



# TRANSITIONING FROM CHILDHOOD INTO ADULTHOOD

Useful services and links for young people with disabilities



## Overview

Transition simply means change.

Thinking about transitioning from childhood into adulthood can be scary and daunting as there are many unknown factors and worries. It is one of the biggest changes a young individual with a disability will face. However, it is also exciting. It creates a new chapter with new experiences and memories for the young individual.

It is not only the young individual who is on a journey of change, their close friends and families are also on this journey.

This pack provides useful links to websites and services that offer support, information and/or answers to questions that parents may have by.

# SERVICES

## CONTACT

Contact are an organisation that were set up with parents in mind. They not only campaign, provide information, advice and support on a range of topics including benefits, guardianship and education, they also run workshops in relation to wellbeing, anxiety, sleep, behaviour, benefits and guardianship. The website is full of information and they can sign post to other supports or information as required.

[Contact - for families with disabled children | Contact](#)

### **Workshops**

There will be a series of 4 online workshops for families in Scotland which will run from 22<sup>nd</sup> August through to September and will be covering topics on Encouraging Positive Behaviour, Sleep, Wellbeing and Anxiety. All Contact's workshops are free for parents and carers. You can find out more information about them on their website.

### **Listening Ear Service - [Listening Ear | Contact](#)**

Listening ear service provides free support for parents via a telephone appointment with one of Contact's family support advisers, at a time that suits you. Contact can help with emotional support, strategies for reducing your child's anxiety and challenging behaviour or help you with structuring the day and more.

[Visit EventBrite for upcoming timeslots.](#)

### **Helpline**

Advice or support on education, benefits or any other aspect of raising a child with additional needs. Contact's free helpline is open between 9.30am and 5pm Monday to Friday. You can call the parent advisers on 0808 808 3555 or ask a question by email [helpline@contact.org.uk](mailto:helpline@contact.org.uk).

You can also contact someone within the Scotland team on 07458 046 071 or by email [Scotland.office@contact.org.uk](mailto:Scotland.office@contact.org.uk)

### **Fledglings - [Toys, clothing & sensory products for disabled children | Fledglings](#)**

A non-profit shop that helps children and adults with additional needs by supplying products and equipment that help with everyday challenges. Fledglings provide an easy and trusted environment to find the right solutions and allow people to connect and share their experiences.

## TALKING ABOUT TOMORROW - CONTACT

Contact understand that transition is a significant change in a young person's life. They therefore created a sub website called Talking about Tomorrow which focuses specifically on transition. The website has been put together with parents, for parents, to answer your questions and help you make the right decisions for your family.

[Planning for transition - Talking About Tomorrow: Contact in Scotland | Talking About Tomorrow: Contact in Scotland](#)

## TIME TO TALK

Time to Talk'. It is a 12-month pilot programme that is trialling online support for young individuals over the age of 16 with additional needs that are transitioning into adulthood. The pilot aims to support and offer information to the young person and their parents. The programme links the family to an associate that will help them with future plans. If this is something your child may want to be part of and benefit from being part of, you can refer via the link below. The link also has more information on the pilot's aims and what it will entail. The pilot starts this month (August) so this may be something you will need to refer your child to ASAP.

[Children in Scotland](#)

## ARC SCOTLAND

ARC Scotland is a charity that advances knowledge, practice and policy in health and social care for the benefit of people with learning disabilities or other support needs such as autism, mental health problems, sensory and physical disabilities.

[ARC Scotland - The specialists in health and social care](#)

### **ARC Scotland Scottish Transitions Forum**

They aim to improve the experiences of young people (14-25) who require additional support who are making the transition to young adult life. They provide support for parents and young individuals going through transition, a parent and carer network as well as advice and information.

#### **Webinars - [Webinars - Scottish Transitions Forum](#)**

Arc provide several webinars on guardianship, independence and life skills, benefits and other financial aspects, transitioning and leaving school support.

#### **Helpline**

Advice or support on education, benefits or any other aspect of raising a child with additional needs, you can contact ARC's helpline on 0130 6634444

Alternatively you can email [scott.read@arcuk.org.uk](mailto:scott.read@arcuk.org.uk) [rebecca.williams@arcuk.org.uk](mailto:rebecca.williams@arcuk.org.uk) or [tracey.francis@arcuk.org.uk](mailto:tracey.francis@arcuk.org.uk)

## NATIONAL AUTISTIC SOCIETY

The National Autistic Society are the UK's leading charity for people on the autism spectrum and their families. Since 1962, they have been providing support, guidance and advice, as well as campaigning for improved rights, services and opportunities to help create a society that works for autistic people. Their website is filled with information, support and guidance.

