

Meet ... Carl



Carl is in year 11, he is 16 years old and attends specialist education at a school which is placed out of his local area. Carl currently travels to school using a taxi provided by the local authority, Some of Carl's friends have started to use the bus to get to school and Carl would like to join them. Last term Carl attempted to travel with his friends using the bus but got off at the wrong stop on his way home, Carl was lost for an hour, although Carl was found safe and well, this caused Carl and his parents some distress. Carl's mum in particular is very reluctant to allow Carl to try this again. Since the incident Carl has been using the brain in hand app on his smartphone to manage his anxiety.

Carl has a learning disability which means he struggles to learn new things and needs support to do so. Carl is passionate about football and supports Manchester United, he has a season ticket with seats for him and his Dad in the Stretford End. Carl follows all the club news on the clubs web page and is signed up for notifications on his phone so he doesn't miss a thing. Carl lives at home with his mum and dad, he has a younger sister called May and a pet dog called Keano. Carl walks Keano around the block but his Mum worries whilst he is out, she won't let him go further afield without her or his Dad. Carl gets on well with his Mum and Dad although Carl's Mum struggles to let Carl be as independent as he wants to be and this can cause friction at home. Carl's Dad shares Carl's passion about Man Utd and they enjoy going to home games together.

Up until recently Carl was doing well at school, Carl loves being with people and is always looking for opportunities to make people laugh. School has noticed that Carl is often tired after lunch, meaning he finds it difficult to concentrate in the afternoon.

Carl excels in using multimedia and when lessons involve using the internet. The school has worked with Carl about staying safe online as they are concerned about his vulnerability, he does not always take the precautions they think are necessary.

At home Carl is a keen gamer, his favourite game is Fifa, he always picks his Man Utd dream team. He loves to meet and chat to other gamers playing on xbox live most nights, often playing until the early hours. Most of the time Carl has a positive experience gaming online but there have been occasions where Carl has been teased and bullied, causing him to be very upset. Carl's parents don't always understand or know what Carl is doing online, the school has spoken to them about keeping Carl safe online but they struggle to understand what they can do.

Carl would love to earn his own money, although Carl has made it clear he wants a paid job in future related to football, he doesn't know what opportunities are available to him right now or what he needs to do next to achieve this.

Meet ... Carl



Employment

Carl has part time paid work related to football

Independent Living

Carl can travel to and from school on the bus with his friends and feels safe to do so

Community Inclusion

Carl is confident to develop new relationships online and knows what to do if he feels uncomfortable in any situation

Health

Carl is getting at least 6 hours sleep on a school night, so he can concentrate when he is at school

Carl's PFA Outcome Areas*



Yourself

When he is at Old Trafford, Carl checks out the jobs people are doing to help him determine if there is a role he would like to know more about.

(Stewards, matchday programme seller, selling merchandise, selling food and drink, making announcements.)

Check bus timetables online.
Take photos of the bus route to school.
Identify the things that make Carl feel anxious whilst he's travelling using a learning journal/ diary.

Carl to help design a staying safe online checklist.
Strategies to end a conversation if Carl feels threatened.

Switch off all technology 30 minutes before sleep.
Establish evening routine.
Wear an eye mask to bed.



Technology

Search online communities and fans forums to ask about work or volunteering opportunities.

Identify opportunities to contribute to Man utd internet TV, website or app.

Creating his own YouTube channel to report on Man Utd games, rate players.

Download Find my Friends app or Life 360 app to smartphone so that Carls parents can track his whereabouts.

Download and learn how to use google maps and explore other travel apps to help navigate.

Extend use of Brain in Hand app to manage decision making and deal with unexpected events.

YouTube films on how to stay safe using the internet.

Interactive game about staying safe online.

Carl's parents set up parental controls for internet usage, scheduling etc. using Norton family or Qustodio applications.

Calm sleep stories app and other mindfulness apps.
Sleep tracker watch or wristband and app.
Carl's parents set up parental controls for internet usage, scheduling it to switch off at an agreed time.



Equipment & Adaptations

Laptop and Editing software.

Smartphone, sufficient memory and data to capture media.

Smartphone and sufficient data.

Spare battery pack for smartphone.

Travel Support Card to alert driver in case Carl requires assistance while travelling.

Smart TV with auto off function.

Blackout blinds or curtains.

Natural sleep lamp.



Family, friends & neighbours

Has Carl's Dad got networks or connections with the club that could help.

Talking to the people who Carl sits next to at the game for ideas and connections.

Mum or Dad to follow the bus in their car for the first few trips.

Travel with Carl at weekends until he knows the route.

Speak to Carl on the phone whilst he is on the bus for reassurance.

Parents to be aware of what Carl is accessing online.

Parents to have reflective conversations with Carl.

Always invite an existing friend to join him to play with others online.

Parents helping Carl stick to evening routine.
Provide reminders and prompts.

Communicate with Carl and the school to update on progress.

* measurable, specific, change something that is not working, moves towards aspiration, everyday language

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Independent Living

Community Inclusion

Health



Community

Becoming a member of the ManUtd fan club.

Finding out what the club does in the community and what opportunities exist there.

Finding out about any ideas, opportunities to work with Manchester United Disabled Supporters Association (MUDSA)

Find out where the safe spaces are locally on the route.

Build a relationship with a local shop close to bus stop so they know Carl and he can use as a place of safety.

Xbox Live bulletin board
- Create a specification for the type of people you want to play with online in xbox with similar goals and interests.

Check Local Offer for youth groups etc.

Look for opportunities at school, on the Local Offer or local community boards for options to join a local football team.

Join a mindfulness, meditation or yoga group or class.

Doing more physical activity during the week, park run, local gym etc.



Services or Setting

Opportunities to write and record reports and updates for the school newsletter.

Arrange work experience opportunities with the football club.

Explore internships or traineeships with Man utd.

School travel training program.

Support to get on the correct bus when travelling home from school.

Online safety sessions within the curriculum.

Mentor to speak to Carl about what Carl has been playing online and who he's met.

Mentor to liaise with the school safeguarding lead to alert them to the situation.

School to measure progress and provide praise to help Carl stay on track.

School to liaise with parents about Carl's engagement in afternoon lessons.



Support

Explore micro enterprise opportunities related to buying, selling man utd merchandise and what this could mean for the curriculum in school.

Support from a specialist employment advisor.

Explore supported internship at local college.

Social Care funding to pay a personal assistant to accompany Carl and support him until confident.

Commission a local provider to provide additional support at school/ at home in relation to Carl learning how to stay safe.

Professional support regarding sleep.

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Yourself



Technology



**Equipment &
Adaptations**



**Family, friends
& neighbours**



Community



**Services
or Setting**



Support

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