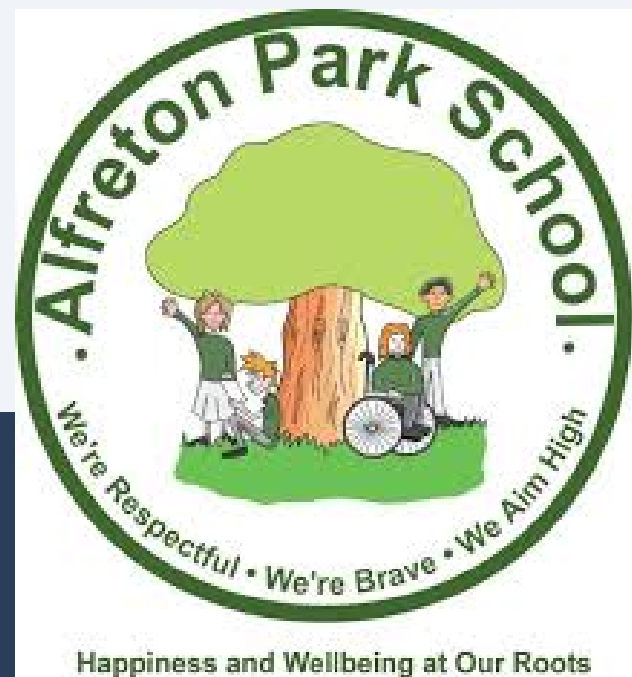


# Preparation for adulthood Guidance 2025-2026



## Skills Builder



Listening



Speaking



Problem  
Solving



Creativity



Staying  
Positive



Aiming  
High



Leadership



Teamwork



Photo credit: Pixabay via Pixels.com



# Preparing for Adulthood

5 key messages

4 Pathways

Prepared for adulthood

## Employment

## Independent living

## Community Inclusion

## Health

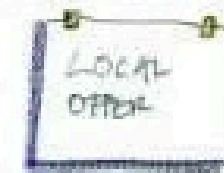
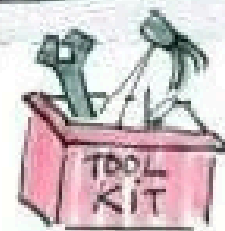
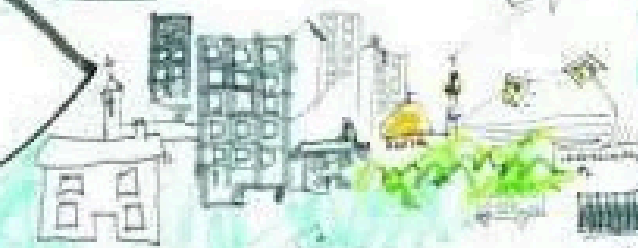
Personalise  
your  
approach

Develop a  
shared vision

Improve  
post-16 options  
and support

Raise  
aspirations

Plan services  
together



0-----5-----10-----15-----20-----25

Preparing for  
Adulthood



# Preparation for adulthood in Year 9

From Year 9 onwards, we begin to formally plan for your child's ***journey into adulthood***. This is an exciting stage where we support pupils to develop the skills they need for the future, at a pace and level that suits them.

Our Preparation for Adulthood framework focuses on four key areas:

## 1. Independence and Daily Living

We help pupils develop practical skills such as looking after themselves, making choices, helping with simple household tasks, and building confidence in doing things independently.

## 2. Community Inclusion

Pupils learn more about their local community and how to safely take part in activities. This might include using community facilities, visiting shops or cafés, travelling short familiar routes, or practising social communication skills in real-life situations.

## 3. Health and Wellbeing

We support pupils to understand their health needs and begin to take more responsibility for their wellbeing. This includes learning about exercise, healthy routines, personal care, and knowing when to ask for help.

## 4. Employment and Future Opportunities

In Year 9, pupils start to explore their strengths, interests, and what they might enjoy doing in the future. This may include trying different activities, learning work-related skills, or taking part in simple enterprise or work experience opportunities within school.

## What This Means for Your Child:

Your child will continue to follow a broad and balanced curriculum, but with increasing focus on life skills, independence, and preparing for the next steps after school. During their Year 9 annual review, we will work together with you to set long-term outcomes and begin planning for adulthood in a way that is realistic, meaningful, and personalised.

# What Happens in Year 11?

Year 11 is an important transition point for pupils, as we begin planning more closely for life after Key Stage 4. We work with you and your child to explore the most suitable next steps, ensuring they continue to learn, grow, and build their independence at a pace that is right for them.

