Links to Preparing for Adulthood (PfA) outcomes

The following chart maps AET Progression Framework areas to the four Preparing for Adulthood (PfA) outcomes [www.preparingforadulthood.org.uk](http://www.preparingforadulthood.org.uk). The Progression Framework can be used to support planning and the writing of individualised outcomes for young people on the autism spectrum.

<table>
<thead>
<tr>
<th>PFA outcome</th>
<th>AET Progression Framework areas</th>
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</thead>
<tbody>
<tr>
<td><strong>Employment</strong></td>
<td>Note: Numbers refer to sub-sections within each of the 8 main Progression Framework areas.</td>
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<td></td>
<td>See Progression Framework overview for a summary of areas and outcomes.</td>
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<tr>
<td><strong>Communication and interaction:</strong></td>
<td>3. Communicating information/commenting on events; 4. Listening and understanding</td>
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<tr>
<td><strong>Social understanding and relationships:</strong></td>
<td>4. Positive relationships and friendships; 5. Group activities</td>
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<tr>
<td><strong>Interests, routines and processing:</strong></td>
<td>1. Coping with change; 3. Special interests; 4. Problem solving and thinking skills</td>
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<tr>
<td><strong>Learning and engagement:</strong></td>
<td>3. Organisation and independent learning; 4. Understanding and following rules, routines and expectations</td>
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### Independent Living

**For example:**
- Food and drink preparation
- Shopping
- Household tasks
- Personal care
- Personal safety
- Understanding relationships
- Time and money management
- Travel and using transport
- Using leisure time
- Problem solving
- Transitions

### Independence and community participation:
1. Independent living; 2. Personal safety; 3. Road safety and travel; 4. Leisure

### Healthy living:

### Interests, routines and processing:
2. Transitions; 4. Problem solving and thinking skills

### Learning and engagement:
3. Organisation and independent learning

### Friends, Relationships & Community

**For example:**
- Making friends
- Interacting with others
- Recognising negative behaviour and bullying
- Accessing leisure facilities
- Safety in the community and online
- Travel and using transport
- Problem solving
- Developing confidence

### Social understanding and relationships:
1. Being with others; 2. Interactive play; 3. Positive relationships (supporting adults); Positive relationships and friendships (peers); 5. Group activities

### Independence and community participation:
1. Independent living; 2. Personal safety; 3. Road safety and travel; 4. Leisure

### Interests, routines and processing:
4. Problem solving and thinking skills

### Emotional understanding and self-awareness:
3. Understanding others emotions/intentions; 5. Developing confidence and self-esteem

### Good Health

**For example:**
- Healthy choices: food, drink, exercise, sleep, smoking, alcohol, drugs
- Personal care
- Accessing medical help
- Relationships and sex education

### Healthy living

### Emotional understanding and self-awareness:
1. Understanding and expressing own emotions; 2. Managing emotions and behaviour