

Transitions Planning Guide



Moving into Adulthood



Salvesen Mindroom Centre
No Mind Left Behind

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Salvesen Mindroom Centre is a Scottish charity that supports, informs and empowers children and young people living with learning difficulties. Our vision is to become an internationally recognised centre of excellence in neurodiversity to help create a world in which no mind is left behind. To learn more about us please visit www.mindroom.org or ask for copies of our literature.

Salvesen Mindroom Centre is a charity registered in Scotland: SC03047

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Introduction

Transitions are about a process of change. Change is something that affects us all at various times in our lives and whether it's changing schools, moving house, starting a new job, entering or leaving a relationship or something else it is likely to be a time of mixed emotions, of excitement as well as anxiety.

Becoming an adult is an important transition, and this guide is designed to help you understand more about what this might involve for you. You might not need all the information in it, just pick and choose what is helpful. There is a glossary at the end of this guide which explains what certain terms mean.

If you can, we recommend beginning to think and plan well in advance, up to 2 years ahead. We have included lots of information and guidance to help you at any stage of your transition.



You will find QR codes like this throughout our resource which you can use to get further information. If you are reading this on a computer or mobile device then just click the QR code rather than scanning it. This QR code will take you to our other Transitions resource Future Me.



What is your big dream?

For your transition into adulthood, it is helpful to have an idea of what your big dream is in life!

It doesn't matter how realistic this is, the important thing is that it is what will motivate you and give meaning to your next steps. Having an idea in mind can help you with your first steps, but it is ok if you're not sure yet or your dream changes along the way.

Here are some questions you may find helpful:



What is your big dream (and what do you want to avoid)?



What achievable targets will you set yourself to help move closer towards your dream?



What is life like right now?



Who will help you achieve the targets that will move you closer towards realising your dream?



What skills and personal qualities do you already have that will help you with your dream?



What specific actions will you now take?



My big dream is to live on Mars, but I will need to have good travel skills first. I have never been on a plane on my own, never mind a rocket! My auntie is a bus driver, so maybe asking her to help is a good place to start. I feel confident to walk to the bus stop on my own, and I am good at remembering things like the bus timetable. I'm going to ask my auntie to meet me at the bus stop and show me what to do when I get on the bus.

This booklet will help you to think about some of the specific actions that you need to take. Some will be things that you can do right away, others are things that you can come back to later.

What makes a good transition?

There is a document called Principles of Good Transitions 3.

It says that:



A good transition will be focused on your wants and needs so it is important that the people supporting you listen to your views.



The people working to help you should all communicate and work together to support you with your next steps.



Planning should start early and continue for as long as you need, up until age 25.



You should get all the support you need.



You should have access to all the information you need.

Transition Planning

Timing

The law gives a timeline for the professionals helping you plan your transition.



How does transition planning work?

Transition planning usually happens at meetings between you, your family and the professionals involved. The number of meetings will depend on your needs.

At a transition planning meeting people will talk about your hopes and wishes for the future, your needs, your options and possible next steps and any support you might need for this. At the end of the meeting there will be a plan for what will happen next and who will do what. It might take more than one meeting to agree on a final plan.

Transitions planning also happens outside of meetings, there might be phone calls, visits, and other discussions as part of the plan.

It is important that your views are considered at your transition planning meetings. You can do this in whatever way is easiest for you. You might want to speak at your meeting or write things down beforehand. You might want an advocate or trusted adult to help you share your views.



Remember, Salvesen Mindroom Centre provides advocacy and also have a resource called Future Me which can help you to think about the things you would

like to share about your transition.

Top Tip! It is a good idea to keep a note of your plans and any decisions made. I found it helpful to keep all my notes together in one folder.



Can I get support after I've left school?

Yes! We all experience times in our life when we need extra support, and some people find that they will need it throughout their lives. People with neurodevelopmental conditions such as Autism, ADHD and Dyslexia can be considered to have a disability and so they are protected by the Equality Act 2010. This means that if you need support because of your neurodivergence then you have a legal right to appropriate support or 'reasonable adjustments' so that you are not disadvantaged.

