



SHROPSHIRE
Parent
And
Carer
Council

PFA Navigator Project

Abi Taylor
Denise Glover

Information & Support, Influence & Change

Abi Taylor

Support and Development Lead & PFA Navigator

- ▶ **Single Parent Carer**
- ▶ **Personal Lived Experience of Childhood Trauma**
- ▶ **11 Year old son with ASD**

ASC Anxiety

Social, Emotional and Mental Health Needs

Developmental Coordination Disorder

Emotional Dysregulation

Sensory Processing Disorder

- ▶ **Attended mainstream Infant and Junior School**

Had a GSP

- ▶ **Waited 5 years for a formal diagnosis**

- ▶ **Now at Mainstream Secondary School**

Has an EHCP

Has Transport for school





Denise Glover

PFA Navigator & Community Volunteer

- ▶ **Worked previously as a Nurse**
- ▶ **Family Support Worker**
- ▶ **Previously worked as SEN teaching assistant**
- ▶ **Parent Carer to 3 daughters**

Niamh has ME and Fibromyalgia

Cari has Down Syndrome

Attended mainstream school

Now at Walford College

Has a voluntary placement

Attending Day Opportunities

Annie Taylor Community Volunteer

- ▶ Raised with family members with Cerebral Palsy; Deaf; ADHD
- ▶ Adopted 3 children with childhood trauma
- ▶ Grandson with ASD
- ▶ Daughter with Down Syndrome

Now in Supported Living

CDC- Mainstream- Specialist
Provision- Supported Internship



What are Parent Carers Telling Us?

Some clear messages were shared by parent carers:

- ▶ Parent Carers do not know what is available
- ▶ The PFA Pathway is unclear
- ▶ Young People's PFA journey is not starting early enough
- ▶ EHCP process for PFA is unclear and ineffective
- ▶ Parent Carers are unsure of where to get help with PFA

Do you feel that preparation for adulthood for young people with SEND is good in Shropshire?

[More Details](#)

 Insights

Yes	4
No	68
Not Applicable	52



SEND reinspection survey Responses - 125 responses in total (2022).

There is clearly a perceived lack of preparation for adulthood for SEND young people in Shropshire

- ▶ Limited opportunities to develop the skills needed.
- ▶ A focus almost solely on academic progress and not development of life skills.
- ▶ The right services not being available, accessible, known about or understood by families and practitioners.
- ▶ A lack of support to navigate the PFA process.



PFA Navigators



Abi Taylor (20 hours per week) - currently the Development and Support Lead for PACC (15 hours per week)
Extensive lived experience of the Shropshire SEND system.
Recently completed Mental Health First Aid training through PACC.
Support Facilitator for the Healthy Parent Carer programme, - delivering peer support and promoting the importance of self-care to parent carers



Denise Glover (15 hours per week) - an existing parent carer representative for PACC and has been actively involved in supporting PACC's work for the last 3 years.
extensive lived experience of supporting a young person with SEND as they prepare for adulthood.
Previously trained as a Face2Face befriender for PACC
Recently completed Mental Health First Aid training through PACC.
Approved Lead Facilitator for the Healthy Parent Carer programme - delivering peer support and promoting the importance of self-care to parent carers.

What is our job role?

Creating Peer Support Opportunities;

- ▶ We will be delivering our first Healthy Parent Carer Course for PFA parent carers, starting in January.
- ▶ Developing mechanisms for parent carers supporting young people between the ages of 14 and 25 years to connect with each other (both virtually and face to face).
- ▶ Sharing parent carers stories of PFA to develop a sense of community, belonging and hope.



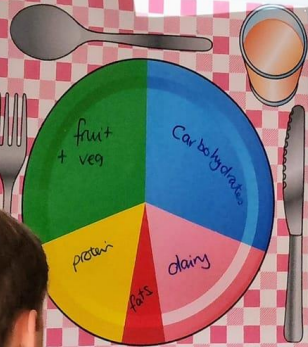
What might happen at your Annual Health
Check?



The doctor might want to talk to you
about your emotional wellbeing



The doctor might want to talk to you
about your sexual and private



What is our job role?

**Supporting Parent Carers to be able to think
ahead and actively participate in decision
making relating to their young persons next
steps;**

- ▶ Information provision
- ▶ Creating a training offer
- ▶ Provide a listening ear
- ▶ Gathering feedback
- ▶ Developing effective working
relationships with local PFA services and
SEND practitioners

Key Topics to Consider

- ▶ Post 16 education options (including Supported Internships)
- ▶ Managing finances and benefits
- ▶ Working towards employment and volunteering opportunities
- ▶ Mental Capacity and parent carer's role in decision making
- ▶ Social Care and PFA - opportunities to experience time away from family environment and support
- ▶ The importance of friendships and peer relationships; being part of the community
- ▶ Staying healthy; Annual Health Checks, screening, activity levels and healthy eating
- ▶ Support planning and thinking ahead
- ▶ Support and self-care for parent carers
- ▶ Who can help when things become difficult?

Project Aims

An Improved PFA experience for parent carers;

- ▶ Providing better access to information
- ▶ Empower Parent Carers to be able to actively plan ahead and contribute to decision making etc, improved parent carer wellbeing, reduction in sense of isolation

Improved quality of life outcomes for young people

- ▶ Developing independence
- ▶ Improved mental health
- ▶ Increased activity levels
- ▶ Stronger peer network
- ▶ Successful transition to Post 16 services and adult social care support
- ▶ Reduction in the number of young people who experience placement breakdown.



How to contact us:

Denise:

► denise@paccshropshire.org.uk

Abi

► Abi@paccshropshire.org.uk

Phone: 01743 622055

Our phone line will be open Monday to Friday 9:30-2:30. With an answering machine when we are not available