post

Help you choose

www.helpyouchoose.org

The screenshot shows a web browser window with the URL <https://helpyouchoose.org/content/>. The page features a blue header with the HelpYouChoose logo and navigation links: Log In, Advisers, Parents, Feedback, Help, Home, Info & Advice, Courses, Apprenticeships, Events, SEND, Volunteering, and Register. A search bar with the placeholder text "Choose an area" is also present. The main content area includes three featured sections: "Your Year 11 calendar" with a calendar image, "Register and set up your account" with a blue diamond icon and text "to apply for courses and find apprenticeships.", and "Search and apply" with a blue keyboard key icon and text "for courses at sixth form or". A red "Apply Now" button is visible on the right side of the "Search and apply" section. The bottom of the browser window shows the Windows taskbar with various application icons and the system clock displaying 11:59 on 05/03/2020.

HelpYouChoose
Your future, your choice

Log In Advisers Parents Feedback Help

Home Info & Advice Courses Apprenticeships Events SEND Volunteering Register

Choose an area

CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
					4	5
	1	2	3		11	12
7	8	9	10		18	19
14	15	16	17		24	25
21	22	23	24		31	
28	29	30				

Register and set up your account

to apply for courses and find apprenticeships.

Apply Now

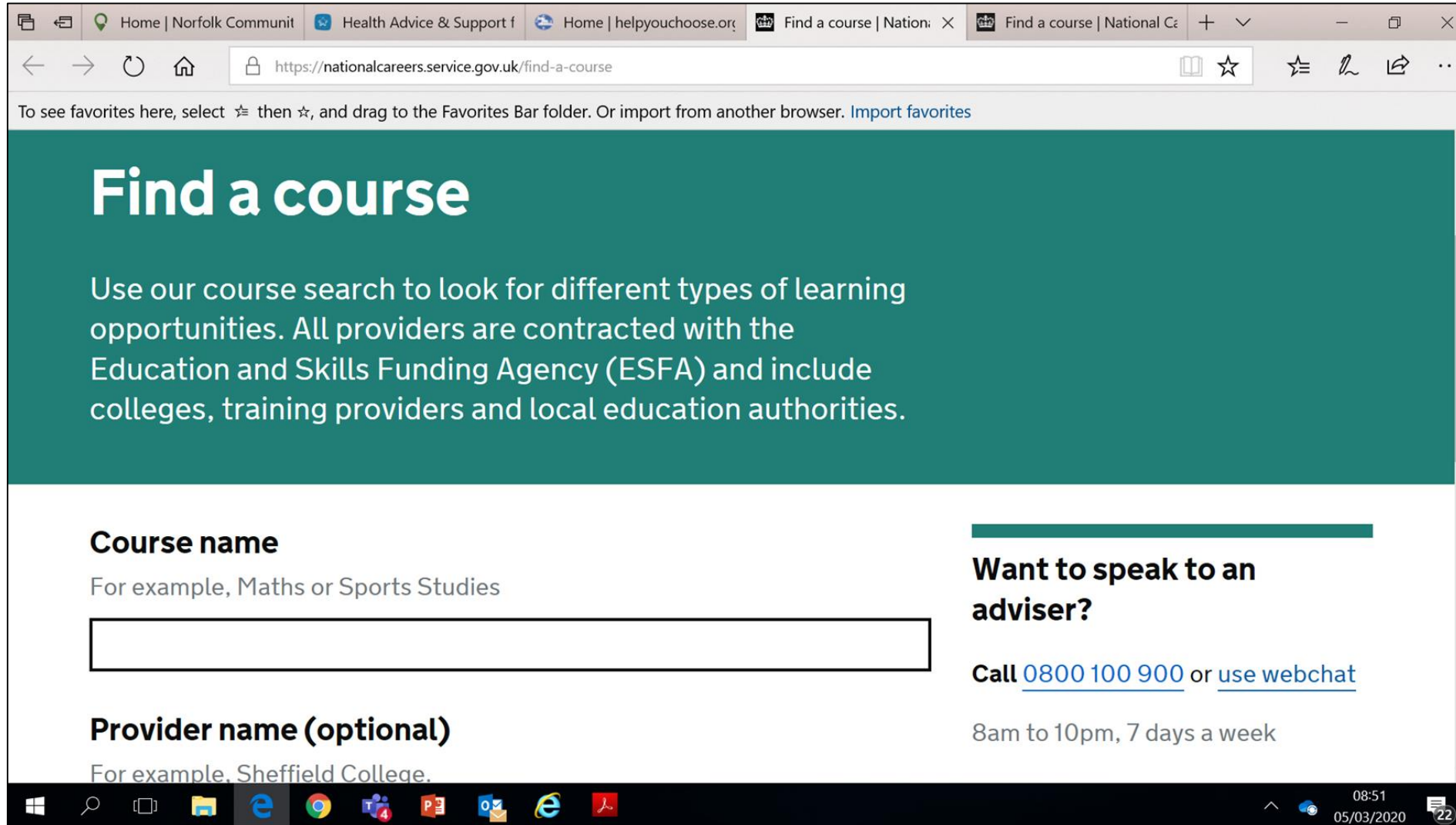
Search and apply

for courses at sixth form or

Norfolk County Council

National careers service

Call 0800 100 900 or use webchat - <https://nationalcareers.service.gov.uk/find-a-course>



The screenshot shows a web browser window with multiple tabs. The active tab is titled 'Find a course | National Careers Service' and the address bar shows the URL <https://nationalcareers.service.gov.uk/find-a-course>. The page has a teal header with the title 'Find a course' and a sub-header explaining the search function. Below this, there are two input fields: 'Course name' and 'Provider name (optional)'. To the right of these fields, there is a section titled 'Want to speak to an adviser?' with contact information. The Windows taskbar is visible at the bottom, showing the time as 08:51 on 05/03/2020.

Find a course

Use our course search to look for different types of learning opportunities. All providers are contracted with the Education and Skills Funding Agency (ESFA) and include colleges, training providers and local education authorities.

Course name
For example, Maths or Sports Studies

Provider name (optional)
For example, Sheffield College.

Want to speak to an adviser?

Call [0800 100 900](tel:0800100900) or [use webchat](#)

8am to 10pm, 7 days a week

Services, processes and people that can help

Schools and colleges – Information, Advice and Guidance duties

EHCP - the annual review

Children's Services – Guidance Advisers, Short Breaks, Early Help, LAC, Leaving Care, TITAN etc

DWP - benefits, Access To Work, Disability Employment Advisers

Services, processes and people that can help

Community based services and resources inc things to do

Health services – Annual GP checks, Continuing Health Care