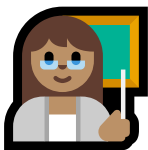
Who should be involved in my transition?

Any services or agencies that are involved in supporting you should be involved in planning your transition. This could be the people who are helping you now and any new people who might be supporting you after you have left school.

Here are some of the professionals that might be involved.

You might have a lot of these people or just a few and some may be more involved than others. Everyone is different!

Education






School

- Headteacher or Depute Headteacher
- Guidance teacher
- Support for Learning
- Pupil Support Assistant

College/University

- Course leader
- Course lecturer
- Tutor
- Student Support Services
- Disability support services

<p>Training and Employment</p> 	<ul style="list-style-type: none"> ● Careers advisor ● Skills Development Scotland ● Employment support services
<p>Social Work</p> 	<ul style="list-style-type: none"> ● Children and Families social worker ● Transitions social worker ● Adult social worker ● Social care services
<p>Health</p> 	<ul style="list-style-type: none"> ● GP (your doctor) ● Paediatrician ● Consultants ● Community Nurse ● CAMHS (Children & Adolescent Mental Health Services) ● Adult Mental Health Services ● Occupational Therapist ● Physiotherapist ● Speech and Language Therapist ● Other health specialists

If you are still at school then it will normally be one of your teachers that take the lead in transition planning. If you do

not know who this is, ask a member of staff at your school to help you find out.

If you have already left school, you can still get help with your transition planning. Speak to an adult who is helping you, or if you don't know where to start you can contact Salvesen Mindroom Centre for advice.

Top Tip! I found it helpful to make a list of my key contacts and their jobs.



Education, Training & Employment

I am 16. Can I stay at school if I want to?

Yes. If it's what you want, then you can choose to stay on at school after you are 16. For most people this means they can be at school until the end of S6. You have a right to get the help and support you need for as long as you stay at school. If you decide to do this, you will need to choose which subjects you would like to study.



Top Tip! When I was choosing subjects for S5 and S6, I found it really helpful to look at what qualifications I would need to get my dream job.

What if I want to go to college or university?

Each college and university will have their own booklet called a prospectus that will tell you about their courses and the entry requirements for each one. You can usually look at the information online, or you could phone or visit and request a paper copy if you prefer.

Top Tip! When I was choosing what to do at college, I found it useful going along to an open day because it gave me a good idea of what it would be like to study there.



How do I choose the right course?

It is important to look for courses that match your interests, skills and academic ability. Colleges have lots of different

courses at all levels of difficulty. A lot of colleges have courses that are designed to help you get ready for Further Education and for people with complex support needs. If you are still at school, your school could help you to find out about these courses.



Your school should have a Careers Advisor from Skills Development Scotland who you can ask to see. They will be able to offer support in deciding on the most appropriate courses and the application

process. If you aren't at school, you can contact Skills Development Scotland yourself.

What about getting help at college or university?

You still have a right to get the help you need, even after you've left school. Each college or university will have specific disability support services as well as more general student support services that you can access. They can help with things like:



Assessing the support you need for your studies



Letting your lecturers/tutors know about your needs



Organising alternative arrangements for assignments & exams (like extra time or a quiet space)



Linking you up with other services such as mental health services



Pastoral care/check-ins



Helping you to apply for Disabled Students Allowance (DSA)

If you're going to study a higher education course, like a degree, HNC or HND, you may be able to receive DSA or

More info on Disabled Students Allowance



other financial help, which you can read about in our Finance section. You can also find out more at the Government's Student Information website.

Will I have to leave home?

Some people go to college or university and continue to live at home. Other people choose to live with other students while they are at college or university. Sometimes they live in Halls of Residence, which are buildings with rooms just for students to live in. Some Halls of Residence also have canteens where they provide meals for the students and in others there are kitchens where the students can cook for

themselves. If you don't want to live in Halls of Residence, you can read our Housing section to see what other options might be available.

