

# Transitions for young people with learning disabilities – Information



PEOPLE

June 2018



# What is transition?



Transition starts between the ages of 14 to 18 years old.

This is when a young person is:

- getting ready to leave school
- thinking about their future
- making plans for the future



It is a time of lots of change.

There are people who can help you:

- teachers
- family, carers, friends
- social workers
- local area co-ordinators
- health staff
- other organisations



There are laws to guide people who help you.

These are called duties.



There are guidelines.

We call the guidelines

Principles of Good Transitions 3.

These principles tell us how we should help young people and their families

# The principles of transition

**Principles are ideas or rules that explain how something works.**

## Principle 1

**Planning and decision making should be done in a person centred way.**

- this means young people must be at the centre of planning
- they should have one plan.

## Principle 2

**Support should be co-ordinated across all services.**

- this means everyone must work together
- we need to check that the plan is working.

## Principle 3

**Planning should start early and continue up to age 25.**

- we need to start planning early
- we need to keep checking that the plan is working when people are young adults.

## Principle 4

**Young people should get the support they need.**

- people need to plan in plenty of time
- there are rules about who can get support
- this is called eligibility criteria.

# Principle 5

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

- this means we need to tell people what they need to know
- we need to help people find the right information to make plans for when they are an adult.

# Principle 6

**Families and carers need support.**

- families and carers have lots to think about in transition. It can be stressful.
- people may need access to advocacy services
- advocacy is about having your voice heard. Advocates support you to speak up.
- they might speak for you if you would like them to.

# Principle 7

**A continued focus on transition across Scotland.**

- this means we must make sure rules and laws work for young people and families
- we need to learn from other people.

# Education



Transition planning is about

- getting the right information
- getting information at the right time
- getting information in a way that you can understand

Transition starts in high school with a meeting.

You and your family or carers are asked about what you want in the future.



Staff at school who know you well will talk about what you want to do when you leave school.

- they will think about what skills you have
- they will talk about what you like to do.



Your pastoral teacher or learning support teacher will talk to you and your family. There will be meetings to make plans.



It is important to think about different things to do when you leave school.

This might be:

- college
- training
- employment
- volunteering
- something else.

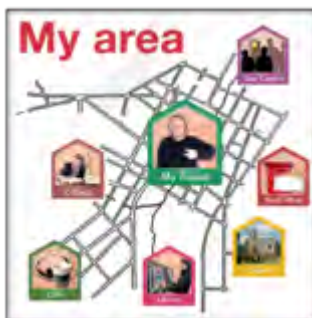
# Learning Disability Service



The learning disability service is a specialist health and social care service for adults with learning disabilities. Some of the staff are psychiatrists, nurses, social workers, other health professionals.



There is a transition worker in the learning disability service. This person may work with you. They can do an adult assessment with you. The transition worker can give you information and advice.



There are local area co-ordinators and community link workers in the learning disability service. They can tell you about things you need to think about when you plan your transition. You can ask them questions.

They help you look at activities to do in your local community.

## Other people



Some young people have a children's social worker, CHAD worker or health worker. You can ask them about helping you with your transition. They will speak to the adult learning disability service about 6 months before you move to adult services.

# Money



When you become an adult you need to manage your money.  
You might need help with this.



## Welfare benefits

When you become an adult your benefits change. It is important to ask about these changes.



If your assessment says you need support you can get this support in different ways. Self directed support means you have more choice and control.  
We will tell you about options and choices to manage your support.



Independent living fund. There is a new fund in 2018 to help young people become more independent. You can apply for this funding.

# Health



Children's healthcare services and adult health care services are different. There are different teams who work with adults and children.



You can talk to your family doctor (GP) if you have worries about your health. They can refer you to adult health services if you need them.



The learning disability service has staff who can help. There is a leaflet about the learning disability service you can look at for information about them.



There is a liaison nurse who can help you when you have an appointment at the hospital. He can speak to hospital staff about how to support you.



# Carers support



It is important that carers get the information and support they need.



Your carer can contact The Borders Carer Centre. They can speak to someone about having a carer support plan.



Respite and short breaks can be important for carers and young people. Respite services are different for adults.



Respite or short breaks can give you a chance to have time away from your family. You might try different things. You can learn new skills.

# Legal information



When you are 16 years old you become an adult. You can make your own decisions. Parents and carers have no legal right to make decisions for you.



Some young people are not able to make safe decisions themselves. We call this incapacity to make decisions. There are laws to protect you if you cannot make safe decisions yourself. This could be about money or health or other things.



A parent or carer should ask for legal advice. You can get information about different ways to make decisions for someone else on the Office of the Public Guardian website.



The laws about incapacity have 5 principles to protect people. Principles are ideas or rules that explain how something works. People who make decisions for you need to follow these principles.



You can have a welfare guardian.  
A welfare guardian makes big decisions for you.  
They can decide things like where you live, who looks after you or how you spend your money.



Your family, carers, or social workers can apply to be your welfare guardian.  
A court must decide who should be your welfare guardian.  
Guardianship can be applied for 3 months before your 16<sup>th</sup> birthday.



### **Appointee**

- An appointee is responsible for managing a person's benefits, paying bills and managing a small amount of savings.



### **Power of attorney**

- You can give someone else permission to make decisions about your welfare, finance or property. This is a legal document that says someone else can make decisions or take actions for you.



If you need more information about transition please ask your

- school
- health or social worker
- local area co-ordinator

Or you can contact the learning disability service.

# If you want to contact us

Here is the information you need if you want to get in touch with us.



Accessible Information Standard

Thank you to the Local Citizens Panel easy read group for helping to make this information booklet.

Learning Disability Service  
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