

# My Independence

SEND courses to prepare learners for adulthood, boosting 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 MLD (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

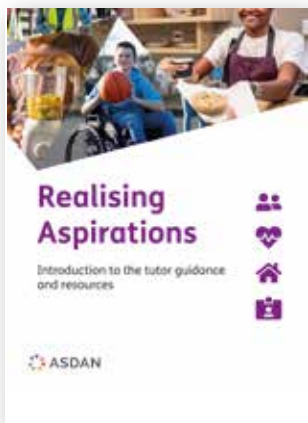
Co-designed with **SEND** experts **NDTi** (National Development Team for Inclusion) and pilot centres, My Independence consists of **four** courses.





-  For learners with SLD or MLD
-  Suggested age 11-14





-  For learners with SLD or MLD
-  Suggested age 11-16



-  For learners with LDD working at Entry levels
-  Suggested age 14+



-  For learners with PMLD working below Entry level
-  Any age as appropriate

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The flexibility of My Independence enables teachers to adapt the curriculum so students can achieve personal goals, work-related skills and realise a pathway to their independence... the results speak for themselves.

Jaswinder Kaur

Senior leader at specialist SEND school

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## Find out more

Visit [asdan.org.uk/my-independence](https://asdan.org.uk/my-independence) or scan the QR code to download free sample copies of resources and to read more about the programme.



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## Contact us

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