

Life course	What would they be like?	What would they need from their environment?	What would they need to do for themselves?
Early years (young children) – starting well	<ul style="list-style-type: none"> • Happy and carefree • Knowing that they are loved for who they are • Not living in fear of being harmed • Optimistic about life • Prepared with adequate ‘tools’ for life (e.g. confidence, ability to express themselves, good levels of literacy & numeracy) 	<ul style="list-style-type: none"> • To not live in poverty • To have their basic needs adequately met (e.g. nutrition, warmth, clothing) • To have adequate facilities for play, outdoors as well as indoors • To have access to good schools • To have a reliable & supportive network of family & friends • To be listened to and supported when things are not going well • To feel safe and secure 	<ul style="list-style-type: none"> • To tell people when things in their lives were going wrong • To apply themselves to the best of their abilities
Childhood (older children) & Adolescence – Developing well	<ul style="list-style-type: none"> • Happy & loved • Confident & ‘comfortable in their own skin’ • Able to express themselves • Prepared with ‘tools’ for life • Making realistic appraisals of risk • Interacting with local community • On a track to becoming ‘employable’ 	<ul style="list-style-type: none"> • Support to make informed choices • Access to good education • Access to suitable training & employment (adolescence) • Safe & appropriate housing • Freedom & support to be true to themselves • A safe neighbourhood with safe places to meet, play and be active. • Opportunities to engage in activities • Support for when things go wrong 	<ul style="list-style-type: none"> • Apply themselves to the best of their abilities • Assess the benefits & risks of choices • Adopt a healthy lifestyle • Seek help when things are going wrong • Have ambition • Be proactive
Adults – Living well	<ul style="list-style-type: none"> • Happy, valued & loved • Able to form stable relationships • Able to take care of their family (financially, emotionally) • In secure employment • Living in appropriate housing 	<ul style="list-style-type: none"> • Access to suitable employment • Availability of affordable housing • Enough money to provide for themselves and their immediate family • Accessible services • Accessible leisure opportunities • A safe neighbourhood 	<ul style="list-style-type: none"> • Manage personal finances responsibly • Adopt a healthy lifestyle • Make efforts to engage with local community • Recognise early signs of things going wrong and seek help

Proposed life course outcomes

Appendix a

Older age – Ageing Well	<ul style="list-style-type: none">• Happy, valued & loved• Connected to community, friends and/or family• Having a perceived role in society• Living as independently as possible• Engaging with local community	<ul style="list-style-type: none">• All basic level needs met (food, warmth,)• Appropriate housing• Accessible services• Range of options for social activity• No age discrimination• A safe neighbourhood• Support to maximise income• Stimulation, opportunities to have an active role and be useful	<ul style="list-style-type: none">• As much as possible, maintain a healthy lifestyle• Make and take opportunities for social contact• Seek help if needed
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