



WHAT COULD YOUR week look like after School or College?

The Gold Standard is an opportunity to think about what a good life looks like and to consider the activities that make up a positive, meaningful and engaging week that includes the four preparation for adulthood headings. Think about the support you may need and how you can access these aspirations. This is an active document so will change over time.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAY	A day service provision that includes work preparation and access to working in a café and/or an office.	Experience of work in: <ul style="list-style-type: none"> • Police force • Office • Cafe 	A day service provision that includes work preparation and access to working in a café and/or an office.	A day service provision that includes work preparation and access to working in a café and/or an office.	Personal Assistant (PA) 'key worker' day, to do things like: Go shopping Go out for lunch Visit girlfriend Meet up with friends
EVENING	Drama club	Visit girlfriend	Go to the pub	Time with family	Gym
ADULT SOCIAL CARE SUPPORT					
	Staff trained to support oxygen needs	Supported Employment support - Discovery?	Staff trained to support oxygen needs	Staff trained to support oxygen needs	Staff trained to support oxygen needs
	Personal Assistant (PA) for community activity Travel	Staff trained to support oxygen needs	Personal Assistant (PA) for community activity Travel	Personal Assistant (PA) for community activity Travel	Personal Assistant (PA) for 'key worker' day and community activity Travel

Other comments:

Consider having mobility scooter at home to maximise independence.