



Parent and Carer Guide to Post School Enhanced Transition Planning

Information, advice and support on what to expect for your young person with additional support needs in the lead up to leaving school



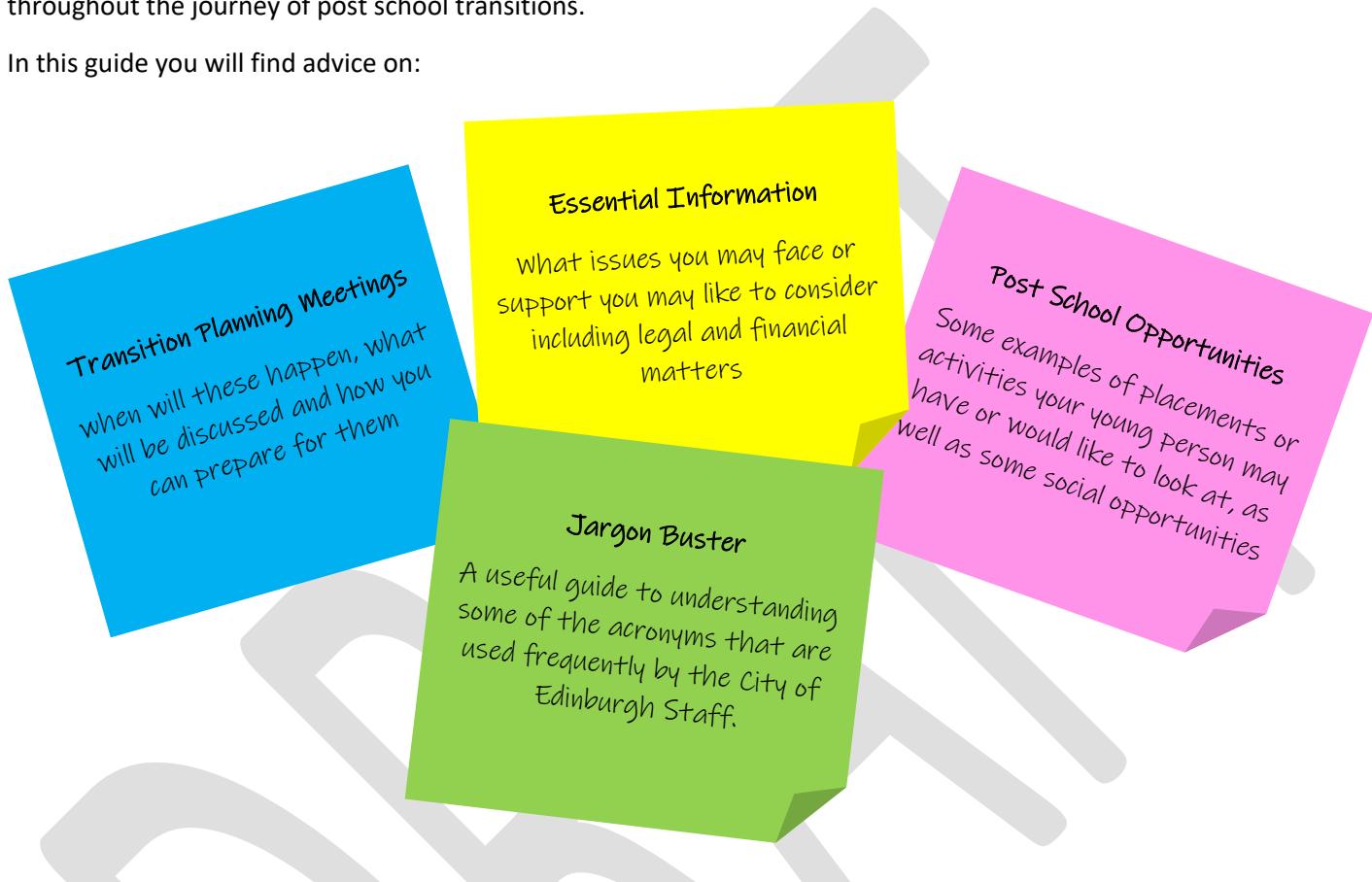
•EDINBURGH•
THE CITY OF EDINBURGH COUNCIL

Pilot project - during the session 2022/23 this advice will be in draft form.

Introduction

'Post School Transition' refers to the process and pathways for any young person moving from child services into adult life. Life beyond school can be a daunting prospect for any young person and their families, but for those with significant additional support needs the changes and options to be considered can feel particularly overwhelming. This guide has been developed to try and help make the process a little easier to understand and help to illustrate what to expect throughout the journey of post school transitions.

In this guide you will find advice on:



The Scottish Transitions Forum and the Principles of Good Transition

There has been a lot of work done to try and help improve the transition process for our young people and their families. The City of Edinburgh Council has strong connections with **The Scottish Transitions Forum** (part of ARC Scotland) who have developed guidance on what is the best practice for young people in transition. *The Principles of Good Transitions 3* provides a framework to inform, structure and encourage the continual improvement of support for young people with additional needs between the ages of 14 and 25 who are making the transition to young adult life.

The Principles of Good Transition have been identified as being:

- 1. Planning and decision making should be carried out in a person-centred way**
- 2. Support should be coordinated across all services**
- 3. Planning should start early and continue up to age 25**
- 4. All young people should get the support they need**
- 5. Young people, parents and carers must have access to the information they need**
- 6. Families and carers need support**
- 7. A continued focus on transitions across Scotland**

Please see <https://scottishtransitions.org.uk/7-principles-of-good-transitions/> for more information.

Transition Planning Meetings





What are they and who will be involved?

One of the most important steps in your young person's transition journey will be the planning meetings. These should begin when your young person is in secondary school (around S3) and will be initiated by school staff usually as part of their annual review meetings. **Those invited to attend these meetings will include the young person, their families and relevant professionals who work both within and outside of the school.**

Professionals working within the school

All young people will have a member of staff allocated who will act as their transition coordinator. This will usually be their class teacher, Pupil Support Leader, Support for Learning Teacher or a Depute Head, but can be any member of staff who knows them well. The transition coordinator will be responsible for organising the planning meetings, can act as a link between different agencies involved with your young persons transition journey and can also be a point of contact for you and your young person if you have any questions.

