

Going Forward—Preparing parents for transition

Planning for transition

6 October 2017

Play Alloa, Alloa

Information for parents, carers and families



Things you need to know



Education/training

All universities and most colleges now have Disability Officers. Contact them before deciding where to apply, as how well they meet a young person's needs can make a big difference to completing a course successfully.

There are many options for community based learning as an adult, including open learning, skills based learning and certificated programmes. These are helpful if young people leave school without formal qualifications or with qualifications that do not reflect their abilities. LEAD Scotland can advise on options and funding for disabled learners. See list for details.

Education Maintenance Allowance is a means-tested grant for young people with a Learning Agreement through their school to stay on in 5th and 6th year.

Disabled Student's Allowance is not income assessed: funds can be used towards for example equipment, personal help or special dietary needs.



Work

Skills Development Scotland offers career planning support alongside information about courses, community learning, work experience and volunteering opportunities. See list for details.

Many disability organisations can also help with broader based person centred life planning.



Money and benefits

Check you are receiving all your entitlements. Contact your local Citizens' Advice Bureau (see list) or call Contact's helpline on 0808 808 3555.

Child benefit ends at 16 but may continue to 19 if someone is in full time education – check if this applies to you. Other options, e.g. a work placement, mean child benefit stops.

Personal Independence Payment has replaced Disability Living Allowance for over 16s. If your child is receiving DLA you should get a letter from the Department of Work and Pensions about how to claim PIP. If you don't receive DLA, you'll have to request a PIP form: find out how at www.gov.uk/pip/how-to-claim. Many disability organisations offer help to complete this, so ask.

Universal credit will shortly replace a range of other allowances including Income Support, Jobseeker's Allowance, Employment and Support Allowance, Housing Benefit and Child Tax Credit.



Legal matters

Under Scottish law a young person becomes an adult at 16, after which parents can no longer take decisions on their behalf without appropriate legal authority. Talk to a solicitor well before your child's 16th birthday about any legal steps you should consider – the process can be lengthy. Many solicitors offer an initial discussion free of charge but if you appoint them to act for you the costs can be high, so plan for this before beginning any legal proceedings.

Guardianship allows you to represent someone who cannot make decisions for themselves – that is, they lack capacity. “Incapacity” is a defined legal term and will not apply to everyone with a learning difficulty or disability.

Power of Attorney allows you to act on behalf of someone who can make their own decisions, but may require support to do so – including support to communicate them.

Making a Will/Trust Funds can be important in ensuring your young person is cared for when you are no longer able to. Setting up a Trust to manage money and decision making on their behalf can help make sure they have the right support around, for example, accommodation or healthcare. Many solicitors offer legal advice and will manage Trusts.

You can also contact Enable Scotland’s Legal Service, the Govan Law Centre, or the Scottish Child Law Centre for advice or signposting to organisations with experience of young people with special needs.



Social services

You’re legally entitled to an assessment of needs for your child and yourself, but you have to request this. Ask social services for a Section 23 assessment for under 16s, a Community Care Assessment for over 16s and a Section 24 assessment for carers’ needs. Social worker involvement is essential for referral to many services, including respite.



Health

If your child can’t make decisions for themselves it is likely you will need guardianship when they are 16 so you can be involved in healthcare decisions.

You can get a **Section 47 certificate** from GPs and other health professionals, which lists routine treatments that someone can’t agree to – e.g. dental care. This is linked to incapacity and may not be available to everyone with a learning difficulty or disability.



Getting around

Concessionary travel: if your young person receives certain benefits they – and an accompanying carer – may qualify for free or reduced rate bus travel; cheap rail fares (with a Disability Railcard); and possibly access to taxi card schemes or Dial-a-bus schemes. Contact your local council or transport company for details.

The **Blue Badge scheme** provides parking concessions for people with walking difficulties, either as drivers or passengers. Details from your local council.

Driving: young people with physical disabilities can apply for a driving licence at age 16. Funding for lessons can sometimes be obtained through Motability.



Useful publications

Principles of Good Transition 3 (www.scottishtransitions.org.uk)

Scotland – Opportunities at 16 (www.lead.org.uk)

Leaving School and Deciding What to Do at 16+ (www.enquire.org.uk)

Getting ready to leave school (www.enquire.org.uk)

Post School Learning Choices in Scotland (www.lead.org.uk)

An Easy Guide to Direct Payments in Scotland (www.sclld.org.uk)

Services that can help

*NB This is for information
and is not an endorsement
of any service or
organisation listed*

National organisations

Enquire—the Scottish Government’s advice service for additional support for learning

Factsheets/guides, including relevant topics such as legislation, Co-ordinated Support Plans and the Additional Support Needs Tribunal process.