## 1. Continued Focus on Preparation for Adulthood

Pupils continue developing skills in:

- **Independent living**
- **Community participation**
- **Health and wellbeing**
- **Future employment and enterprise activities**

This includes practical life skills, communication work, social development, and opportunities to explore interests.





## 2. Careers Education and Guidance

### In Year 11, pupils will:

- Meet with an independent careers adviser (where appropriate)
- Explore their strengths, interests, and ***possible future pathways***
- Take part in work-related learning or small work experience opportunities
- Visit local colleges or SEND provisions to see what feels right for them

## 3. Annual Review and Transition Planning

The Year 11 review is focused on next steps. Together with you, we set long-term outcomes and identify the most appropriate pathway after Year 11.



# What Are the Options After Year 11?

## 1. Staying in Our Post-16 Provision

**This option may suit pupils who need:**

- Continued development of life skills
- A structured environment they already know
- More time to build confidence before moving on

## 2. Moving to a Local College or Specialist Further Education Setting

**For some pupils, a new setting may provide:**

- A wider range of courses or pathways
- Increased independence
- Opportunities to mix with new peers
- Tailored SEND programmes

## 3. Alternative Specialist Providers

**Some pupils benefit from smaller, highly specialised SEND provisions that offer:**

- Individualised learning
- Therapy-based programmes
- More structured support depending on their needs.





# What We Do to Support This Transition?

## Working Together

We understand that choosing the next step after Year 11 can feel overwhelming. We are here to support you through the process and ensure your child moves on to the most suitable and meaningful pathway.

- Arrange college and provider visits
- Provide personalised transition sessions where possible
- Hold planning meetings with families, careers advisers, and outside professionals
- Create a transition plan that supports your child emotionally, academically, and socially



# Post-16 Provision – What It Looks Like and What Comes Next

**Our Post-16 provision is designed to help young people develop the skills, confidence, and independence they need for adulthood. We continue to build on the foundations set earlier in school while preparing each student for their next destination at a pace that suits them.**

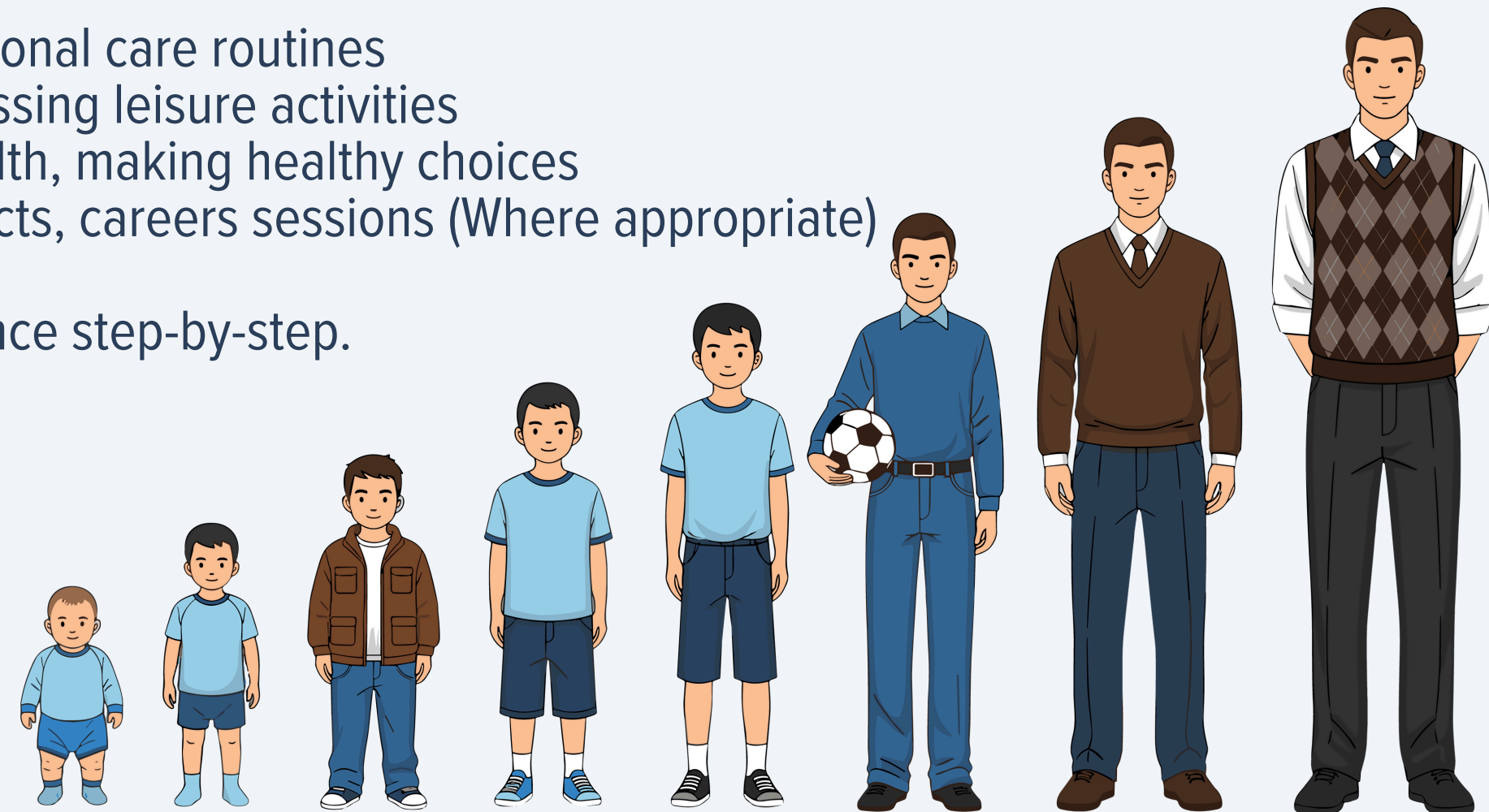
## What Happens in Post-16?