Top Tip! If you're going to visit a college or university then take the chance to find out all about the accommodation there as well as the courses that they offer.



What if I don't want to stay in education?

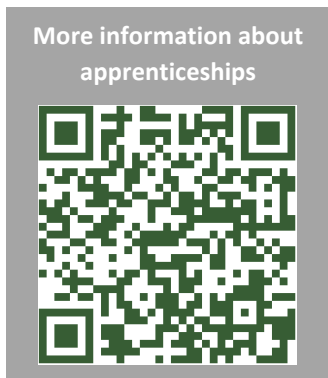
There are a few things you might want to think about if you're not going to stay in full time education. You could look into doing an apprenticeship, volunteering or getting a job. There's a bit more about these options below.

Remember that Skills Development Scotland can also help

you find out more about these and support you to decide which is best for you.

What are apprenticeships?

Apprenticeships are a way to combine your learning with getting experience in a job that'll help you feel confident in



whatever job you do in the future. If you become an apprentice then you work for an employer while you also study at school, in college or at university.

There are 3 types of apprenticeship:

- Foundation Apprenticeships are for people who want to combine staying at school part time in S5 and S6

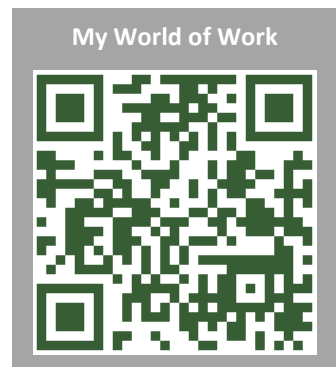
with working for an employer and learning the skills for a specific job.

- Modern Apprenticeships are for people over 16 who want to learn on the job while they earn a wage and also get experience that can help with future job applications or their CV
- Graduate Apprenticeships are for people who want to study for a degree while they also work for an employer, earning a wage.

What if I want to get a job?

Some people decide that the right thing for them is to leave education and focus on finding a job.

My World of Work has lots of information about the different jobs that you might want to do. Try and



find a job that matches your interest and skills. A Careers Adviser from Skills Development Scotland will be able to help you find out which jobs might be a good match and what is available in your area. You will need to think about whether you want to work full time (about 30 hours a week or more) or part-time (less than that). Skills Development Scotland can also help you with your CV and preparing for interviews.



Top Tip! My friends and I helped each other develop our interview skills by role-playing going for job interviews with each other.

When you apply for a job, it usually means filling in an application form. These are sometimes online and sometimes on paper. You might also be asked to send a

CV or do an online quiz/test. If the people advertising decide that you could be a good fit for their job, then they will ask you to come for an interview to help them decide.

Top Tip! I have dyslexia so I made a grid and wrote down all of the advantages and disadvantages of telling my employer about it. I also wrote the advantages and disadvantages of not telling them. It really helped me decide what I wanted to share.



If you have additional support needs then you can let the people advertising the job know, so they can take this into account when they consider your application and arrange your interview. They should make ‘reasonable adjustments’ so that you can perform at your best. If you need reasonable

adjustments in your job, your employer should provide these. It is a good idea to think about what support you need and what personal information you are happy sharing with other people.

I don't think I'm ready to apply for a job yet. Is there anything else that I can do?

Yes. Not everyone is ready when they leave school or college to take on the responsibility of a job straight away. You could think about finding opportunities to volunteer with an organisation that does something you find interesting. This gives you great experience of working with other people, builds up your confidence and helps others at the same time!

If you are unable to work, you may be entitled to financial support. You can read our Finance section to learn more about this.

Social Services

How do social workers help with transitions?

Some young people might need some help from social workers when planning their transition to adulthood. Social workers can help with lots of things like figuring out how much help and support you might need after you leave school, helping you find the right support to do the things you want or making referrals to other people who might be able to help you.

