

# GETTING TRANSITIONS RIGHT: THE SCOTTISH TRANSITIONS FORUM

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ARC Scotland



**Scottish  
Transitions  
Forum**

# Scottish Transitions Forum – Aims and objectives

## Aim

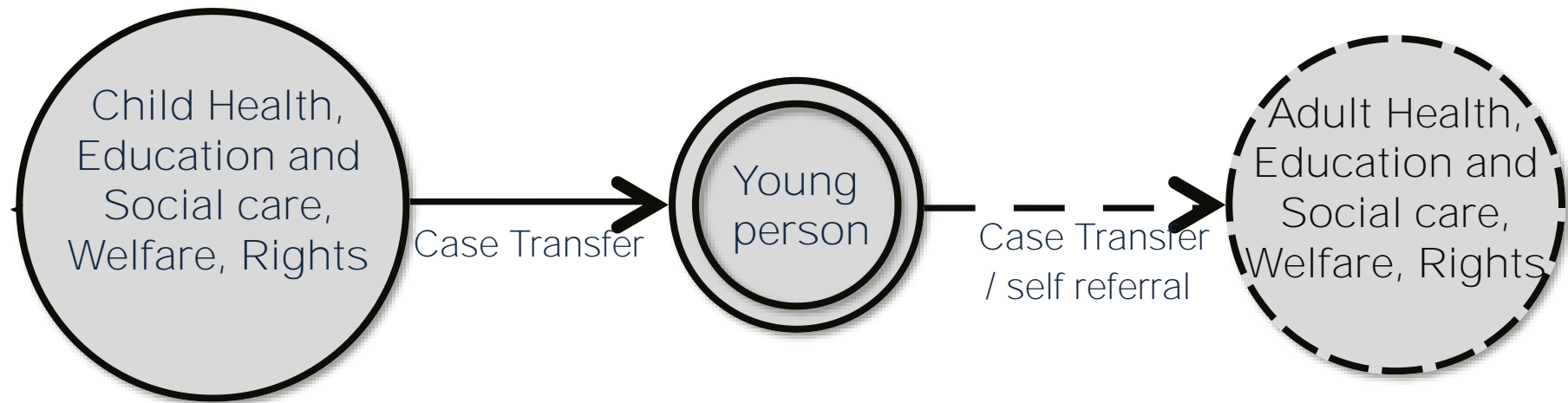
All young people who require additional support receive the information, support and encouragement they need to reach their potential.

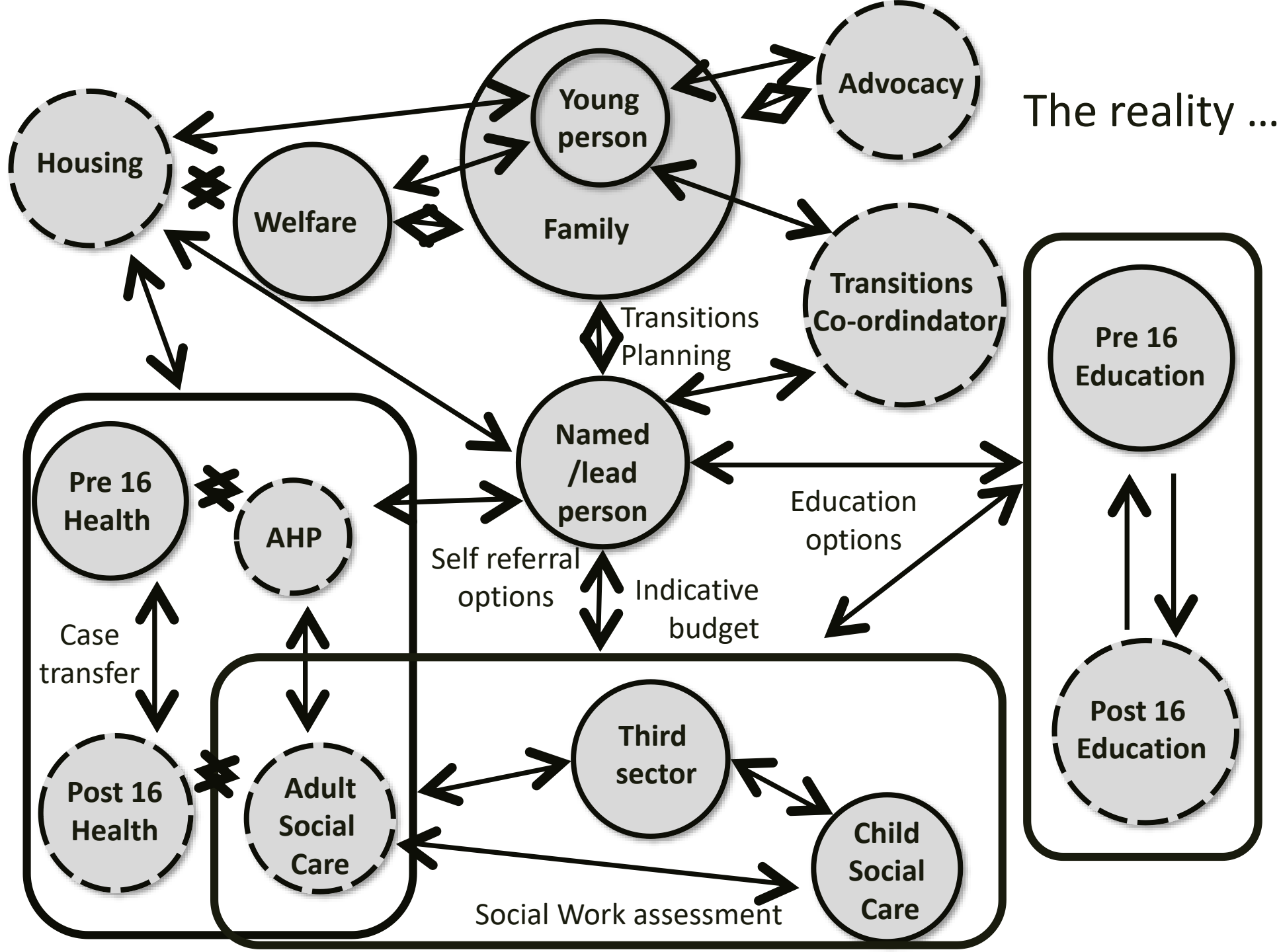
## Objectives:

- Empower young people and carers to become the voices of change
- Support professionals to work collaboratively ensuring young people are at the centre of their support
- Lead the implementation of 'Principles of Good Transitions' in all services providing support for young people with additional needs

# WHAT IS TRANSITION...

# What do transitions look like ?





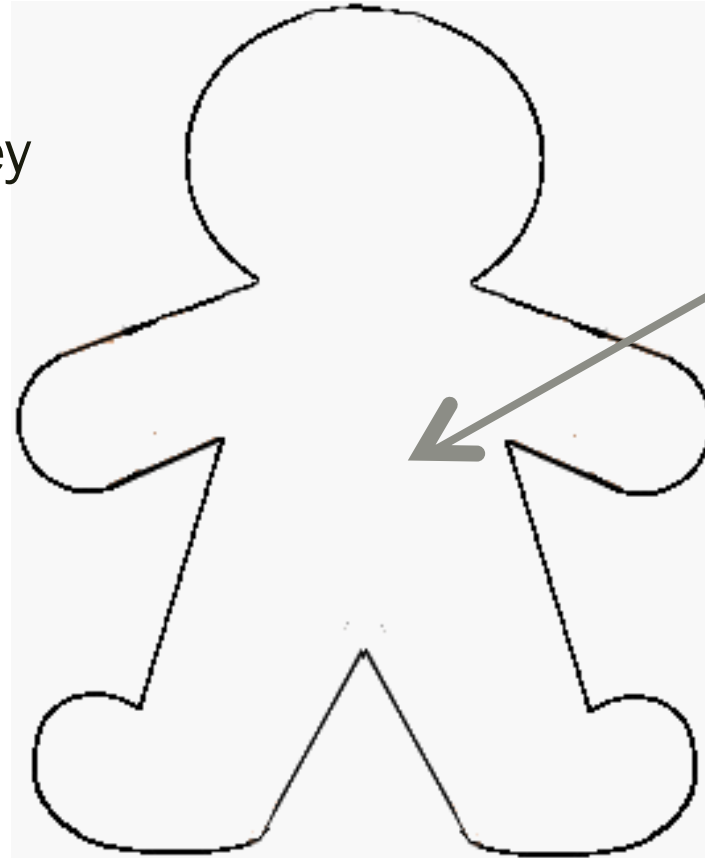
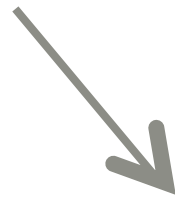
# Definition of transition

Transition is the period when young people develop from children to young adults. This is **not a single event**, such as leaving school, but a **growing-up process** that unfolds over several years and involves significant emotional, physical, intellectual and physiological **changes**. During this period, young people progressively assume **greater autonomy** in many different areas of their lives and are required to **adjust** to different experiences, expectations, processes, places and routines. Transitions also **impact on the family** or on those who care for the child or young person.

(Principles of Good Transitions 3)

# What might transitions feel like for a young person?

How might they appear to others?



What might they be feeling?



Also consider how AT might help manage these feelings?