There may be other professionals linked to the school who are involved with your young person's transition planning. This may include: **Educational Psychologist, ASL service, Education Welfare, Skills Development Scotland etc.**

Professionals working externally to the school

There may be other professionals involved in your young persons transition support needs who work outside of the school. This can include **social workers, local area coordinators, health care support workers** etc.

Professionals working for you

It may be that there are other professionals involved with your young person or your family that you feel can play a role in your young person's transition support e.g. **advocacy worker, carer etc.** If you would like for any other professional (or anyone else) to be involved in your young person's transition planning meeting please let the transition coordinator at the school know their contact details so they can be invited along.

Transition Planning Meetings



Here are further details of who may be involved and what support each may provide. **For all services, certain criteria will need to be met in order to access and some options are not available to all schools/areas.**

Education: Psychological services

All our schools, nurseries and establishments work with educational psychologists to help pupils that need support with their learning, behaviour and development. We assess pupils to find what stage they are at with language, motor, personal and social skills. We speak with the pupil, their parents and their teachers. We look over the pupil's work and may come to see them in class or another learning environment. The support offered will be based on research and evidence and may include advice on changes to the curriculum, interventions around learning and behaviour and suggestions for support plans.

Education: Additional Support for Learning Service (ASL)

The ASL Service is made up of a diverse range of specialist teams who work closely with partner agencies to provide consultancy, training and support to children, schools and families. Support is based on need and includes:

· Modelling of supports	· Signposting	· Training	· Family Support
· Direct teaching	· Team Teaching	· Advice and Consultancy	
· Observation Feedback	· Resources Support	· Group support	

Education: Family Link Worker

Some schools have a dedicated Family Support Worker who can meet with you in school, at home or in the community to discuss specific areas of transition.

Education: Welfare Service

The Education Welfare Service aims to improve attendance, promote inclusion and support families. We work to manage, develop and promote an effective and responsive support service for families, schools and other establishments. An Education Welfare Officer will work with pupils, families, school staff and other agencies to encourage and support an improvement in levels of attendance and to contribute to the resolution or containment of social and logistical problem with may prevent children from taking full advantage of their educational opportunities.

Social Care: Young Adult Disabilities Team (YAD)

For young people who have profound multiple learning disabilities. The Young Adult Disability Team are a small team of Social Workers who work with young adults with Profound Multiple Learning Disabilities (PMLD) who are transitioning from children to adult services. They work alongside young adults, families, schools and Learning Disability service providers to explore and identify support options beyond school. The team use a person-centered approach, linking young people to established community resources where possible and where necessary source funding to support areas of unmet need.

If assigned, a YAD team member will come for an introductory meeting (usually as part of a young person's planning meeting) around the end of S2/beginning of S3 and then again for the young person's final year where their engagement becomes more active and regular. They will passively track your young person for the other years they are in education in the lead up to their final year.

Social Care: Local Area Coordinators (LAC)

For young people who have a mild to moderate physical or learning disability or acquired brain injury, they can help to:

· use transport independently	· make plans	· keep up with friends and get to know people
· look into education that may help get work	· use leisure services	· support family or carers.

Social Care: Children and Disability Practice Team (CAD)

The Disability Practice team are a groups of social workers who work with children and young people where the primary reason for social work involvement is due to the child having a significant and lifelong disability.

Skills Development Scotland (SDS)

Skills Development Scotland's Education team supports teachers, parents and a wider range of partners across Scotland to play their complementary roles in delivering young people's entitlement to a meaningful career education. One that equips them with the skills, confidence and knowledge needed to make smart choices and take control of their future leaning and careers.

Other services

Other services may include: Health care teams (CAMHS, Speech and Language, Occupational Therapy, Specialist services) Advocacy workers, Housing Officers Other services that work in schools to help young people with their transition support may include key workers from groups such as Enable, Barnardos, Salvesen Mindroom, Thistle etc.



What will be discussed?

In the **early stages** (around S3 or age 14) you and your young person will be asked for your views as to **what their future goals might be and what they would like life beyond school to look like** (both in school and beyond e.g. what it might involve, any areas of interest at this stage etc.) and there will be discussion about **possible leaving dates**. As challenging as this might be for some young people and their parents this early on, it is necessary to do so as some elements of transition can take a very long time to arrange (e.g. establishing guardianship can take up to 2 years to complete). If the young person is leaving at the end of S4 we need to know that we should move to 'final year plans' for the next meeting. **Please be assured that any early discussions about future plans and possible leaving dates are just a rough guide to help with preparation and planning and can change if the young person wishes to do so.**

As your young person progresses through school more detail will be discussed/sought for their transition plans. Some areas that will be discussed may include:

- Your young person's views on **what a good life after school looks like/possible post school options**
- Supports that may be required to achieve this** (e.g. opportunities for skills development? Visits? Work experience? Qualifications? Carer needs?)
- Independence skills required** for transition (e.g. travel needs? Money skills? Social experiences?)
- Health care needs** (e.g. Medications? Physical equipment?)
- Financial needs** (for your young person and for the family to help maximise income/opportunities and help with benefits)
- Guardianship** and alternatives if the capacity of your young person means this should be considered (some areas of this can take up to 2 years to set up)
- Review possible leaving date** (to ensure we are meeting needs in the right time scale)
- Review options for possible 'in school' transition support** (this might include such things as Educational Psychologist input; ASL service input; Education welfare input; External agency support etc.).

In the final year as well as the points above other areas that will be discussed may be:

- Confirmation of post school placements and plans** including discussion and consent for **transfer of information**. Post school providers (once confirmed) may be invited to these meeting to assist with planning.
- The creation of a leavers/transition passport** to help with the transfer of information etc.
- Future transition points** – if anything needs to be considered now
- Who will be the next **single point of contact**. Throughout your young person's time at school this will have been a school staff member (likely to have been class teacher/Pupil Support Leader/Support for Learning leader/DHT etc.). The single point of contact is not always clear post school and can be for a very short period of time, so ensuring this is discussed at the final school meeting and the post school review (and any beyond) will help clarify.



What can I do to help prepare for these meetings?

When it comes to deciding on choices, individuals, families and the people closest to the young person can often know best. Therefore, your thoughts and views are key in shaping the transition into adult life.

