

# Supporting transitions: Working with you and your family to plan life after school





Leaving school is a big milestone in every young person's life. It can be an exciting time but also a time of uncertainty as there are lots of options to think about and decisions to make about what to do next.

We work through transitions in a way which respects and empowers each young person and their family. And we value the huge commitment, energy and knowledge which families bring to the transitions process and ensure that they, together with the young person, remain at the heart of decisions about future support and lifestyle choices.

## Thinking through the options

Our approach follows the Scottish Transitions Forum's 'Principles of Good Transition'. This emphasises starting with good person-centred planning and we have lots of experience of different planning tools, including larger group planning sessions, which can be really helpful in thinking through the options.



Planning in ways that you and your family can engage with helps make sure that you have choice and control over how you use your support and that it focuses on what you want to achieve. This can be for things like:

- Building skills, confidence and independence
- Finding out about college or other ways to learn new skills
- Turning skills and interests into a micro enterprise
- Thinking and finding out about getting a paid or voluntary job
- Keeping in touch with friends and make new ones too
- Using our short breaks service to do something different or go on holiday
- Thinking about living independently
- Making the most of an individual budget.

Everyone's lives change over time, especially in those post school years, so we regularly review your support to find out what has worked well, what could be better and what new things you would like to try next.

## Get in touch

To discuss any of the information in this leaflet in more detail or to explore how we can support you and your family, please get in touch. We will arrange for one of our local managers to meet with you at a time and place that suits you.



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