# Facing the Future Together

Scotland wide survey

270 young people with additional support needs

470 parents and carers

Key findings from research published  
March 2017



## Facing the Future Together

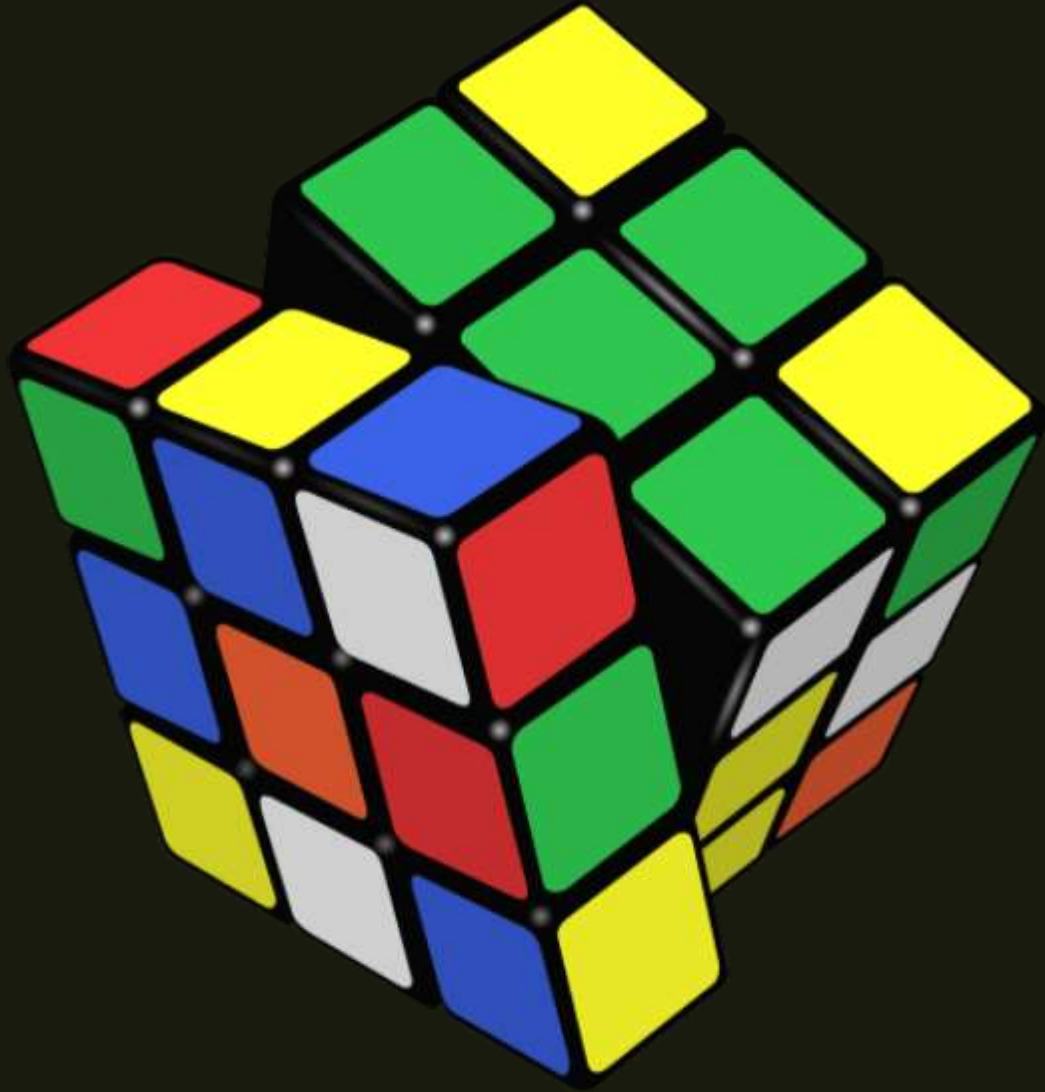
A national survey of young people with additional support needs and their parents and carers about their experiences of leaving school



# What do parents & carers want during transitions?

- Start person-centered planning early
- Honest communication about available options
- Opportunities for young people to 'try out' college or work
- Effective communication and coordination of services
- Building young people's confidence and life-skills by listening them and involving them
- A single consistent point of professional contact
- Appropriately trained staff

(Facing the Future Together, 2017)



# THE TRANSITIONS PUZZLE

# The Seven Principles of Good Transitions

**Principle 1** - Planning and decision making should be carried out in a person-centred way

**Principle 2** - Support should be co-ordinated across all services

**Principle 3** - Planning should start early and continue up to age 25

**Principle 4** - All young people should get the support they need

**Principle 5** - Young people, parents and carers must have access to the information they need

**Principle 6** - Families and carers need support

**Principle 7** - A continued focus on transitions across Scotland

Introduction



Principles of Good Transitions 3

2017

Principle 1:

Planning and decision making should be carried out in a person-centred way



Principles of Good Transitions 3

2017

Principle 2:

Support should be co-ordinated across all services



Principles of Good Transitions 3

2017

Principle 3:

Planning should start early and continue up to age 25



Principles of Good Transitions 3

2017

Principle 4:

All young people should have support that meets their needs



Principles of Good Transitions 3

2017

Principle 5:

Young people, parents and carers must have access to the information they need



Principles of Good Transitions 3

2017

Principle 6:

Families and carers need support



Principles of Good Transitions 3

2017

Principle 7:

A national focus is needed across Scotland



Principles of Good Transitions 3

2017

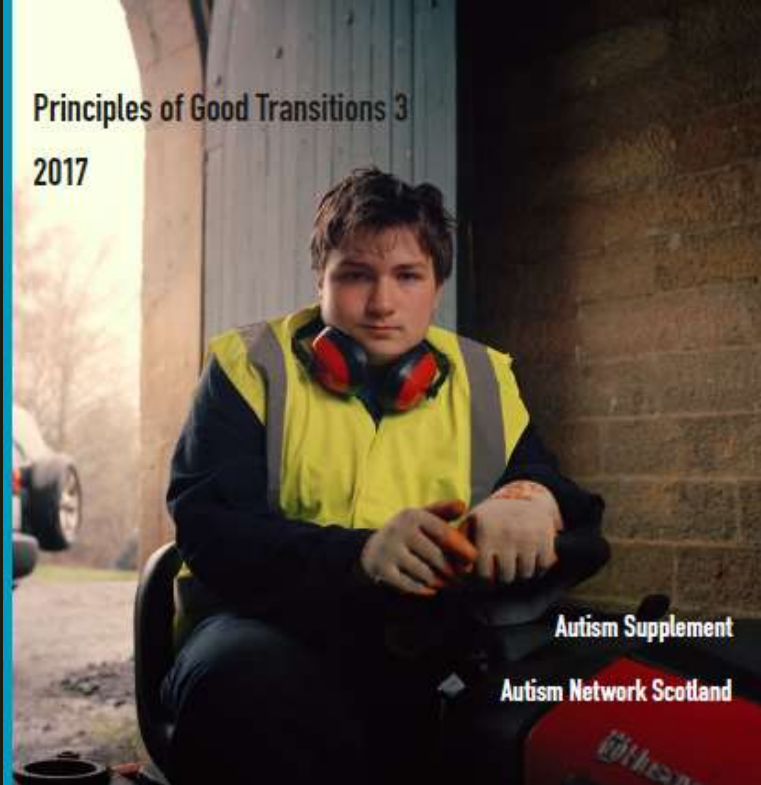
# Principles of Good Transitions 3: supplements

Autism Network Scotland

CHAS

PAMIS – Transitions Video

#Junxion – Video (being published)



Autism Supplement

Autism Network Scotland



Principles of Good Transitions 3

Life Shortening Conditions Supplement, CHAS

## Look for technology that supports:

- *young people to have a voice*
- *person-centred planning*
- *young people be at the center of planning processes and understand their rights*
- *families manage timelines or makes complex information easier to understand (there's sometimes a lot happening in transition)*
- *young people to become more independent (eg. develop life skills they can take into the workplace or further and higher education).*
- *managing stress and anxiety (especially around change management)*
- *Meeting preparation and planning – agenda setting etc.*
- *Coordination of support*

WHERE TO FIND  
OUT MORE ...

# Training Courses

## Getting Transitions Right

- One day course
- Co-delivered with AJP dreams
- Aimed at professionals from all sectors, parents and carers
- Open sessions held regularly
- Available as in-house training
- Training product of ARC Scotland Training

## Enhancing Inclusive Practice: Transitions & Autism

- Delivered with Autism Network Scotland and AJP Dreams
- Developed for professionals in the Further Education sector
- Offered to all college regions
- Being piloted in Higher Education Institutions
- Funded by the Scottish Funding Council and Scottish Government



# Join the Forum!



The screenshot shows the top portion of the Scottish Transitions Forum website. The header is a solid red bar. On the left, the text 'Scottish Transitions Forum' is displayed in white. On the right, there are links for 'News & Events', a 'Join' button (circled in red), and 'Contact'. Below these links, there is a search icon and a Twitter icon with the text 'FOLLOW SCOTTISH TRANSITIONS FORUM:'. At the bottom of the header, the phone number 'Call us: 0131 663 4444' is listed. Below the header is a white navigation bar with links for 'Home', 'About', 'Principles of Good Transitions', 'Examples of Good Practice', 'Videos', 'Legislation', and 'Endorsements'. The main content area features a large background image of a young man with red hair. Overlaid on the left side of this image is a red box containing the text 'Download PRINCIPLES OF GOOD TRANSITIONS 3 2017' and a white arrow pointing to the right.

# Contact details

## Website

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