If you are able to, speak to your young person about what they are interested in, and what their future goals might be in preparation for the meeting – even if it's very rough ideas. Please be assured that plans in the early stages do not have to be set in stone – it is only natural and to be expected that young people will change their minds and rethink their options as the progress through school and the transition planning can be flexible to accommodate this.

Some useful activities to consider before the meeting...

It might be helpful for you to look at some information and go over some view gathering exercises with your young person:

<https://www.talkingabouttomorrow.org.uk> (a very useful site with further information about what you should expect from the transition process and includes view gathering exercises).

[my-views-for-the-child-or-young-person-s-planning-meeting \(edinburgh.gov.uk\)](http://my-views-for-the-child-or-young-person-s-planning-meeting.edinburgh.gov.uk) (Edinburgh Council view gathering exercise form)

And this may help put your views together from your perspective:

[Thoughts and comments from parents and carers \(edinburgh.gov.uk\)](http://Thoughts-and-comments-from-parents-and-carers.edinburgh.gov.uk) (Edinburgh Council view gathering exercise form).

It may also be helpful to think about/consider the **tick box points on the previous page**.

At the end of the meeting the actions points should be summarised and the date of the next meeting set (even if it's a rough date at this point). If you or your young person have agreed to complete any tasks before the next meeting, make sure you give yourself plenty of time to plan for this and let the transition coordinator know if there are any problems doing so before the next meeting.



Timeline of Meetings

S3 Annual Review and Transition Planning (recommended Jan-March in S3)

- **Essential attendance:** Young Person (or views collected and shared); Young Person's family; relevant school staff (e.g. school transition coordinator; family link worker etc.). Other professional should/can include: Young Adult with a Disability (YAD) team if applicable (attendance essential for introduction meeting); other health and social care teams; Educational Psychologist; any other partners currently and actively working with young person/family.
- First possible leaving date discussed to allow adequate time for planning (especially if leaving the following year).

Continue at school

S4 Annual Review and Transition Planning (recommended early-mid S4)

- **Essential attendance:** Young Person (or views collected and shared); Young Person's family; relevant school staff (e.g. school transition coordinator; family link worker etc.). Other professionals can include: health and social care teams; Educational Psychologist; any other partners actively working with young person/family; Skills Development Scotland etc.
- Learning pathway and transition wishes/hopes/plan discussed. Review leaving date (in case leaving in winter/summer the following year and need to move to final year review plans). Timescales and responsibilities discussed and noted.

Continue at school

S5 Annual School Review and Transition Planning (recommended early-mid S4)

- **Essential attendance:** Young Person (or views collected and shared); Young Person's family; relevant school staff (e.g. school transition coordinator; family link worker etc.). Other professionals can include: health and social care teams; Educational Psychologist; any other partners actively working with young person/family; Skills Development Scotland etc.

Continue at school

Final Year - Annual School Review and Transition Planning

Note: this meeting should be held around one year before school leaving date (e.g. if leaving in June S6, start full transition planning late S5 – first few weeks of S6)

- **Essential attendance:** Young Person (or views collected and shared); Young Person's family; relevant school staff (e.g. school transition coordinator; family link worker etc.). Other staff should/can include: Young Adult with a Disability team worker (attendance essential if applicable - full transition planning starts); other health and social care teams; Educational Psychologist; other partners currently and actively working with young person/family; Skills Development Scotland etc.

Final months of school

If leaving at the end of S4
If leaving in/end of S5

Final school meeting (recommended 3-6 months before leaving)

- **Essential attendance:** Young Person (or views collected and shared); Young Person's family; relevant school staff (e.g. school transition coordinator; family link worker etc.). Other staff should/can include: Young Adult with a Disability team worker (attendance essential if applicable); social work team; Educational Psychologist; health teams; any other partners actively working with young person/family; Skills Development Scotland; any post school providers if their place is confirmed etc.
- Finalise plan for post-school support and identify best professional to become **single point of contact** person to convene post-school transition review.

----- Leave School -----

Post-Transition review of new placement (recommended 3 months after leaving school)

- To be convened by identified single point of contact as above.
- Confirm/identify next **single point of contact** person going forward.
- If significant difficulties, single point of contact person to convene a full review and planning meeting/reviews as required.



Essential information
to be considered

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The Importance of Individual Advice

The areas of benefits, money management and legal matters can feel particularly overwhelming and complicated for families and young people.

There are currently a number of changes happening to some areas of benefits in Scotland (e.g. PIP payments will change shortly to ADP) which then may have a knock on effect to other areas (e.g. how to apply for appointeeship). This can make things feel even more frustrating and can make it more challenging to get the most up to date information.

It is highly recommended that you seek independent and individual advice on areas of legal and financial matters at an early stage as any decisions made can have a major impact on the family as a whole (not just your young person). What is the 'right' decision for one person and their family can vary hugely for another.

The following groups and services can help and are good sources of advice and support for these areas:

Citizen's Advice Bureau

<https://www.citizensadvice.org.uk/scotland/benefits/benefits-introduction/>



FAIR

[Home Page \(fairadvice.org.uk\)](http://Home%20Page%20(fairadvice.org.uk))

Please email fair@fairadvice.org.uk or telephone 0131 662 1962



Turn2Us

<https://www.turn2us.org.uk>



Vocal

[VOCAL - Supporting carers in Edinburgh & Midlothian](http://VOCAL%20-Supporting%20carers%20in%20Edinburgh%20%26%20Midlothian)

For appointments email centre@vocal.org.uk or telephone 0131 622 6666



There is some basic and general information on some of these areas over the following pages, but the information may not be up to date and do not consider individual circumstances.



Financial options, and benefits information

Funding for care and support in adult services

Self Directed Support

For anyone assessed by social care teams as having 'critical' or 'substantial' risk you may be entitled to self directed support payments. There are 4 options available for this payment:

1. **A direct payment** which is a payment to a person (or third party) to purchase their own support
2. **A managed budget** where the person directs the available support
3. **Arranged service** which is where the local council arranges the support
4. **A combination** of the above

More information about the process and payments can be found here: www.selfdirectedsupportscotland.org.uk or seek advice from social care direct on: 0131 200 2324

Benefits and grants your young person can apply after they are 16

Adult Disability Payment (ADP)

From Adult Disability Payment - mygov.scot

The Scottish Government's next benefit, Adult Disability Payment (ADP), will open for new applications in pilot areas from 21 March 2022 (*from 29th August 2022 for those living in Edinburgh and the Lothians*).