Support for young people from independent skilled supporters/advocates

ASSD inc the Employment Service

The PfAL Service

PfAL Service Context

1. The Preparing for Adult Life team has been created to improve the experience of young people with additional needs as they move into adult life and make the transition from support provided by Children's Services to that provided by Adult Social Services.
2. LA's have a duty to help YP achieve their 4 PfAL outcomes: employment and education, independent living, being as healthy as possible, being part of the community.
3. There is a range of key legislation inc the Care Act 2014 and The Children's and Families Act 2014.
4. There are multiple stakeholders and many challenges!

PfAL Service Structure

1. A collaboration between ASSD and Children's Services. Went live in January 2020.
2. Consists of a Team Manager, Practice Consultant, 5 x Practitioners and 5 x Assistant Practitioners
3. County Team with staff co-located with Adult LD Teams
4. Close links with education settings and EHCP Process
5. Working closely with the Employment Service
6. Early consideration of eligibility for NHS Continuing Healthcare

PfAL Service Referral

1. Referrals can be made to the PfAL team when:

- The young person is aged 14 – 17 (or is aged 13 if referral follows a Year 9 EHCP review which took place when they were 13)
- The young person has a disability (learning disability, mental health needs, autism or physical disability) and is likely to need support from Adult Social Services (under the Care Act 2014) to achieve their outcomes of good health, independent living, employment, and friends, relationships and community inclusion.

2. The PfAL referral form should be completed by someone who knows the young person well. If there is an allocated social worker or other Children's Services worker who has access to the Liquidlogic systems (LCS or EHM), then they should complete the referral form on LCS/EHM.

3. If there is no worker with access to LCS/EHM involved, then the referrer should make the referral via CADS by ringing the Professionals referral line (0344 800 8021), or in the case of members of the public by ringing 0344 800 8020.

PfAL Plans and Care Act Assessments

1. The PfAL practitioner / assistant practitioner will start work with the young person, their family and others involved, using the Living Well approach exploring strengths and aspirations.
2. A PfAL Plan will be drawn up which will identify the support the young person is likely to need as they prepare for adult life and steps they can take to work towards their goals based on the 4 outcomes.
3. The practitioner/assistant practitioner will start the Care Act assessment at the time of most significant benefit to the young person but aiming to be completed by 17.5.

Also worth knowing...

Support for Higher Education – inc Disabled Students Allowance

Post 19 college funding through the Adult Education Budget

Supported Internships, Traineeships and Apprenticeships

Section 8 of SEN Code of Practice (Preparing For Adulthood) and Transition Guidance for the Care Act 2014

Any Questions?

Contacts

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