



Salena Begley MBE

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salena.begley@familyfund.org.uk

**Transitions to adult life in the age of COVID-19:
Tools, tips and support to help you and your child navigate the journey**



contact *For families with disabled children
Dèan ceanglaichean le teaghlaichean*




Family Fund
Helping disabled children



Welcome and introduction

- Welcome, introductions, workshop overview
Salena Begley MBE, Family Fund (12pm-12.10pm)
- Overview of Talking about Tomorrow <http://www.talkingabouttomorrow.org.uk/>
Susan Walls, Contact (12.10pm-12.15pm)
- ARC Parent and Carer Network and Transitions Planning in the time of COVID-19
Tracey Francis, ARC (12.15pm-12.55pm)
- Facilitated discussions within assigned breakout rooms (12.55pm-1.15pm)
Facilitators: **Tracey Francis (ARC) Susan Walls (Contact) and Donna Tomlin (Contact)**
- Return to main workshop space for feedback / close (1.15pm-1.30pm)





“During lockdown it was like being set adrift,
in the middle of the ocean with no oar
and no way of knowing which direction you should be moving in.
2020 has been a lost year, it’s affected young people’s mental health.
It’s not their fault, so why should they lose out educationally and socially?
They should be entitled to another year at school, with the right support.”

Parent carer of 17 year old who has Autism

To read the findings of Family Fund’s research about the Impact of COVID19:
<https://www.familyfund.org.uk/the-end-of-lockdown>



Who we are

Family Fund is the UK's largest charity providing grants for families on low incomes raising disabled or seriously ill children and young people.

We are funded by the four UK governments, fundraised income and income generated through the work of our trading arm, Family Fund Business Services.

Last year, we provided over 100,000 grants and services to families across the UK, including 6,324 Family Fund grants and 2,156 Take a Break grants in Scotland.

Over the 47 years of our existence, we have helped with over one million grants for families.





Who we help

Our main grant programme provides grant support to families on a low income raising disabled or seriously ill children and young people across the UK.

Eligible families:

- Currently live in the UK, have lived in the UK for six months and are eligible to work and apply for public funds
- Parent or carer of a disabled or seriously ill child or young person aged 17 or under
- Eligible for, and can send us evidence of, one of the following:
 - Universal Credit
 - Child Tax Credit
 - Working Tax Credit
 - Income Support
 - Income based Jobseeker's Allowance
 - Housing Benefit
 - Pension Credit
 - Incapacity Benefit
 - Employment Support Allowance
- Child or young person is not Looked After by the Local Authority, for example, in foster care.





What we provide

We can consider a wide variety of requests relating to the needs of the disabled child, young person and the family. These include:

- Household white goods such as a washing machine or tumble dryer
- A computer or tablet
- Recreational items for a young person- such as sports equipment or a games console
- Transport costs – such as taxi fares, train or bus fares; petrol and parking costs
- Family break
- Sensory toys or games.
- Outdoor play/leisure equipment or inflatable spa.
- Bedding and clothing for a young person
- Replacement furniture in the home or floor covering for a room.





Grant support

Eligible families can apply directly themselves.

First time applicants and subsequent applicants can now register and apply online at www.familyfund.org.uk.

Select 'Apply for a grant' on our home page

- To register and apply online
- Download application form or
- Request a form to be sent out.

Subsequent applications currently accepted if an award has not been made this financial year (i.e. since the start of April).

Your Opportunity: Help for 18-24 year-olds

Family Fund's small grant programme that supports disabled and seriously ill young people aged 18-24 years old who are living at home.

For information, go to:

<https://www.familyfund.org.uk/help-for-18-24-year-olds>





Take a Break Scotland

- Administered by Family Fund
- One element of Scottish Government's Short Breaks Fund
- Short Breaks Fund is delivered in partnership with Shared Care Scotland
- Supports unpaid carers to look after their own health and wellbeing,

If you can say 'Yes' to the following, Take a Break may be able to offer a grant:

- I have lived in Scotland continuously for six months or longer
 - I am a UK resident and have recourse to public funds
 - I am caring for a disabled or seriously ill child or young person aged 0-20 years who lives at home with me
 - My child or young person is not subject to a care order.
-
- A total of 2,156 Take a Break grants were provided in 2019/20.
 - Normally opened to applications around May - June
 - Find out more at: www.takeabreakscotland.org.uk





Join our community

Family Fund has a **growing online social media community** for families, supporters, and professionals. Join us at:



facebook.com/familyfund



[@familyfund](https://twitter.com/familyfund)



[@family_fund](https://www.instagram.com/family_fund)



linkedin.com/in/familyfund

Sign up to our newsletter for regular updates:

www.familyfund.org.uk/signup





Family Fund

Helping disabled children

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Helpline
0808 808
3555



[Contact in Scotland](#)