This new payment, to be administered by Social Security Scotland, **will replace Personal Independence Payment (PIP)**, which is currently delivered by the UK Government's Department for Work and Pensions (DWP).

This is for people who meet the following criteria:

- people who are age 16 to state pension age and
- people who have difficulties with daily living or getting around (or both) and
- have had the physical or mental difficulty for at least 3 months and expect it to continue for at least 9 months. If a person is terminally ill these qualifying periods do not apply

Please note: you cannot claim PIP and ADP at the same time.

Universal Credit (UC)

From [Money-and-Finance.pdf \(vocal.org.uk\)](http://Money-and-Finance.pdf (vocal.org.uk))

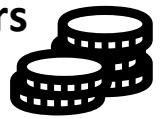
Universal Credit (UC) Universal Credit (UC) is a new benefit that is gradually replacing six existing benefits (*Child Tax Credit; Housing Benefit; Income Support; Jobseeker's Allowance; Employment and Support Allowance and Working Tax Credit*) with a simpler, single monthly payment. Your eligibility to claim UC currently depends on where you live and your personal circumstances.

From [Universal Credit: What Universal Credit is - GOV.UK \(www.gov.uk\)](http://Universal Credit: What Universal Credit is - GOV.UK (www.gov.uk))

It is a payment to help with your living costs that is paid monthly (sometimes twice a month). You may be able to get it if you are on a low income, out of work or you cannot work.

To claim you must:

- live in the UK
- be aged 18 or over (there are some exceptions if you're 16 to 17)
- be under state pension age
- have £16,000 or less in money, savings and investments



Independent Living Fund Scotland (ILF)

From [ILF Scotland Transition Fund - mygov.scot](https://ilf.scot/transition-fund-mygov.scot)

If you're aged 15 to 25 with a disability or impairment you can apply to the Transition Fund for money to help you take part in a new activity or learn a skill.

Who can apply?

You can apply to the Transition Fund if you:

- are between 15 and 25 years old
- have lived in Scotland for the last 6 months
- have an impairment or disability
- have less than £27,250 in your personal savings

If you apply for the grant at age 15 you will not get the money until you turn 16.

People who have little or no formal support from Social Work Services or through self directed support will get priority.

Not sure what to apply for?

They also offer a Person Centered Planning Grant too: <https://ilf.scot/transition-fund/person-centred-planning-grant/>

Education Maintenance Allowance (EMA)

From [Apply for an Education Maintenance Allowance \(EMA\) – The City of Edinburgh Council](https://www.edinburgh.gov.uk/apply-for-an-education-maintenance-allowance-ema-the-city-of-edinburgh-council)

Young people aged 16-19 could get a weekly allowance of £30 per week if you are

- at school
- being home educated
- on an Activity Agreement
- in the City of Edinburgh Council area.

Benefits you may be able to claim as a carer:

Carers allowance

How it works:

You could be entitled to claim this if you care for someone at least 35 hours a week and they get certain benefits.

You do not have to be related to, or live with, the person you care for.

You do not get paid extra if you care for more than one person.

If someone else also cares for the same person as you, only one of you can claim Carer's Allowance.

More information can be found here: [Carer's Allowance: How it works - GOV.UK \(www.gov.uk\)](https://www.gov.uk/carers-allowance-how-it-works)

General financial advice and information:

Please remember: It is highly recommended that you seek independent and individual advice on areas of legal and financial matters at an early stage. Please refer to the advice and details on page 9 for further information about who can help.



Appointeeship, Guardianship, Power of Attorney and Other Options

Under Scottish law, a young person becomes an adult on their 16th birthday.

That means families no longer have the legal right to take decisions or act on their behalf – even if they believe the young person doesn't fully understand their situation or can't reliably communicate their wishes.

There may be many situations where parents and carers might want to keep doing this. Here are a few:

- If someone has to go into hospital, especially in an emergency.
- To help manage finances, benefits and bank accounts.
- To make sure the right support is in place.
- If someone needs to set up contracts and agreements, e.g. rent, insurance, gas and electricity.

For someone to speak or act for another adult, there needs to be Appointeeship, Guardianship, Power of Attorney or an Intervention Order in place.

Appointeeship

The law assumes all 16-year-olds manage their own finances unless they don't have capacity. If you feel your young person will struggle, you can ask the relevant agency about becoming their appointee so you can do this on their behalf. Who you contact depends on where your source of finance comes from (e.g. Social Security Scotland; Department of Work and Pensions, Social Care etc.). You should also consider getting guardianship or Power of Attorney for finance in place, particularly if your child might have income or capital other than benefits – for example, property inherited from a family member.

For more information about Appointeeship in Scotland, please use this link below:

<https://www.mygov.scot/acting-on-behalf-of-someone-claiming-benefits>

Guardianship

Guardianship safeguards vulnerable people who are 16 or over but lack the capacity to make decisions or take action for themselves. It lets others take decisions on their behalf, subject to safeguards specified when the guardians are appointed. Guardianship can be granted either for health and welfare, or finance, or both. Anyone with an interest in the young person/adult can apply e.g. parent/carer, local authority officer or other professional. More than one guardian can be appointed.

For more information about Guardianship in Scotland please use the links below:

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

<https://www.talkingabouttomorrow.org.uk/legal-matters/guardianship-poa-and-intervention-orders/guardianship/>



Wills and Trusts

A Will tells everyone what you want to happen to your money, possessions and property after you die. Without a Will, you can't be sure decisions about your belongings will be in line with your wishes.

Trusts are a way of managing money, property or other assets. One reason for setting up a Trust is to protect assets for someone who is vulnerable or who can't manage their own affairs.

For more information about Wills and Trusts in Scotland, please use the link below:

<https://www.talkingabouttomorrow.org.uk/legal-matters/wills-and-trusts-2/>

Powers of Attorney

Powers of Attorney enable you to support someone who has capacity as defined in the Adults with Incapacity (Scotland) Act 2000. They must appoint you to act on their behalf. It could be to help them now, e.g. to make and communicate decisions they find difficult, or to assume responsibility if they lose capacity in future. There are two categories: Continuing Attorney (covering property and financial affairs) and Welfare Attorney (covering care arrangements and health issues). You can be appointed an attorney for either, or both. Powers of Attorney are usually drawn up by a solicitor who is instructed by an individual, to ensure they get the support they need. You don't have to have additional support needs – any adult can grant Powers of Attorney to relatives or friends, at any time, so long as they are considered to have capacity to understand the documents.