Some councils have transitions teams or transitions social workers who will work with you through your transition. In other councils you might get help from an adult social work team or a health and social care team.

If you need support from social work your school would usually contact them to invite them to your transition meetings. You, or another trusted adult, could also contact them to see how they might be able to help you. You can find contact details for your local social work team on your council's website.

How do I get support from social work after I leave school?

Everyone's needs change as they grow up. You may not need support at all after you leave school or you might start to need support, even if you haven't had any before. Support from adult social services will be different from the support from children's social services. Remember, it should still be based on your individual needs.

Social workers will do an assessment to help work out what support you need. This involves speaking to you, your family and the people who help you, to figure out what you're good at, what help you might need and what you want for your future. Your social worker should listen to you and then recommend what they think would be best for you. The assessment should be finished 6 months before you leave school.

Top Tip! Everyone has the right to request an assessment. If you haven't had an assessment and think you might need one, you should contact your local social work team.



What kind of support can I get?

If a social worker recommends that you need extra help after you leave school, they can tell you about the different services who might be able to support you. Some young people might get help from a support worker or might go to an activity centre. Others might go to clubs. Some people might get a budget or amount of money to help them live independently.



More information on Self
Directed Support



The law says that you should have a say in what support you get and how this is set up: this is called Self-directed Support. Your social worker should explain this to you, and you

can contact Salvesen Mindroom Centre for advice.

If you are getting help through Self-directed Support, this should be set up by the time you leave school. If you have already left school and need support, you can contact your local social work team at any time.

My social worker said they thought I might need some extra help to achieve my goal of getting better at travel and seeing new places. They told me about different types of help and listened to what I wanted. I decided a support worker to help me go on the bus would be the best for me.



What if I want to leave home?

You might decide you want to move out from your home and live independently. This can take lots of time and planning, depending on how much help you might need. If you have a social worker, you could speak to them about this goal, and they can give you advice on what to do next.

If you think you will need support to keep yourself safe or look after yourself after you move out, a social worker could help figure out how much help you might need. You could also speak to the housing team at your local council who could tell you about your options.

What if I'm worried about my safety?

Social workers also help people who are in risky situations or find it difficult to keep themselves safe. If you are worried about your safety and wellbeing, you can speak to an adult who you trust. If you have a social worker, you can speak to them. Remember you can also contact your local social work team for help and advice.

Health

Will I need to change GP or healthcare team when I turn 16?

You might have heard people talk about “adult services” and wonder what this means and when they will start helping you.

You can carry on going to your usual GP surgery, unless you move to a different area. If you are supported by a specific healthcare team, such as physiotherapy, occupational therapy, or CAMHS, your case will be transferred to a team who help adults.

The age this happens can depend on the specific service and also

More information about
transitioning to adult
health services



where you live. It may happen when you are 16, or 18, and sometimes older depending on individual circumstances.

How do I get help from adult services?

If you have a current healthcare team, ideally somebody from that team should be at your transitions meeting so they can talk about how they have been helping you. If they cannot attend, they should write down how they have supported you. Somebody from your new healthcare team should also attend to listen and start to plan next steps.

Sometimes there can be a gap between moving from one service to another, and you might need to make a new referral to an adult service. Your GP or current healthcare team can support you with this.

If you do not have a current healthcare team and need support from adult services, you should contact your GP. You can ask your GP for general advice or to refer you to a specific service.

Remember, everybody's needs change as they get older. You might need support from different professionals or in a different way, or you may no longer need support at all.



Top Tip! I found it really helpful having somebody I trusted with me during an appointment with my doctor. They helped me remember the questions I wanted to ask and the things the doctor told me.

Can somebody else discuss my needs with adult services?

Once you are 12 years old, you have the right to decide what medical treatment you receive. This means that you need to give consent before any medical procedure, unless you are unable to do so. If you are able to fully understand about the medical treatment, you will need to give your consent in advance.

Your medical information belongs to you and is private.