Scotland.office@contact.org.uk

contact.org.uk



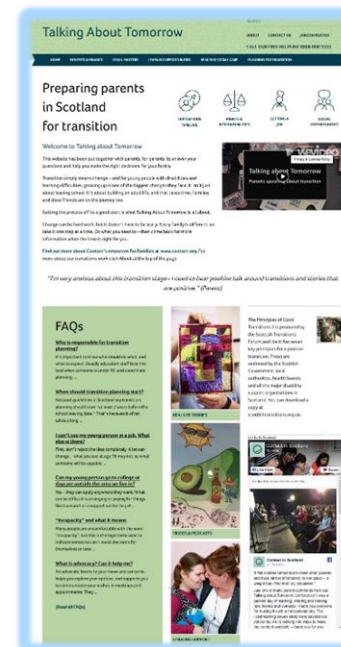
[E-bulletin](#)

contact
For families
with disabled children



IN CONTACT - SCOTLAND

Scotland
office
07458046071



[Talking about Tomorrow](#)

contact For families
with disabled children





Transitions to adult life in the
age of COVID-19:
tools, tips and support to help you and your
child navigate the journey

Tracey Francis

(Policy and Development Worker, ARC Scotland)

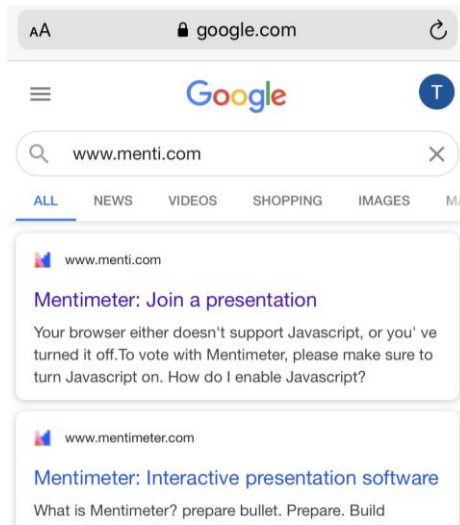
Scottish
Transitions
Forum



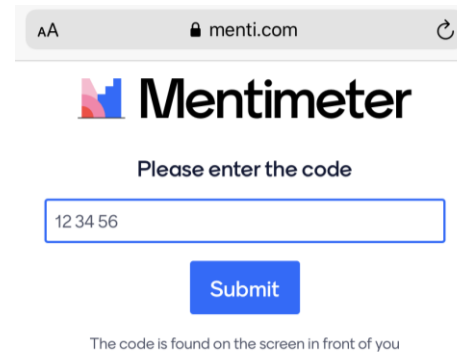
Scottish
Government
gov.scot



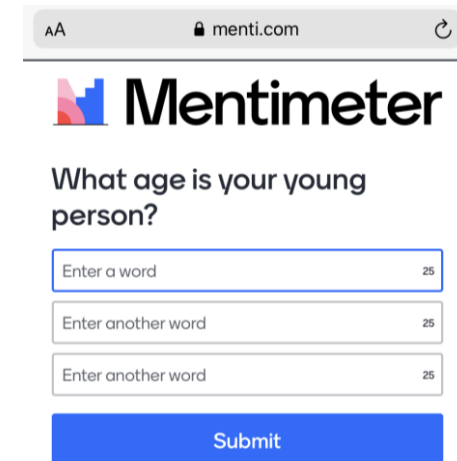
What age is your young person?



1. Google
www.menti.com



2. Enter the
code



3. Enter their
age

What do we mean by transition?