For more information about Powers of Attorney in Scotland please use the links below:

<https://www.talkingabouttomorrow.org.uk/legal-matters/guardianship-poa-and-intervention-orders/powers-of-attorney/>

Intervention order

An intervention order allows someone to make one-off or specific decisions, e.g. selling a house or deciding on the best medical treatment at a particular time. They can also be useful where powers may be needed that weren't included within a guardianship order, for example if an unforeseen situation were to arise. Anyone with an interest to the young person/adult can apply e.g. parent/carer, local authority officer or other relevant professional.

For more information about Intervention Orders in Scotland please use the link below:

<https://www.talkingabouttomorrow.org.uk/legal-matters/guardianship-poa-and-intervention-orders/intervention-orders/>

General financial advice and information

Please remember: It is highly recommended that you seek independent and individual advice on areas of legal and financial matters at an early stage. Please refer to the advice and details on page 9 for further information about who can help.

Information and Advocacy

Help to understand your rights and express your views

During the transition process families may want or need some independent information advice and support (other than help regarding legal or financial matters). **Advocacy services** can help by listening to your views and concerns, help you explore your options and rights (without pressuring you), provide information to help you make informed decisions or help you contact relevant people, or contact them on your behalf. Some may also accompany you and support you in meetings or appointments.

There are a number of information and advocacy services that operate in Edinburgh – here are just some of them:

ARC Scotland

[ARC.Scotland – The specialists in health and social care](http://ARC.Scotland)



EARS

[EARS Services - EARS Advocacy \(ears-advocacy.org.uk\)](http://ears-advocacy.org.uk)



Enable

[Learning Disabilities | Autism | Down's Syndrome - ENABLE Group](http://enablegroup.org.uk)



Enquire

[Enquire - The Scottish advice service for additional support for learning](http://enquire.org.uk)



FAIR

[Home Page \(fairadvice.org.uk\)](http://fairadvice.org.uk)



Kindred

[Kindred Scotland \(kindred-scotland.org\)](http://kindred-scotland.org)



Lothian Center for Inclusive Living (LCiL)

[Home - Lothian Centre for Inclusive Living \(LCiL\) \(lothiancouncil.org.uk\)](http://lothiancouncil.org.uk)



Partners in Advocacy

[Partners In Advocacy – Free and confidential support for individuals](http://partnersinadvocacy.org.uk)



Salvesen Mindroom

[Autism, ADHD & Dyslexia support | Salvesen Mindroom Centre](http://salvesenmindroom.org)



Thistle

[Thistle Foundation | Supporting people with long term health conditions and disabilities.](http://thistle.org.uk)



Vocal

[VOCAL - Supporting carers in Edinburgh & Midlothian](http://vocalcarers.org)



Post School Destinations and Activities



Post School Destinations and Activities



Supported Further Education, Day Support, Living and Learning Opportunities

To help you to think about what post school options there may be for your young person once they leave school, we have created this list of some of the service providers that operate within Edinburgh and the Lothians.

If your young person requires a day service provision or supported accommodation, **the Young Adult Disability Team will assist you to find the best option once your young person reaches their final year.** It is really important to note that – although it's a good to start looking early on to get an idea of what service providers there are out there and what they all offer, **it is highly likely that a number of these options will be at capacity once your young person reaches their transition stage and therefore may be unavailable at the point of leaving school.** Others have certain criteria that needs to be met in order for them to consider a placement. With this in mind, it's a good idea to use the opportunity to see what you think your young person would like and benefit from (e.g. what exactly is making a service stand out to you? Classes and activities offered? Operating times? Meeting physical needs? Work experience opportunities? Etc.) which will help the young adult disability team find the best fit at the point of your young persons transition.

Below is a list of **some** of these supported services along with links for further information (*last update June 2022*). There will be other opportunities not listed here.

Service/Provider	Details of service	Links
	<p>At The Action Group we work with children and adults – and their families – who need additional support to live their lives. We seek to walk with people throughout their lives, in as many aspects as they need us – from employment to housing, from personal care and support to benefits advice, from holidays to emotional support. We work to connect you to your community and build relationships with others. We want to help you become as independent as you want to be.</p>	Home - The Action Group
	<p>Active Healthcare Services provide outreach and building based services to adults with Autism Spectrum Disorder and other disabilities. Some of the services we offer are as follows:</p> <p>Independent living skills - this includes all areas that people need to develop skills such as personal care, cooking, independent travelling, shopping etc</p> <p>Tenancy support - we support people to be able to maintain their tenancies to make sure that they are not at risk of losing them.</p> <p>Socialisation - we facilitate socialisation opportunities for those at risk of being isolated.</p> <p>Learning opportunities - we run different workshops aimed at developing people's skills and interests. Some of the workshops on offer are gaming, art, music and gardening</p> <p>Leisure pursuits - we support people to pursue different interests they have.</p> <p>Employability skills - we support service users with skills for employment programs, sourcing volunteering opportunities and placements</p> <p>Holiday and short breaks - we support people on short breaks. This may involve group or individual short breaks.</p> <p>Community integration - we support service users to take part in their communities and use community facilities and resources.</p>	Active Healthcare – Supporting People, Maximising Potential & Fulfilling Dreams
	<p>Ark has been supporting people to develop skills, create homes, have a community presence and a good quality life for over 40 years. We currently provide services in 12 of Scotland's local authority areas and nationally provide support to over 400 people with a wide range of needs.</p> <p>This can mean providing support from a few hours per week to an intensive 24 hour service. We offer a variety of services; from outreach services in people's own homes and community to 24-hour support provided in purpose-built accommodation.</p>	Care and Support Ark Housing (arkha.org.uk)
	<p>Autism Initiatives are a specialist support provider for autistic people. Our Edinburgh outreach support service provides services to autistic people who also have a learning disability. We support people within our resource base in Gorgie and also via an outreach model by making use of community resources – near and far.</p> <p>Our aim is to support autistic adults in achieving the best quality of life they can.</p>	Autism Initiatives