[National Autistic Society \(autism.org.uk\)](http://autism.org.uk)

**Transitions - [leaving school \(autism.org.uk\)](http://autism.org.uk)**

The National Autistic Society have a section on Transitions. It contains advice about strategies and support that can help during transitions for example leaving school or starting college or university.

**Transition Support Helpline [Transition support helpline \(autism.org.uk\)](http://autism.org.uk)**

The transition support helpline/case work service provides advice and support to young autistic people and their families on making the transition from school, further or higher education to adult life. They can explain rights and entitlements in relation to transition planning, including education, social security benefits and community care as well as help young autistic people and their families explore their options and make informed decisions. Additionally, they provide guidance and support on specific issues such as engaging young people, finding suitable provision or resolving disagreements. This can be via phone or email.

Please call 0808 800 0027. Leave a message on their answering service and a volunteer adviser will call back (free from landlines and most mobiles). They are a small team and a very busy service so it may take several days for a volunteer adviser to get back to you.

## DISABILITY INFORMATION SCOTLAND

Disability information Scotland provide an up to date and useful website that provides support for people living with a disability in Scotland. They have a small team that listen, understand and find answers to individual queries on a whole range of topics from benefits, training and access to key information or rights. They also provide training and resources.

[Home - Disability Information Scotland \(disabilityscot.org.uk\)](http://disabilityscot.org.uk)

### **Helpline**

Anyone can call their helpline on 0300 323 9961. It is open Monday - Friday 10am - 4pm. alternatively, anyone can Text this service 0778 620 0707 or email [info@disabilityscot.org.uk](mailto:info@disabilityscot.org.uk)

## AUTISM SPEAKS

Autism Speaks provides support for in promoting solutions, across the spectrum and throughout the life span, for the needs of individuals with autism and their families. They do this through

advocacy and support; increasing understanding and acceptance of people with autism. Furthermore, they look to advance research into causes and better interventions for autism spectrum disorder and related conditions.

[Transition to Adulthood | Autism Speaks](#)

### **Transition Toolkit**

They provide information on Transition as well as providing a transition toolkit which parents can download. It shares information clearly within the document that is broken down into specific sections. [Transition Tool Kit | Autism Speaks](#)

## **CITIZENS ADVICE SCOTLAND**

Citizen's advice provide free and confidential advice on many aspects including benefits, work, debt or money, family, housing, health, disabilities, immigration.

[Citizens Advice Scotland \(cas.org.uk\)](http://cas.org.uk)

### **Helpline**

Call Scotlands Citizen Advice Helpline free on 0800 028 1456. You'll reach an interactive service which will connect you to your local Citizens Advice Bureau or one of the other advice services.

### **Find your local advice bureau**

[Bureaux | Citizens Advice Scotland \(cas.org.uk\)](http://cas.org.uk)

# Further Education and Employment

## LEAD SCOTLAND

Lead Scotland are a national charity supporting disabled individuals and their carers by providing personal learning, befriending, and advice and information services. It provides a focus on helping young individuals with a disability access further education and learning. They additionally provide support in understanding your rights to education so that you feel confident to ask for your needs to be met. All services are free and confidential.

[LEAD Scotland - Linking Education and Disability » Specialist in linking education and disability](#)

They offer the following services:

### **Impartial guidance**

Our staff can visit you at home to make a plan to get started

### **Computer loan**

They could lend you a laptop or tablet so that you can learn and practice in-between sessions.

### **One to one support**

A staff member or volunteer can offer you one to one support to get started either learning in your home or in the community.

### **Small group support**

They aim to bring people together to learn, sometimes non-formally and sometimes working towards a qualification.

### **Helpline**

Their information Service is open to anyone with a disability or health condition, including those who support them, across the whole of Scotland. Please call 0800 999 2568. Their opening hours are Monday/ Wednesday/Thursday 2-4pm and Tuesday/Friday 10am-12pm.

