

# Preparation for Adulthood



## Activity Plans



It is worth spending some time to find out:

- how your son/daughter enjoys spending time
- whether they prefer being on their own, in small groups or big groups
- what interests does he/she have or would like to develop.

You can then help them to find out about:

- Is there any support to help develop interests?
  - Is there a group he/she can join?
- How can he/she keep in touch with friends?
  - How can he/she meet new friends?

He/she may want to join in with activities that are available for all young people, and/or get involved in groups for young people with particular disabilities or additional needs.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	College	Out with PA	College	Day Centre		Family Day	Bowling
Afternoon	College	Gym Session	College	Day Centre	Out with PA	Family Day	Horse Riding
Evening	Dance		Friend visiting	Dance			

An Example of an Activity Plan

For more information, please contact our PFA Navigators

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