Helpline: 0345 123 2303 **W:** www.enquire.org.uk

Skills Development Scotland—the national skills body for Scotland

Advisors provide face to face career guidance and help explore options. The website www.myworldofwork.co.uk allows you to see jobs in action, build a CV, search for vacancies and explore training opportunities. Local offices across Scotland.

Helpline: 0800 917 8000 **W:** www.skillsdevelopmentscotland.co.uk

Citizen’s Advice Scotland

Free advice on benefits, legal and consumer rights, including benefits calculations and sources of funding.

Advice line: 0808 800 9060 **Find your local Citizen’s Advice Bureau at:** www.cas.org.uk

Contact

Provides guidance and information to families of disabled children through their helpline, website and published resources; links families together to support one another through parent support groups and an online transitions forum; and encourages families to campaign, volunteer and fundraise for improved services.

Helpline: 0808 808 3555 (UK-wide—a Scottish advisor can call you back) **W:** www.contact.org.uk

Lead Scotland

Free guides to download on education and disability including support at college and university, understanding your rights in education as a disabled student and arranging educational support workers. *Post School Learning Choices in Scotland* covers all options including community learning, distance learning, short courses, further education at college and vocational and employment programmes. Download guides at: www.lead.org.uk/support-for-disabled-people-to-learn/how-we-support-your-learning/downloadable-guides/

The helpline advises on everything related to accessing post-school education, including funding; getting the right support; and dealing with disability discrimination.

Information helpline: 0800 999 2568 **Email information service:** info@lead.org.uk

In Forth Valley

Adult Care Services

First point of contact to request an assessment for adult services.

Clackmannanshire

T: 01259 452498 **E:** adultcare@clacks.gov.uk **W:** www.clacks.gov.uk/social/adultcare

Falkirk

W: www.falkirk.gov.uk/places/social-work-offices/

Stirling

T: 01786 233759

Falkirk Disability Information Service

A free, confidential, independent and impartial service for people of any age with any type of disability, and their carers, family or anyone involved in their care. The Disabled Living Centre offers advice and information about a range of equipment to help with everyday living.

T: 01324 504304 **E:** dis@falkirk.gov.uk

Self Directed Support

Information, advice and support on using a social care budget.

W: www.sdsinfo.org.uk

► Money and benefits

Child Poverty Action Group Scotland

Online factsheets about social security benefits.

W: <http://www.cpag.org.uk/scotland/factsheets>

Turn2Us

Supports people to access benefits, grants and support services. Offers an online benefit calculator, with help to research grants, trusts and other sources of funding and to find local advice services on benefits and financial support. Turn2Us has advice on trusts and sources of funding to meet extra costs associated with studying for anyone at a disadvantage.

W: www.turn2us.org.uk/

► Education/training

Forth Valley College

Learning support service can help with study skills, exam arrangements, assistive technology and communication support.

T: 01324 403330 E: learningsupport@forthvalley.ac.uk W: www.forthvalley.ac.uk

L'Arche Edinburgh

Provides person centred, individual support and care alongside activities including crafts, drama workshops, gardening and woodwork.

T: 0131 553 3478 E: edinburgh@larche.org.uk W: www.larche.org.uk

Falkirk—Work Choice

Specialist support for people with disabilities to find and stay in work.

T: 0800 085 3426 W: www.shawtrust.org.uk

And further afield...

The New School (Dunkeld)

An independent residential school for young people aged 11-19, who find mainstream education difficult to access. Specialises in education for young people with Aspergers/Autistic spectrum conditions, ADHD, Tourette's syndrome and Foetal Alcohol syndrome.

T: 01350 724216 E: info@thenewschool.co.uk W: <http://www.thenewschool.co.uk/>

Camphill School (Aberdeen)

Services for children and young people with additional support needs including young adult programmes for 16 - 25 year olds (day and residential), craft and land workshops, individual therapies, nursery provision, respite and external training.

T: 01224 867935 E: office@crss.org.uk W: www.camphillschool.org.uk

Applied Care and Development Residential Transitional Services (Dumfries)

A residential service for 18 to 24 year olds to assist steps towards independence.

T: 01387 760260 E: info@appliedcare.co.uk W: www.appliedcare.co.uk/our-services.aspx

► Legal advice

Govan Law Centre

An independent, charitable, community controlled law centre with a particular focus on tackling discrimination, promoting human rights and the rights of disabled pupils and pupils with additional support needs.

T: 0141 445 1955 E: advice@edlaw.org.uk W: www.edlaw.org.uk

The Scottish Child Law Centre

Free legal advice for and about children and young people.