Medical professionals are not allowed to share

any information about you without your

consent, unless they

believe you or

somebody else is at

risk of harm.

Consent means that you give permission, and/or agree to something.



You can give permission for somebody you trust to speak to healthcare professionals about your needs. Sometimes you will be asked to do this in writing. If you think it would be helpful, you also have the right to take somebody along with you to medical appointments.

Life Skills

What are life skills?

Life skills are the skills you need to keep you healthy and safe so that you can do the things that are important to you. These might include things like keeping yourself clean, managing your money, having a healthy diet, travelling, and communicating with others.

More information about
life skills



Top Tip! Why not make a list of all the things you can think of that other people do for you – like cooking meals and doing laundry or taking you to see the doctor or fixing things around the house. Once you've done that you could tick off the things you think you could do for yourself and make a plan for the things that you'd like to practice.

As you get older and become more independent, you might naturally develop more of these skills. Some skills might take a bit more practice than others!

Being independent doesn't mean that you have to do everything yourself, it means that you know how to get the help you need when you need it.

Occupational therapy can help you develop life skills. If you think you need support from an occupational therapist, you can speak to your GP or contact your local council.

More information about
occupational therapy



What about travelling independently?

Independent travel is an important life skill that lots of young people find difficult at first. It can be helpful to plan any

journey before you go, however you are travelling. You might want to start by practicing making short journeys. It can also help having somebody you trust with you while you build your confidence up.

Independent Travel
Guide



There are all sorts of apps and other supports available. You can read more about them in our Independent Travel guide.

Top Tip! In Scotland you can get free bus travel if you are under 22. You can apply here:



What if I need more help to develop my life skills?

Independent Living Fund



The Scottish Government has a fund just for this sort of thing, it's called the 'Independent Living Fund' and it includes a Transitions Fund. It is there

to help young disabled people, between the ages of 16 and 25, to be more independent and to continue spending time with other people. It can give you money for up to 1 year to try new activities and develop new skills.

Top Tip! Did you know that a disability is anything that affects your ability to do everyday activities? This means that you can get help if you are neurodivergent, maybe because you are autistic or have ADHD. It also means you can get help if you have physical disabilities, mental health problems or hearing or visual impairments.



Housing/Accommodation

There might be a time when you want to start thinking about taking more responsibility for your own accommodation.

Some young people are happy to stay in the place they know as home. Others want to move into their own place, either on their own or with other people.

Remember, everyone is different and it's okay if you're not sure what option suits you best just now! There is no one choice that is right for everybody. The kind of home you need might change over time, too.

What are my options if I want to move out?

There are a few different options for you to think about. For each option you will need to consider how you would pay for it and where you want to live.

Private rented accommodation

One option is private rented accommodation. There are lots of websites that can help you to search for properties that are available for rent. You might rent directly from a landlord or through an agency. Before you can rent the property, the landlord or agency might ask for a reference from someone you know, to say that you will look after the property. They might also ask for proof that you can afford the rent. In some cases, they might ask for a guarantor. A guarantor is someone you know who agrees to pay your rent if you don't pay it. Your guarantor needs to agree to this in advance.

Student accommodation

If you are going to college or university, you might be able to apply for student accommodation. This is accommodation specifically for students to rent. These properties will either

More information on
SAAS



be privately owned or owned by the university/college. Many students apply for student loans or grants to help pay for the cost of

accommodation. You can find out more about this at the Student Awards Agency Scotland (SAAS) website.

Social housing

You could apply for social housing. This involves renting a house from your local authority or a housing association.

You will be able to find information on how to do this on your local authority's website. You will need to complete an application form. Local authorities and housing associations prioritise people based on need, so it is likely you will be placed on a waiting list for this.

Buying a property

Another option is buying a property. For most people, this means getting a mortgage which is a loan to help you buy a property. For this, you would need to have savings for a deposit and proof of a steady income. You would need to speak to a solicitor and possibly a financial advisor about this.



