

Preparing for Adulthood

Preparing for Adulthood (PfA) is about empowering you to build the skills, confidence, and independence you need for adult life. It starts early and supports you and your family to explore your hopes, ambitions, and future goals.

The Four Key Areas:

Education and Employment

This area is about helping you explore what you enjoy and what you're good at. It includes learning new skills, continuing education, and thinking about future jobs, training, or volunteering opportunities.



Independent Living

Independent living is about helping you gain the skills you need to look after yourself and make choices about your life. This could include learning to manage money, travel safely, cook meals, or plan for where you might want to live in the future.

Good Health

Good health is about supporting you to stay physically and mentally well as you grow into adulthood. This includes learning how to make healthy choices, attend medical appointments, and understand your own health needs.



Friends, Relationships and Community

This area is about helping you build positive relationships and feel part of your community. It includes making friends, understanding different types of relationships, and taking part in social activities, clubs, or groups that interest you.

Who Is It For?

Preparing for Adulthood (PfA) is for anybody who may need support on their journey into adulthood. The Special Educational Needs and Disability (SEND) code of practice (2015) explains that preparing children and young people for adulthood should start as early as possible and not after school Year 9 (aged 13 - 14 years).

How We Support You

Children's and adults services work together to support your journey into adulthood. Futures+ has a dedicated PfA hub. The Futures+ team accepts referrals for young people aged 14+.

Mental Capacity

As you grow older, it's important that you're supported to make your own choices wherever possible. The Mental Capacity Act (2005) is there to help make sure you're empowered to make decisions, and that if someone needs to decide something for you, it's always done in your best interests.



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Contact Information

To refer to the PfA Hub: ☎ (01482) 393939

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For more information: 🖱 [eastriding.gov.uk/local-offer](https://www.eastriding.gov.uk/local-offer)

You can also find us at events across the East Riding.