### Preparation for Adulthood (PfA)

The curriculum is built around the four PfA areas:

- Independent Living – cooking, housekeeping, money skills, personal care routines
- Community Inclusion – travel training, using local services, accessing leisure activities
- Health & Wellbeing – understanding physical and emotional health, making healthy choices
- Employment Pathways – work-related learning, enterprise projects, careers sessions (Where appropriate)

Students work on practical skills every day, building their independence step-by-step.





# Transition planning and next steps

**Throughout Post-16, especially in Year 14, we work closely with:**

- Parents and carers
- The local authority
- Social care
- Independent careers advisers
- Colleges and adult service providers

Together, we create a transition plan that reflects student needs, future goals, and EHCP outcomes.

## **Next Steps After Post-16:**

Young people leave the provision with a clear plan for their next stage. Possible destinations include:



### **1. Further Education or Specialist Colleges**

For students ready to continue structured learning, specialist or mainstream colleges may offer:

- **Life skills courses**
- **Supported learning pathways**
- **Vocational tasters**
- **Preparation for employment programmes**

### **2. Supported Internships**

For young people interested in the world of work, a supported internship provides:

- **On-the-job experience**
- **Job coach support**
- **Training in workplace skills**
- **This is suitable for students with the potential to move into supported employment.**

### **3. Day Services or Community-Based Adult Provision**

Some young people may benefit from programmes focused on:

- **Life skills**
- **Social activities**
- **Community access**
- **Personal development**

These services provide structured support tailored to individual needs.

### **4. Social Care Support and Personalised Packages**

Depending on a young person's needs, social care may arrange:

- **1:1 support**
- **Community participation sessions**
- **Personal budgets**
- **Health-related or therapy-based support**

# Information directory





# Further education and Specialist colleges

College / Provider	What they offer / Why they may suit SEND pupils
Derby College	Mainstream FE college with <b>Specialist Pathways</b> for students with learning difficulties / disabilities. Includes differentiated teaching and support for SEND. ( <a href="#">DCG</a> )
Buxton & Leek College	Offers post-16 provision for young people with SEND, including entry-level to higher-level vocational courses, with inclusive and supportive teaching. ( <a href="#">University of Derby, Buxton Campus</a> )
Chesterfield College	Listed locally among colleges with SEND / additional support provision. ( <a href="#">localoffer.derbyshire.gov.uk</a> )
Landmarks Specialist College	Independent specialist college supporting learners 16–25 with learning difficulties/disabilities, offering life-skills, vocational, employability and supported-learning pathways. ( <a href="#">Landmarks Specialist College</a> )
Portland College (Mansfield / Nottingham area)	National specialist college focused on independence, health & wellbeing, and employability for learners with a range of disabilities — suitable if traveling a bit further is possible. Day and residential options available. ( <a href="#">Natspec</a> )
Hope Valley Pathways (part of Hope Valley College)	Post-16 SEND provision aiming to prepare young people for life and work. Offers tailored curriculum, work experience options and preparing-for-adulthood focus. ( <a href="#">Hope Valley College</a> )
North Notts College / other nearby colleges** with SEND support	Among the FE colleges in neighbouring areas offering Additional Learner Support for students with SEND. ( <a href="#">localoffer.derbyshire.gov.uk</a> )

# Supported internships:

Supported Internships are structured, work-based study programmes designed for young people aged 16–24 with an Education, Health and Care Plan (EHCP) who want to move into employment. They provide real-life work experience, alongside support from job coaches and tailored learning such as Functional Skills. The aim is to help students build confidence, independence, and the practical skills needed for paid work. Internships usually last around one academic year and are based mostly at the employer's workplace, with the level of support gradually reduced as the young person becomes more independent.