When I was ready to live on my own, I checked my local council's website to apply for social housing. Someone from the council called me to discuss my needs. Once my application was accepted I was able to look at the available properties online and tell them which ones I would like to live in. I had to wait for some time, but now I have my own place to live!

What if I need support to live independently?

If you would like to live in your own accommodation and need support to do this, a social worker can help to identify the options for you. You could contact your local social work team to let them know you would like to move into your own place and to ask for an assessment of need.

If the social worker agrees that you need support, they can help arrange this with the services who need to be involved.

Depending on your needs, a social worker might recommend that you live in supported accommodation, such as a residential care facility. Alternatively, they might help you to get carers or support workers who come to your home. In this case, you will usually need to find your own accommodation.

The options available and the timescales can vary depending on where you live.

What if I need somewhere to live in an emergency?

Local councils are required to offer support to people who are homeless or who might become homeless. You are considered homeless if you have nowhere safe to live. If you are homeless or are going to be within the next two months, you should contact your local council as soon as possible.

You can find information about how to contact them on their website.

Depending on your situation, they might offer advice or support. This could involve finding you a temporary place to live.

Finance

As you get older you might start to take more responsibility for your own finances. If you have a job, you will be paid for the work you do. You might be entitled to certain benefits and there are specific financial supports for students. It is important to think about how you will manage your money.

Money Helper's guide
to supporting yourself
financially



What are benefits?

Benefits Calculator



Benefits are payments from the government to certain people on low incomes or to meet specific needs.

Depending on your personal circumstances, you may be eligible for a range of benefits.

You can use a benefits calculator to get an idea of what you might be entitled to.

What benefits could I apply for?

Adult Disability Payment can help with extra living costs. This used to be called Personal Independence Payment (PIP). You can apply for this even if you're working, have savings or are getting most other benefits. You may be eligible if you have

More information on
Adult Disability Payment



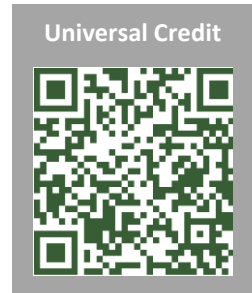
a long-term physical or mental health condition or disability. You can find more information on the government's website.

Universal Credit is a payment to help with your living costs if you are on a low income, out of work or you cannot work.

People who get Universal Credit receive a basic allowance.

You might get extra if you:

- have children
- have a disability or health condition which impacts on your ability to work or prepare for employment
- need help paying your rent
- You can find more information about this on the government's website.



Carers Allowance is a benefit for anyone who cares for someone at least 35 hours a week. The person you care for must be on certain benefits in order for you to be eligible for



Carers Allowance. You can find more information on the government's website

What financial help can I get if I am a student?

Education Maintenance Allowance is an allowance for some 16–19-year-olds who want to continue in education at school or on certain college courses.

Your household income will affect whether you will be able to get this.



SAAS (Students Award Agency Scotland) Funding is available to students from Scotland studying at a Scottish university or a HNC/HND course at a Scottish college. You can apply for a loan which you will need to re-pay once you start to earn over a certain amount. You might also be able to apply for a



bursary, depending on your household income. Bursaries do not have to be paid back.

Disabled Students Allowance (DSA) is

an allowance to cover extra costs you might have because of your disability while studying at college or university.

More information on
Disabled Students
Allowance



DSA is for things like equipment, one-to-one support or note-takers. You do not need to be receiving funding from SAAS to receive DSA, and it is not dependent on your income. You can speak to student support at your college or university about this.

More information on
Universal Credit for
Students



Universal Credit is available to students in specific situations.

When I started at college, I spoke to student support who arranged my assessment for DSA. This helped to find out what supports I needed and what DSA would pay for. I found this website really helpful too:



Decision Making

When you become an adult, you have the right to make your own decisions about your life. This doesn't mean you have to make all your decisions on your own. If you want them to, parents, carers and other trusted adults can help you.

Can someone talk to professionals for me?