Alternatively, you can email [Info@lead.org.uk](mailto:Info@lead.org.uk)

Lead Scotland's Helpline and Information Service provides information and advice on a range of issues, including:

- Applying for educational courses and training programmes
- Information on community learning opportunities
- Sources of funding for disabled learners
- Support for disabled learners in a range of learning environments
- Support and funding for carers
- Information regarding disabled people's rights in post-school learning under the Equality Act
- Signposting to specialist sources of support

## SKILLS DEVELOPMENT SCOTLAND

Skills Development Scotland provide advice about learning and training opportunities as well as careers advice and employment. They focus on delivering this support to those who need it most in order to ensure all individuals are enabled to achieve their full potential, including young individuals with a disability. They can provide short, medium or longer term goals.

[Scotland's national skills agency | Skills Development Scotland](#)

**My World of Work** - [My World of Work |](#)

My world of work is Scotland's career information and advice website. It is designed to support everyone develop their career skills. The website offers lots of valuable information and tools to help develop in your career as well as get your first job or know what opportunities are available.

### **Helpline**

Skills development Scotland's helpline can be accessed seven days a week, 9.00am – 5.00 pm on 0800 917 800



# Financial

## INDEPENDENT LIVING FUND

ILF Scotland was established in July 2015 and is designed to support individuals with disabilities to live independently.

[Home - ILF](#)

### **Independent living fund transition fund - [Transition Fund - ILF](#)**

The ILF Transition Fund opened in Dec 2017 and is focused on supporting young disabled people, aged 16 to 25, who are at an important transitional stage in their lives. This fund aims to promote independence, community participation, social inclusion and confidence amongst young disabled individuals, improving outcomes to help make a smoother transition from childhood into adulthood. The fund will provide short term grants to young individuals with a disability, providing them with opportunities that facilitate their participation and inclusion within their communities, creating a lasting impact on their lives.

## TURN 2 US

Turn 2 US, is a national charity that aims to provide financial support to families. This includes support with welfare benefits, charitable grants and funds as well as other financial contributions. This support is provided online, by phone or face to face.

[Fighting UK Poverty - Turn2us](#)

### **Benefits calculator**

Please make sure you are not missing out on any financial support available to you or your child. You can check you are receiving all you are entitled to by clicking the link below. The benefits calculator is easy to use.

[Turn2us Benefits Calculator](#)

### **Personal Independence Payment (PIP)**

If you are aged between 16 and pension age and have extra care or mobility needs (difficulty getting around) as a result of a disability.

[Ill, Injured or Disabled - What is Personal Independence Payment \(PIP\)? - Turn2us](#)

### **Adult Disability Payment**

Adult Disability Payment is a new benefit for adults with disabilities who live in Scotland. It replaces Disability Living Allowance (DLA) and Personal Independence Payment (PIP) for adults

who live in Scotland. Your claim will be transferred automatically to Adult Disability Payment when it rolls out in your area and you won't have to do anything or have any gap in your payments

[What is Adult Disability Payment Scotland? - Turn2us](#)

### **Child Disability Payment**

Child Disability Payment is a new benefit for children in Scotland with disabilities. It is replacing Disability Living Allowance for children in Scotland. If your child is already getting [Disability Living Allowance](#), you won't need to reapply. However, your child's claim will be transferred to a claim for Child Disability Payment.

[Child Disability Payment Scotland - Turn2us](#)

## **TURN 2 US - UNABLE TO WORK**

If you or your child are unable to work because of your illness, injury or disability you or your child may be able to claim one of the benefits below.

### **Universal Credit**

If you are aged between 16 and pension age and on a low income or aren't working. It includes amounts for disabilities. For new claimants, Universal Credit replaces the help that used to be provided through income-related Employment and Support Allowance (ESA).

[What is Universal Credit \(UC\)? - Turn2us](#)

### **Employment and Support Allowance (ESA)**

If you are aged 16 or over and are unable to work because of sickness or disability. You have to have made enough national insurance contributions and you can't be getting Statutory Sick Pay.

[Employment and Support Allowance \(ESA\)](#)

### **Working Tax Credit**

If you are already getting tax credits and satisfy the [eligibility criteria](#), you might be able to get an extra amount in your working tax credits because of your disability.

[Working Tax Credit](#)

### **Severe Disability Premium**

If you are getting Income-related Employment and Support Allowance (ESA), Income Support, Income-based Jobseeker's Allowance (JSA), Housing Benefit or Pension Credit, check if you can get an extra amount called the severe disability premium

[Severe Disability Premium](#)