**For more information, you can visit:**

Gov.uk – Supported Internships: <https://www.gov.uk/government/publications/supported-internships>

DFN Project SEARCH: <https://www.dfnprojectsearch.org>

Preparation for Adulthood (PfA): <https://www.preparingforadulthood.org.uk>





# Apprenticeship

Apprenticeships are paid work-based training programmes for young people aged 16 and over, including those with an Education, Health and Care Plan (EHCP). They combine practical on-the-job experience with study towards a recognised qualification. Apprentices work alongside experienced staff, develop industry-specific skills, and attend training—usually one day per week—with a college or training provider. Apprenticeships can be a great pathway for young people who learn best through hands-on experience and want to move directly into employment while continuing their education. There are different levels of apprenticeships available, and support can be put in place to help SEND learners succeed.



## **For more information, you can visit:**

Gov.uk – Apprenticeships: <https://www.gov.uk/apprenticeships-guide>

Amazing Apprenticeships (SEND resources):

<https://www.amazingapprenticeships.com>

Not Going to Uni – Apprenticeship Vacancies: <https://www.notgoingtouni.co.uk>

# Day Services or Community-Based Adult Provision

Service / Provider	What they offer / Who they support
<b>Aera Support Community Group</b> (Genesis Centre, King Street, Alfreton)	Day-group for people with learning disabilities, physical disabilities, autism, or other support needs. Activities include arts & crafts, quizzes, keep-fit, social groups, and opportunities for social interaction and life-skills development. ( <a href="http://alfreton.spiritof.uk">alfreton.spiritof.uk</a> )
<b>Community Connectors Derbyshire</b> (County-wide, including Amber Valley)	Offers community-based activities, support to access local services, travel training, leisure or social activities, work/voluntary-work exploration, and help to develop social and community participation for people with learning disabilities or autism. ( <a href="http://Derbyshire County Council">Derbyshire County Council</a> )
<b>Positive Horizons</b> (Amber Valley / Derbyshire)	Provides community outreach and supported-living support for adults with learning disabilities. Supports independence, everyday living skills, social participation, employment/volunteering & community integration. ( <a href="http://positivehorizons.co.uk">positivehorizons.co.uk</a> )
<b>Day services under the Derbyshire County Council Day Services Directory</b>	A broad framework listing accredited day-services across Derbyshire for adults with learning disabilities, physical disabilities, autism etc., offering a variety of activities and support levels. ( <a href="http://Derbyshire County Council">Derbyshire County Council</a> )

# Social Care Support and Personalised Packages

Some young people leaving school may require additional support to stay safe, healthy, and active in their community. Through Derbyshire County Council's Adult Social Care services, families can request an assessment to explore what support their young person may need. This could include help at home, community outreach, short breaks, day-service attendance, or a personalised support package. Personalised packages (sometimes called Direct Payments or Personal Budgets) allow families to have more choice and control over the type of support they receive—such as employing a personal assistant, accessing community activities, or arranging specialist services that best meet the young person's needs. These options can help develop independence, social opportunities, and overall wellbeing as part of preparation for adulthood.

## Useful links:

Adult Social Care – Derbyshire County Council:

<https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing>

Direct Payments & Personal Budgets (Derbyshire):

<https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/paying-for-care/direct-payments/direct-payments.aspx>

Request an Adult Social Care Assessment:

<https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/looking-after-someone/adult-social-care-contacts.aspx>



# Need More Information or Have Questions?

We understand that planning for your young person's future can feel overwhelming, and we are here to support you every step of the way. If you would like further information about any of the options discussed—such as college pathways, supported internships, apprenticeships, social care support, or adult community provision—please don't hesitate to get in touch.

## **You are always welcome to:**

- Speak directly with your child's class team, who can offer personalised guidance and help signpost the right next steps.
- Contact the school office, who can direct your query to the most appropriate member of staff.

We want to work in partnership with you to make sure every young person has the right support, opportunities, and information to prepare confidently for adulthood.

Please reach out—no question is too small. We are here to help.

**Telephone: 01773 483330**  
**Email: [info@alfretonpark.derbyshire.sch.uk](mailto:info@alfretonpark.derbyshire.sch.uk)**