	<p>Community based or at home support. At Bliss Care Solutions we believe that every person is unique so our services are personalised and tailor made to suit your individual care and needs. We involve you throughout our process, you tell us the help you need, the qualities you want from your care support assistant or support worker and we provide a suitable candidate.</p>	Home » Care at Home Housing Support Edinburgh (blisscaresolutions.co.uk)
	<p>Capability Scotland is a provider of quality day support to individuals with profound and multiple learning disabilities including complex health needs and physical disabilities. The service consists of three elements: Riccarton Hub which supports service users to experience various activities including rebound therapy, sensory stimulation within two different sensory rooms, sensory cooking and gardening as well as take part in community activities; Craigmillar Hub enables service users to be creative within arts and crafts and to maintain and develop communication through assistive technology; Community support enabling service users to take part in sport and recreational activities within the community. Service users can choose to take part within all aspects of the service and not be based at just one hub. The hubs offer state of the art equipment and have appropriate facilities and equipment to aid service users with all moving and handling tasks as well as meeting their personal care needs, including tracking hoists and plinths.</p>	Care & Support for Disabled People Capability Scotland
 Supporting People & Communities	<p>At Carr Gomm we offer community based and person centred support to people living with a learning disability. Our supports are focussed on supporting healthy lives, maximising people's choice and control and increasing independence and active citizenship. Personalised outcomes may include: Managing one's home, tenancy and personal finance; Building and maintaining relationships with family and friends; Shopping and cooking healthy meals on a budget; Communicating effectively, especially without words and understanding behaviour; Enjoying education, work or volunteering ; Attending social activists, connecting with local resources and trying new things</p>	Carr Gomm
	<p>Clayton Care is far more than a care provider. We believe in providing the right support to enable individuals to reach their potential and to allow families to be families. Our bespoke, specialist care services are carefully designed to provide support for young people and adults with learning or physical disabilities, or those with mental health concerns. We also offer alternative respite services for families and individuals.</p>	The Complete Care Specialist in Edinburgh (claytoncare.com)
 Community through Creativity	<p>Columcille provides creative day activities for adults with learning disabilities, both center based and outreach community projects. Users of the service can do so on a full or part time basis. Activities include arts and crafts, café, joinery and garden. In our large hall there are weekly sessions in dance, music and drama. The activities and setting offer direction, purpose and a lively sense of community. Columcille respects the principles of Rudolf Steiner by aiming to address the needs of the whole person, through offering a sense of community and the opportunity to be actively involved in a range of creative activities.</p>	Columcille - Creative Activities For Adults With Learning Disabilities (columcillecentre.co.uk)
	<p>Community Integrated Care (CIC) provide specialist support to people across Scotland who have learning difficulties, mental health concerns, autism, acquired brain injuries and physical disabilities. CIC are committed to delivering genuinely person-centred support that enables people to lead full lives in their community. The charity also has thriving relations with housing providers across Scotland.</p>	https://www.communityintegratedcare.co.uk
 Care you can put your faith in	<p>Crossreach are an outcome focused day service, whose aim is to provide individualised, personal services on a tailored model of support. We do this through a mixture of group based and 1-to-1 activities, both in the community and centre based, that have been decided upon by the person themselves. We can provide respite and long term residential support.</p>	Disability and additional support needs CrossReach
 Believe. Transform. Achieve.	<p>At Edge Autism we support young autistic and learning-disabled clients, from the age of 18 upwards, who want support in their own home and community. We specialise in transition for teenagers and young people. Edge delivers high quality, holistic support, to clients who have a diagnosis of autism and want to design their own support package. We encourage clients to make an informed choice and have greater independence and control, in choosing their support.</p>	Edge Autism Believe, Transform, Achieve
	<p>The Edinburgh College Access and Continuing Education (ACE) department offers part-time and full-time courses designed to help you move on to further learning or employment. You will get the most out of your college experience, whatever your learning needs. ACE courses are taught in a supported environment. They aim to help you return to education as an adult, make the jump from school to college, become more independent, gain skills and qualifications and plan your next steps.</p>	Access and Continuing Education Edinburgh College