You can ask someone to talk to professionals for you whenever you wish but you must tell the professional that this is okay. The professional might ask you for written permission. Once you are 12, professionals (such as doctors or people who work in the bank) cannot share your information with anyone else unless you give them your permission first.



Top Tip! When I needed help with problems I was having at college I asked the people at Salvesen Mindroom Centre to talk to them for me. They asked me to sign an agreement so the university knew that I had given them my permission to discuss things about me. It was really helpful.

What if I'll always need help with certain things?

If you have significant difficulty with understanding and making decisions, this is known as having 'limited capacity'.

If you have limited capacity, it is helpful to have someone who can act on your behalf. There are two legal orders which can help people who have limited capacity. These are 'power of attorney' and 'guardianship'.

A **power of attorney** can be used to give someone permission to make decisions about specific things, such as your money or your health. It can also be used to give someone permission to act on your behalf if something happens that means you can't make decisions for yourself. A power of attorney is arranged with the help of a solicitor. It's a good idea to name more than one person on a power of attorney, that way there won't be a problem if something happens to one of them. It's also important to choose people who know you well and that you trust.



Top Tip! When my friend went to university they were worried about managing their money. They arranged for their mum to have power of attorney over their finances while they were at university. It meant that she could speak to the bank and keep an eye on things for them.

In some cases, people who know a young person well may feel they'll never have the capacity to make any decisions for themselves. In these cases, they can talk to a solicitor who will help them apply for **guardianship**. A Sheriff (also known as a judge) decides who the best guardians would be, and what they should be allowed to do. Guardianship transfers your rights to your guardian who can make decisions about you without asking your opinion first. Your guardian should always act in your best interest and should involve you in decision making as much as possible.

You can find advice about this at www.publicguardian-scotland.gov.uk or by talking to a solicitor.



Anything else?

We've covered a lot in this guide, but there might be things that you want to think about that we have not mentioned.

Everyone is different and it's important that your transition is right for you.

If you need more information or advice about transitions, you can contact Salvesen Mindroom Centre.



Whatever your next steps, we hope you have a positive transition and achieve your big dream!

Glossary

Additional Support Needs – this is when people need extra or different support with their learning to help them achieve their full potential and get the most out of their education.

Advocacy – support to make sure your voice and wishes are heard. Advocates also give you all the information you need to make informed decisions about your life.

Alternative Arrangements – these are reasonable adjustments used during exams. This could include extra time, a scribe or a separate room to complete the exam in.

AMHS – this means Adult Mental Health Services. This is the name for the NHS services that assess and treat adults with emotional, behavioural or mental health difficulties.

Assessment – this is a process where people determine your needs and what support you require.

CAMHS – this means Children and Adolescents Mental Health Services. This is the name for the NHS services that assess and treat children and young people up to age 18 with emotional, behavioural or mental health difficulties.

Careers advisor – this is someone who can help you to make choices about your education, training and work opportunities by providing information and advice. Usually, your school will have a careers advisor.

Complex support needs – people with complex support needs may have more than one disability or have health problems. They may also use a different way to communicate other than speaking. They often have many professionals involved in their support.

Consent – this means that you give permission, and/or agree to something.

CV – this means curriculum vitae. This is a document where you can list your skills, your qualifications and working history. You would use this to apply for a job.

Disability – A disability is any condition, mental or physical, that makes it more difficult for the person with the condition to do certain activities or interact with the world around them.

Equality Act 2010 – this is a law that requires that everyone who has a protected characteristic be treated equally and fairly in the workplace and in society. Protected characteristics include disability, age, sex or gender, religion or belief and race.

Further & Higher Education – Any education you take part in after you leave secondary school is classed as either Further Education (FE) or Higher Education (HE). Further Education is education after secondary school is any education that is not offered at degree level.

GP – this means general practitioner. This is the doctor in your local community who treats common medical problems and can refer you to a specialist if necessary.