Advice line: 0131 667 6333 (Mon-Fri, 9.30-4.00) **E:** enquiries@sclc.org.uk **W:** www.sclc.org.uk

Enable Scotland

Legal help for those with a learning disability

W: www.enable.org.uk/enableme/Pages/Legal-help.aspx

► **Housing and accommodation**

Housing Options Scotland

Information and advice on housing and practical support sourcing suitable/adapted homes.

T: 0131 247 1400 **W:** <https://www.housingoptionsscotland.org.uk/>

► **Health, wellbeing and support**

Play Alloa

The leading provider of play and social activities for children and adults with additional support needs of all kinds across Clackmannanshire.

Contact: Maria Malcolm **T:** 01259 721511 **E:** connect@playalloa.co.uk

PLUS

Supports children and young people with a range of disabilities to access social, leisure and recreational opportunities and activities across Forth Valley. PLUS Youth works with young people up to age 17, while The Bank Project supports young adults aged 18-25 to have a social life of their own choosing—it supports them to maintain existing friendships and make new ones. Families of PLUS members support each other through meetings and an electronic forum.

Contact: Jodie Dunigan **T:** 01786 450086 **E:** thebank@plus-stirling.org.uk

Falkirk & Clackmannanshire Carers Centre

Parents and carers groups operate throughout the region. Carers can drop into the Falkirk Centre during opening hours for general information or to make an appointment or into the Alloa Centre on Tuesdays between 10.30 am and 2.30 pm.

T: 01324 611510 (Falkirk)/01259 226839 (Alloa) **W:** centralcarers.org

Action for Children

Residential breaks and support for young people with disabilities from childhood into their twenties, and their families.

T: 01324 633772 **E:** tayavalla@actionforchildren.org.uk **W:** <https://www.actionforchildren.org.uk/in-your-area/services/disability/falkirk-tayavalla-short-breaks/>

CKUK

Glasgow based organisation offering innovative learning, peer education, drama and safe social networking for people with learning difficulties. CKFriends provides a secure social network and online community for people with learning difficulties aged 16 and over.

T: 0141 556 5301 **W:** www.ckuk.org.uk

ENABLE Direct

Enquiry service for people with learning disabilities, their carers and family members. ENABLE provides tailored support to find work, access social opportunities and manage everyday tasks.

T: 0300 0200 101 **W:** www.enable.org.uk

Stirling Carers Centre

Provides advice, information and support to carers of all ages through the website, listening services, and carer support/social groups. Can help with benefit checks, form filling and carer's assessments.

T: 01786 447003 **E:** info@stirlingcarers.co.uk **W:** www.stirlingcarers.org

Autism Forth Valley

Website serving Clackmannanshire, Falkirk and Stirling. Offers advice and support for adults with autism on a range of subjects including relationships and sexual health, social opportunities, and access to further education, volunteering and employment opportunities.

E: info@autismforthvalley.co.uk W: www.autismforthvalley.co.uk

Bipolar Scotland

Information, advice and support for people with Bipolar Disorder, their friends, relatives, carers and interested professionals.

T: 0141 560 2050 E: info@bipolarscotland.org.uk W: www.bipolarscotland.org.uk

Breathing Space

Free confidential phone and web based service for people in Scotland experiencing low mood, anxiety or depression. Breathing Space is a COSCA recognised counselling skills organisation. It has a British Sign Language (BSL) service which can be accessed through the website.

Helpline: 0800 83 85 87 (weekday: Mon – Thurs 6pm – 2am, Weekend: Fri 6pm – Mon 6am)

Counselling and Psychotherapy in Scotland (COSCA)

Scotland's professional body for counselling and psychotherapy provides information and support in finding and accessing suitable therapy.

T: 01786 475140 E: info@cosca.org.uk W: www.cosca.org.uk

No Panic

National helpline and information service supporting people with anxiety disorders including panic attacks. Youth helpline service available.

Helpline: 0844 967 4848 (youth helpline for 13 - 20 year olds, open 3.00-6.00 Monday to Friday)

T: 0330 606 1174 W: www.nopanic.org.uk

Dyslexia Scotland

Support and advice to people of all ages about dyslexia.

T: 0844 800 8484 E: info@dyslexiascotland.org.uk W: www.dyslexiascotland.org.uk

Forth Valley Sensory Centre

Source of information and links for people of all ages who are Deaf, hard of hearing, deafened or Deafblind, blind or partially sighted and their families and carers.

T: 01324 590888 W: www.forthvalleysensorycentre.org

LGBT Youth Scotland – Clax (Clackmannanshire), FK1include (Falkirk), Triangle (Stirling)

Groups for Lesbian, Gay, Bisexual and Transgender young people aged 13-25. Young people can also access 1-2-1 support.