	<p>Enable provide a wide range of support services for people who have autism or a learning disability in Edinburgh. Support is designed and delivered through ENABLE Cares' PA model, which is an internationally recognised approach to self-directed health and social care that enables the people we support to receive the very best care, from a bespoke and dedicated team, built around their specific needs.</p>	<p>https://www.enable.org.uk/get-support-information/support-to-live/</p>
 GARVALD EDINBURGH	<p>Garvald offers a range of creative, artistic, productive and food based activities that by their nature are predominantly focused around people working in small teams. The activities offer participants the opportunity to develop knowledge, new skills and their own creativity, while producing items that are of value to the wider community which also contribute to the financial sustainability of the opportunities. Examples include our working organic bakery and confectionery, our tools refurbishment workshop, Jewellery and glass studio as well as textiles and land groups.</p>	<p>Garvald Edinburgh Support for people with learning disabilities in Edinburgh</p>
	<p>Inclusion Alliance provides individualised community based day support to adults with learning disabilities throughout the Edinburgh area. The aim of the organisation is to provide person centred support enabling people to learn and develop new skills and participate in activities and opportunities which people wish to be involved with.</p>	<p>Inclusion Alliance Inclusion Alliance</p>
 L'Arche EDINBURGH	<p>At L'Arche we celebrate people with learning disabilities and build circles of support around them. We go beyond supporting people's basic needs to attend to their emotional and spiritual lives too. It is this focus on building relationships and cultivating a sense of belonging that makes us different from other service providers.</p>	<p>L'Arche in Edinburgh L'Arche-Edinburgh (larche-edinburgh.org.uk)</p>
	<p>We are Leonard Cheshire and we provide support to people with disabilities to live, learn and work as independently as they choose whatever their ability. We offer a variety of services including residential and supported living, therapy suites, youth centres, social activities as well as training and volunteer programs. Our aims: Disabled people feel respected, valued and safe, choose where and how they live and participate freely in social and leisure activities.; People achieve improved learning outcomes, their aspirations for work and financial control; People can optimise their health and wellbeing.</p>	<p>home Leonard Cheshire</p>
	<p>At Lifeways we help people to lead more fulfilling independent lives by providing extraordinary support for adults with learning disabilities, autism, physical disabilities, acquired brain injuries or mental health needs. Supported living options.</p>	<p>Heron Court Lifeways</p>
	<p>Established in 1997, the objectives of Orcadia are to provide a safe, secure, enjoyable, friendly, stimulating and challenging environment for children, young people and adults with learning disabilities and challenging behaviour by providing an opportunity to attend classes at the centre and develop a wide range of skills whilst experiencing social interaction with their peers which in many instances they would not otherwise be able to do. Students have the opportunity to become involved in a variety of programmes including 1-1 and group contact sessions in creative music, drama, movement and mime, photography, puppetry, filmmaking, trampolining in addition to social groups and workshops.</p>	<p>https://www.orcadiacentre.org.uk</p>
	<p>At Positive Paths we provide post school continued learning and goal setting for young adults with additional support needs and various abilities and disabilities. Using community resources such as libraries, Edinburgh leisure venues, bookable studios for dance and music, kitchens, local attractions and other local resources, we have created a diverse program – learning can be fun! We include work experience opportunities alongside our person centred learning. We also provide social opportunities and short term respite</p>	<p>Home - Positive Path (positivepathscic.com)</p>
	<p>At Phoenix Care we offer a full range of personalised care at home services for children and adults with complex needs across Scotland. Our services are designed to create stable, supporting environments enabling our clients and their families to build a brighter, more fulfilling future. Our teams of nursing, therapy and care staff work with all concerned to create client-centred plans.</p>	<p>Phoenix Therapy and Care – CareTech – home care in Scotland for illness, injury or disability – Phoenix Therapy and Care</p>
 PRIMECARE HEALTH	<p>Primecare Health Ltd is an independent care provider within Edinburgh and West Lothian. We are committed to delivering a high quality care service, tailored to meet individual requirements. Our flexible and professional care at home services can offer a wide variety of options to support people to maintain their independence within their own home and local community.</p>	<p>Social Care & Autism Services in Edinburgh & West Lothian Primecare Health Ltd</p>
 0131 669 4817	<p>Redwoods is established for the provision of care and support for those in need. Primarily this will be care and support in a variety of settings for adults with learning disabilities but may include any vulnerable group of people. We provide day services from our base near Portobello called Telfie Central. We offer a range of activities, including gardening, visual arts and crafts, food planning and preparation and accessing music and drama therapies. The service is best suited to individuals who thrive in a smaller setting but who also would enjoy a wide range of community activities</p>	<p>The Redwoods Caring Foundation Lives Fulfilled Through Love - Home</p> <p>Redwoods Telfie Central Edinburgh (telfie-central.org.uk)</p>

 <p>The Richmond Fellowship Scotland</p>	<p>At Richmond Fellowship the type of service we offer varies from outreach services in the individual's own home community to 24 hour support provided in purpose built accommodation. We are adept and flexible in supporting individuals with learning disabilities and deliver services that meet individual's needs rather than them having to 'fit' into existing services. We support them to be confident and promote independent living.</p>	<p>Learning Disability Support - The Richmond Fellowship Scotland (trfs.org.uk)</p>
 <p>Support Spotlight</p>	<p>Spotlight Support provides 1:1 support as well as offering group and respite support to primarily young adults with additional support needs within Edinburgh. Various support packages range from supporting clients at home, at work placements, at college, or heading out into the community. Spotlight also opened a new office space in 2020 which is used as an additional drop-in space for staff and service users. This space has kitchen facilities where staff can help support individuals to learn some cooking skills as well as a craft area with supplies and a tv corner where films and games are available.</p>	<p>Spotlight Support Edinburgh] West Lothian Care in the community</p>
 <p>Scottish autism WHERE AUTISTIC PEOPLE ARE VALUED</p>	<p>Scottish Autism has a Day Service in Musselburgh. We support people to learn and develop new skills and take a full and active role in the community. The building offers large, spacious rooms for group activities as well as small rooms for focused activities such as art therapy, development of communication and technology skills and relaxation. The large kitchen area provides opportunities for individuals to develop food preparation and cooking skills. There is also a sensory room providing a calm environment to relax and unwind in. We also offer supported living options.</p>	<p>https://www.scottishautism.org/services-support/adult-services</p>
 <p>teens+</p>	<p>Teens + is an Edinburgh based, full time transitional education project for young adults aged 17 to their 20s with complex and severe communication needs such as autism, who have left school and entering adulthood. We have over 30 fully trained staff and one of the leading facilities in our field. We are split over two centers (about to be three) in Edinburgh which tailor to different groups. Our befriending service provides a continuation of the Teens + support out with the normal hours of our service operations. The service is tailor made to each individual student and the family's needs.</p>	<p>http://www.teensplus.org.uk/</p>
 <p>thistle Foundation</p>	<p>Thistle foundation supports people with a range of complex needs to live at their own home. They work with service users to achieve personal goals. Some people choose to work individually with one of the team, while others choose to take part in one of our courses.</p>	<p>https://www.thistle.org.uk</p>
 <p>Thera (Scotland)</p>	<p>Thera (Scotland) supports people with a learning disability across Scotland including Edinburgh, Midlothian, East Lothian, Falkirk and the Highlands. We believe that people with a learning disability should have control of their own support and be able to live their lives as they choose. We can support you in your home and in your local community.</p>	<p>Thera (Scotland) Thera Trust</p>
 <p>TIPHERETH CAMPHILL IN EDINBURGH</p>	<p>Tiphereth is a Camphill community in Edinburgh. We support adults with learning disabilities and autism. We do this through a range of services. We provide residential care, supported living and day service activities. We also run a social enterprise. Tiphereth is a place where fun, work and care go hand-in-hand</p>	<p>Tiphereth - Camphill in Edinburgh</p>
 <p>UpMo support and opportunity</p>	<p>Upward Mobility (UpMo) encourages students to build confidence, develop life skills and enhance their employability through a curriculum of creative, educational workshops, sporting activities and work placements. We play an important role supporting students in the transition from school to adulthood with 75% of our students under 25. We provide support to students with a wide range of disabilities, from mild learning disabilities and high functioning autistic students, who do not self-identify as having a learning difficulty, to people with multiple severe disabilities, including complex care needs. We offer two packages: One to one support for those with complex needs and sessional packages for those able to participate in activities without 1:1 support These can be building or community based depending on the preferences of the students and their carers.</p>	<p>Upmo</p>
 <p>VISUALISE</p>	<p>Visualise covers the Edinburgh area. Supporting adults with challenging behaviour, visual impairment, deafblind, autism, physical disabilities and complex care needs i.e. epilepsy, enteral feeding, oxygen. Our day service provides adults with a forum of socialising in an integrated society. Encouraging independence, learning of new skills using our skills modules that are tailored to individual's needs and preferences. Can be provided on a one-to-one basis or in small groups. There are also opportunities for support during evenings, weekend and holiday periods.</p>	<p>Daytime Opportunities – Visualise Scotland</p>
 <p>With you</p>	<p>With you offers a number of services. They are specialist support services for people with autism, learning difficulties and those with care experience. They offer physical, emotional and social support to people in their own homes and within supported accommodation services located in Edinburgh and the Lothians.</p>	<p>https://www.withyou.support</p>

