



My Independence

ASDAN's new SEND programme to help every learner prepare for adulthood, boosting their confidence, self-esteem and life skills



ASDAN is a charity with a vision to see the talents and abilities of young people aged 11 to 25 in greatest need held in high esteem. Our goal is to engage them to achieve meaningful learning outcomes that elevate them to go on to further education, training and work, and empower them to take control of their lives.

My Independence

My Independence has been designed to help learners working from pre-Entry level to Entry level 3 with PMLD (profound and multiple learning difficulties), SLD (severe learning difficulties) and MLN (moderate learning difficulties) develop the skills and characteristics needed to live independently.

Mapped to the four PfA (preparing for adulthood) pathways – friends, relationships and community; employment; good health; independent living – My Independence ensures learners develop the broad range of skills needed to transition successfully into adulthood.



Benefits

- ✔ Learners develop the skills needed for living independently thanks to the person-centred planning approach in My Independence
- ✔ PfA pathway mapping helps learners achieve outcomes stated in their EHCPs (education, health and care plans)
- ✔ Students feel engaged, motivated and successful thanks to regular recognition of achievement

Co-designed with SEND experts NDTi (National Development Team for Inclusion) and pilot centres, My Independence consists of four courses.



Exploring Aspirations



For learners with SLD or MLD



Suggested age 11–14



Transforming Aspirations



For learners with SLD or MLD



Suggested age 14–16



Realising Aspirations



For learners with LDD working at Entry levels



Suggested age 14+



Supporting Aspirations



For learners with PMLD working below Entry level



Any age as appropriate

“My Independence has helped engage learners, boost their confidence and, importantly, develop their essential life skills.

“It is a very exciting course and the resources have exceeded our expectations.”

Leigh Blakeman, Tutor at Chadsgrove Educational Trust Specialist College



Find out more

Visit asdan.org.uk/my-independence to download free sample copies of resources and to read more about the programme.

You can also contact us for more information and guidance on how My Independence can be seamlessly added to your centre's curriculum.

Contact us

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