Local council/local authority – the local authority is your local council. This is the council in charge of the area you live in. They provide lots of different services in your area like education, social services, housing, roads etc.

Neurodevelopmental conditions – are a group of lifelong conditions that affect the development of the brain. These can include autism, dyslexia, ADHD, developmental co-ordination disorder or Tourette’ syndrome.

Neurodivergence – if you experience the world in a different way to others you may neurodivergent. Someone with autism, dyslexia, ADHD, developmental co-ordination disorder or Tourette’ syndrome could be described as neurodivergent.

Neurodiversity – means that everyone’s brain is different and sometimes this causes differences in people’s behaviour and how they experience the world.

Occupational Therapist – this is someone who can help you overcome challenges completing everyday tasks or activities that are meaningful to you. This could be at school, work or home. Tasks that occupational therapists may help with include developing independence with dressing, self-care and fine motor tasks, such as handwriting or using cutlery.

Paediatrician – this is a doctor who manages medical conditions affecting infants, children and young people.

Pastoral care – the provision a school or college makes to ensure the physical and emotional welfare of students. For example, your guidance teacher can provide pastoral care if you are struggling.

Physiotherapist – provides support to improve movement and function when an individual of any age is affected by injury, illness or disability.

Reasonable adjustments – The Equality Act 2010 states that if you have a disability, reasonable adjustments should be made to your learning or your working environment to help support you.

Social Work – are professionals who provide help and support with social difficulties whilst promoting your human rights, wellbeing and independence.

Speech and Language Therapist – this is sometimes referred to as SaLT. This is someone who provides treatment, support and care for children and adults who have difficulties with communication, or with eating, drinking and swallowing. They work with parents, carers and other professionals, such as teachers, nurses, occupational therapists and doctors.

Transition planning meeting – a meeting about your transition with you, your family and any professionals who may be involved in your life. You will talk about your hopes

for the future, your support needs and what your options are.

Transition – a time of change in your life. This could be moving or leaving school and starting college, university or a new job.

Useful links

www.mindroom.org

www.mindroom.org/resources/future-me-workbook/

<https://www.skillsdevelopmentscotland.co.uk/>

<https://www.studentinformation.gov.scot/students/additional-support-needs/>

<https://www.apprenticeships.scot/>

<https://www.myworldofwork.co.uk/>

<https://www.sdsscotland.org.uk/>

<https://www.talkingabouttomorrow.org.uk/health-and-social-care/>

<https://contact.org.uk/help-for-families/information-advice-services/health-medical-information/health/moving-to-adult-health-services/>

<https://www.nhsinform.scot/care-support-and-rights/health-rights/mental-health/transition-care-plans-moving-from-camhs-to-adult-mental-health-services>

<https://www.uhs.nhs.uk/Media/UHS-website-2019/Patientinformation/Childhealth/ReadySteadyGo/Transitionmovingintoadultcare-patientinformation.pdf>

<https://www.nhs.uk/child-health/child-mental-health/child-mental-health-services/kids/>

<https://www.rcot.co.uk/about-occupational-therapy/what-is-occupational-therapy/>

<https://www.transport.gov.scot/concessionary-travel/young-persons-free-bus-travel/>

<https://ilf.scot/>

<https://www.moneyhelper.org.uk/en/everyday-money/budgeting/supporting-yourself-financially-a-guide-for-young-adults-aged-16-to-24>

<https://benefits-calculator.turn2us.org.uk/>

<https://www.mygov.scot/adult-disability-payment/applicants>

<https://www.gov.uk/universal-credit>

<https://www.gov.uk/carers-allowance>
<https://ilf.scot/transition-fund/>

<https://www.gov.uk/carers-allowance/>

<https://www.mygov.scot/ema/>

<https://www.saas.gov.uk/>

<https://www.saas.gov.uk/guides/dsa/>

<https://www.gov.uk/guidance/universal-credit-and-students#studying-full-time/>

<https://www.studentinformation.gov.scot/>

www.publicguardian-scotland.gov.uk/