Post School Destinations and Activities



Social Opportunities and Organisations

After your young person leaves school they may be able to engage in social events through their post school provider. Here are just some of the other activities and social opportunities that may be available for your young person – many of these will also offer options in the final years of school (*last update June 2022*).

Service/Provider	Details of service	Links/Contact information
Number 6 (Autism Initiatives)	Number 6 provides free social opportunities and 1-1 advice and support on a range of issues for anyone aged 16 and over with a diagnosed ASN (and no additional learning disability).	Number 6
The Yard	Teen club 14-18 and Saturday 18-25 club has currently closed it's waiting list, but may open again in the future.	Young adults The Yard (theyardscotland.org.uk)
Branch Out Together – Basecamp 2 (formally Lothian Autistic Society)	11-17 year olds - Over the course of 36 weeks, meeting one evening a week, each young person can follow their own personal development programme based on their needs and interests. Through each step of the programme, your young person will get the support and encouragement of a 1:1 mentor.	General 2 — Branch Out Together
Edinburgh Chill Youth Club (run by The speech and language communication company)	Do you struggle with speech, Language and Communication? Join us and make new friends! We are a supportive and creative social club to boost self confidence and build life skills. A parent and carer support group runs at the same time	Call Judith on 07507535857 Email: families@s-l-co.uk
Get2gether	At get2gether, we believe that everyone has the right to love and friendship. We also believe that people meeting each other should be fun and accessible. That's why we arrange social activities for people with disabilities in safe and friendly places in Edinburgh and the Lothians.	get2gether
Autism On the Water	We take autistic people, whatever their needs, on trips along the Crinan Canal or as guests for a yacht race and we then help them access an appropriate sailing course if they wish to pursue learning to sail. We pride ourselves in spreading awareness of the autistic spectrum not just in Scotland but across the world.	Charities (discoveradventure.com)
The Action Group	We run various different groups in each local area. These include groups based around specific interests (like a gaming group, or a girls group) and more general groups for fun, friendship and great activities. They offer a place to hang out, meet other children or young people and try new things with staff support.	Children and Young People Services (CAATS) - The Action Group
Downs Syndrome Scotland - TeenZ Space	'TeenZ Space' is our new weekly online programme for young people with Down's syndrome aged 13-19. It is open to all household and life members of Down's Syndrome Scotland. It's a great way for teens to meet new people, have fun and make new friends from all over Scotland!	TeenZ Space Downs Syndrome Scotland (dsscotland.org.uk)
Lothian Disability Sports	Various Sporting opportunities for people with a learning, sensory or physical disability.	Lothian Disability Sport
Beach Wheelchairs	We have a wide range of wheelchairs and equipment at North Berwick, East Lothian and Portobello, Edinburgh. We also have two wheelchairs at Haven Seton Sands that are available to the public as well as Haven customers to use	Beach Wheelchairs
Autism Friendly Cinema Screenings	Various screenings of across the city. Adjustments are made to reduce stress and sensory input, such as low lighting and sound, freedom to move and staff trained in autism awareness.	National Autism Friendly Cinema Screenings Dimensions (dimensions-uk.org)

Jargon Buster





Here are the definitions of some of the acronyms often used during the post school transition process:

AA	Activity Agreement
ADP	Adult Disability Payment
AoN	Assessment of Need
ASL or ASLS	Additional Support for Learning Service
ASN	Additional Support Needs
CAD	Children and Disabilities Team (social care)
CAMHS	Child and Adolescent Mental Health Service (health care team)
CPM or CP	Child Planning Meeting; Child's Plan
CSP	Child Support Plan or Coordinated Support Plan
DLA	Disability Living Allowance
DWP	Department for Work and Pensions
EHSCP EH&SCP	Edinburgh Health and Social Care Partnership
EMA	Education Maintenance Allowance
EP	Educational Psychologist (education services)
EPS	Edinburgh Project Search
EWO	Education Welfare Officer
EWS	Education Welfare Service
FA	Foundation Apprenticeship
GIRFEC	Getting It Right For Every Child
H&SC or H&SCP or HSC or HSCP	Health and Social Care (Partnership)
ID	Intellectual Disability (sometimes known as a learning disability or LD)
IEP	Individual Education Plan
ILF	Independent Living Fund
LA	Local Authority
LAC	<i>Can refer to 2 different things:</i> Local Area Coordinator (social care) <i>OR</i> Looked After Children (becoming an outdated term)
LD	Learning Disability (sometimes known as an intellectual disability or ID).
OT	Occupational Therapy (health care team)
PIP	Personal Independent Payment (soon to be replaced by Adult Disability Payment or ADP)
PMLD	Profound Multiple Learning Disability
POA	Powers Of Attorney
POC	Package of Care
PSP	Personal Support Plan
SAAS	Student Awards Agency for Scotland
SALT	Speech and Language Therapist (health care)
SDS	<i>Can refer to 2 different things:</i> Self Directed Support – referring to payment options (a term often used by social care) <i>OR</i> Skills Development Scotland – referring to careers support (a service often used by schools and young people).
UC	Universal Credit
YAD	Young Adult Disability Team (social care)
YP	Young Person
YPPM	Young Person's Planning Meeting