



The Transition Journey

for Young People with Additional Support Needs

Helpful links and apps

We want you to have a great transition, so we follow the Principles of Good Transitions. You can find out more by using the Compass app:



Not sure about your future yet? Talk to someone who supports you or Time To Talk Next Steps Scotland can help too.



What support can I get as a carer?



What is a transition?

Transition means moving from childhood to becoming a young adult. For young people with additional support needs, you get to think about your goals and dreams. For us in the council, we think about how we can make these happen.

What happens in the transition planning?

When you turn 14, we'll start talking about what you would like the future to look like. This can be tricky to think about and there are people who can help.

We'll have a meeting to talk about the things that are important to you, and you can bring someone you trust along. Everyone will listen to what you have to say. We will call this meeting the Team Around the Child (TAC) meeting.

Together everyone will share ideas as to how we can make your goals come true and we'll write this down so we have a plan. We'll call this the Child's (Transition) Plan.

We'll meet around every six months to see if you're still happy with your plan.

Areas to consider when preparing for the TAC meeting

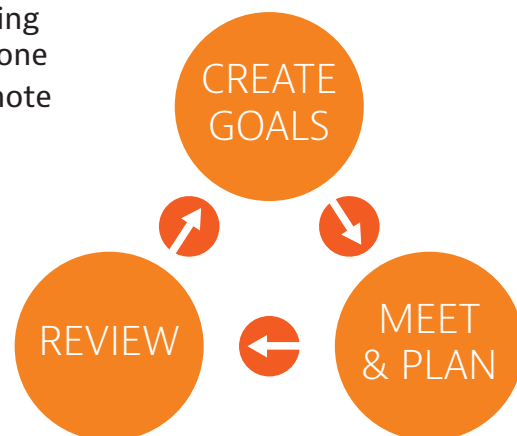
As well as your hopes and dreams, we'll be talking about other areas of your life. It might be helpful to have a think about some of these areas with someone you trust before your meeting.

Personal care

- Support required with personal care, e.g. bathing, dressing, grooming
- Dental care
- Continence needs
- Nutrition, healthy eating, specific dietary requirements
- Mobility, moving and handling, and equipment requirements

Independent skills

- Current and future living arrangements
- Understanding and accessing money
- Keeping the home clean and tidy
- Understanding correspondence and bills
- Following routines
- Attending appointments
- Travel training: transport and road signs, road safety
- Shopping
- Ability to communicate using technology, e.g. mobile phone
- Use of technology to promote independence
- Organisational skills and managing time



Social & vocational opportunities

- Developing and maintaining friendships
- Familial relationships
- Caring relationships
- Making decisions about how to spend free time
- Current social opportunities and activities
- Knowing the local area
- Participation in local community
- Exploring voluntary or vocational opportunities
- Goals for further learning, education opportunities
- Building on strengths and interests
- Accessing the community independently

Health, wellbeing & safety

- Understanding consent, mental capacity and supported decision making
- Attending health appointments
- Using kitchen appliances safely
- Knowing how to access help and use emergency services
- Keeping safe in the community (being aware of risks)
- Managing minor health needs, e.g. eczema, colds
- Articulating pain/health problems
- Knowing when you need help from a health professional
- Staying physically active and healthy
- Understanding relationships, including sexual relationships
- Managing complex health needs, e.g. diabetes
- Managing medication
- Mental health and wellbeing
- Ability to spend time on their own without supervision
- Communication needs
- Online safety