T: 0131 555 3940 E: info@lgbtyouth.org.uk W: www.lgbtyouth.org.uk

Lothian Centre for Inclusive Living

Supporting people with disabilities to live in their communities.

T: 0131 475 2350 W: www.lothiancil.org.uk

Salvesen Mindroom Centre

Committed to raising awareness of all types of learning difficulties, and to providing practical advice, essential information and tailored support as appropriate.

T: 0131 475 2330 W: <http://www.mindroom.org/>

Richmond Fellowship

Tailored support for people with learning disabilities and mental health problems, most of whom have their own tenancies. Includes practical tasks, community involvement, counselling services and crisis services.

T: 0845 013 6300 W: www.trfs.org.uk

Scottish Autism

Offers information, advice and support services in relation to autism spectrum disorders. They offer day, vocational and residential services across Scotland including two residential transition services for young people in Lanark and Biggar and an independent day/residential school in Alloa.

T: 01259 720044 E: autism@scottishautism.org W: www.scottishautism.org

Kindred

Emotional and practical support to families of children and young people with disabilities. National helpline and advocacy service for parents/carers. Free events and one to one coaching sessions related to transitions: Edinburgh based but open to people across Scotland.

Helpline: 0800 031 5793 E: enquiries@kindred-scotland.org W: <http://www.kindred-scotland.org>

► **Support to speak up**

Central Advocacy Partners

T: 01324 633321 E: info@centraladvocacypartners.org.uk W: www.centraladvocacypartners.org.uk

People First (Scotland)

Collective advocacy for people with a learning disability in Clackmannanshire.

Clackmannanshire worker: Sue Moore T: 07764 831148 E: admin@peoplefirstscotland.org

W: www.peoplefirstscotland.org

► **Activities and interests**

Disability Snowsport UK (Aviemore)

Access to snow sports for people with any disability in the Highlands and throughout the UK.

T: 01479 861272 E: admin@disabilitysnowsport.org.uk W: www.disabilitysnowsport.org.uk

Forth Valley Riding for the Disabled Association

Regular riding therapy to riders with physical and learning disabilities.

Facebook: <https://en-gb.facebook.com/forthvalley.rda>

Music Plus +

Offers young people aged 14-19 a chance to take part in music activities from instrumental and technical tuition to song-writing, new technology, DJ and rapping skills, sound engineering and entrepreneurship.

T: 0141 552 5222 E: musicplus@scottishmusiccentre.com W: www.musicplus.org.uk

Hit the Road (Glasgow and touring)

Gives young people across Scotland a chance to learn about the music industry through training, workshops and rehearsals before hitting the road to tour. The project is for musicians of any genre aged 14-19 and those interested in behind the scenes work/sound production/engineering.

T: 0141 552 5222 E: info@hittheroad.org.uk W: <http://hittheroad.org.uk>

Scottish Disability Sport

Information on participation in a range of sports including football, swimming, tennis, athletics and curling.

T: 0131 317 1130 E: admin@scottishdisabilitysport.com W: www.scottishdisabilitysport.com

► **Transitions projects and services**

RNIB – Looking to the future

Helps blind/partially sighted people aged 15 to 25 move from school to college, university, training or work through one to one transition support. Includes exploring options, making a plan, making useful links, developing confidence, group work, events and introduction to other RNIB services.

Free online elearning course for young people experiencing barriers to transitions: register here

<https://rnib.enetlearn.com/Lookfuture>

Contact: Ellen Verth T: 07872 111165 E: ellen.verth@rnib.org.uk W: <http://www.rnib.org.uk/scotland/rnib-scotland-looking-future>

Glasgow Caledonian University – Summer Transition Programme

The Disability Team at Glasgow Caledonian University, with the National Autistic Society (Scotland), has a Summer Transition Programme for students with autism or Asperger's syndrome. It aims to provide a smoother transition to incoming students; improve take up of course places; assist with assessment of needs before the start of the academic session; and improve retention among students with autism.

W: <http://www.gcu.ac.uk/student/disability/prospectivestudents/summertransitionprogrammeautismaspergers/>

National Autistic Society Transition Support Service

Information and advice on the transition to adulthood for young autistic people aged 14 and over, and their parents and carers. Includes confidential information and advice by phone or email, an explanation of rights and entitlements, and guidance and support on specific issues such as engaging the young person, making a complaint, or appealing a decision.

T: 0808 800 0027 (leave a message and you will be called back)

E: transitionsupport@nas.org.uk W: www.autism.org.uk/transition

contact *For families
with disabled children*



GILLESPIE MACANDREW
HUNTERS RESIDENTIAL



We acknowledge the support of the Scottish Government through a CYPFEIF and ALEC Fund Grant

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169). Company limited by guarantee in England and Wales (1633333).