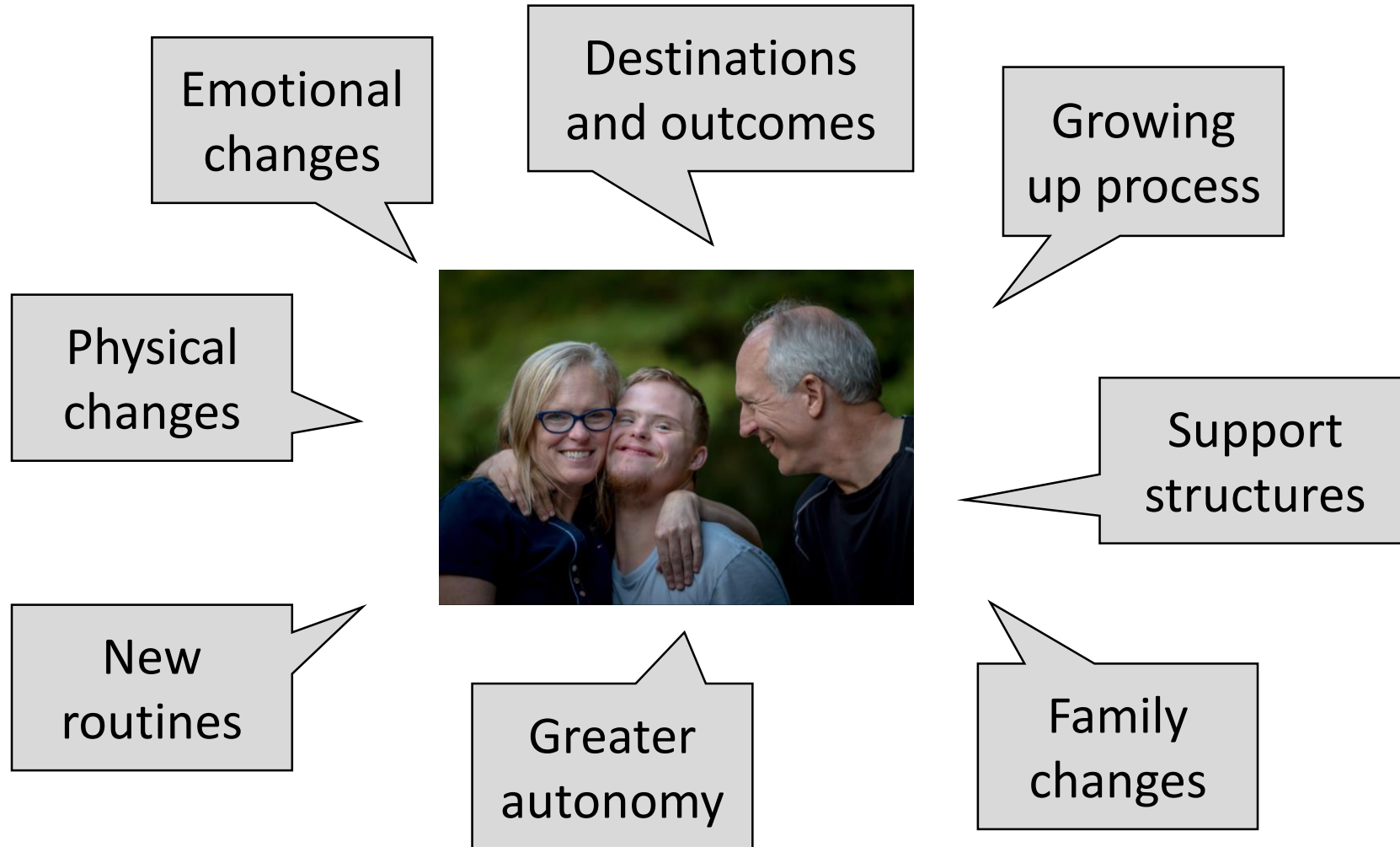
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transition

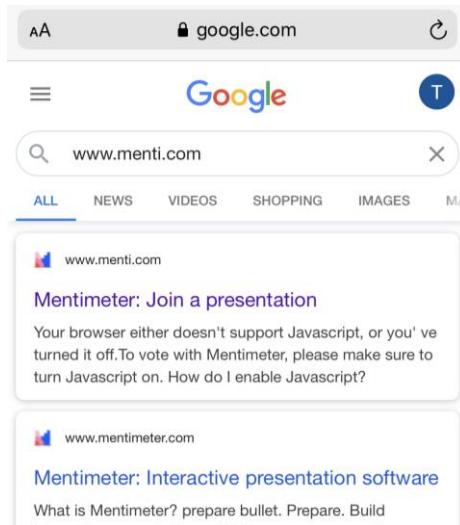
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= change

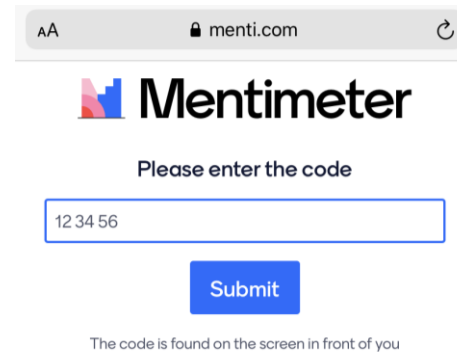




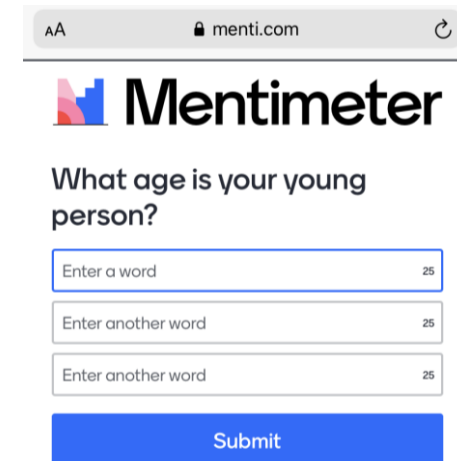
How do you feel about transition?



1. Google
www.menti.com



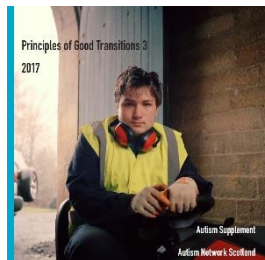
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What makes a “good transition”?

The Seven Principles of Good Transitions



1



Planning and decision making should be carried out in a person-centred way

2



Support should be co-ordinated 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

Whose job is it?

Education

- Start planning process (at least 2 years before)
- Arrange planning meetings
- Ensure information is available to relevant agencies 6 months before leaving
- Gather information from other agencies

Social services

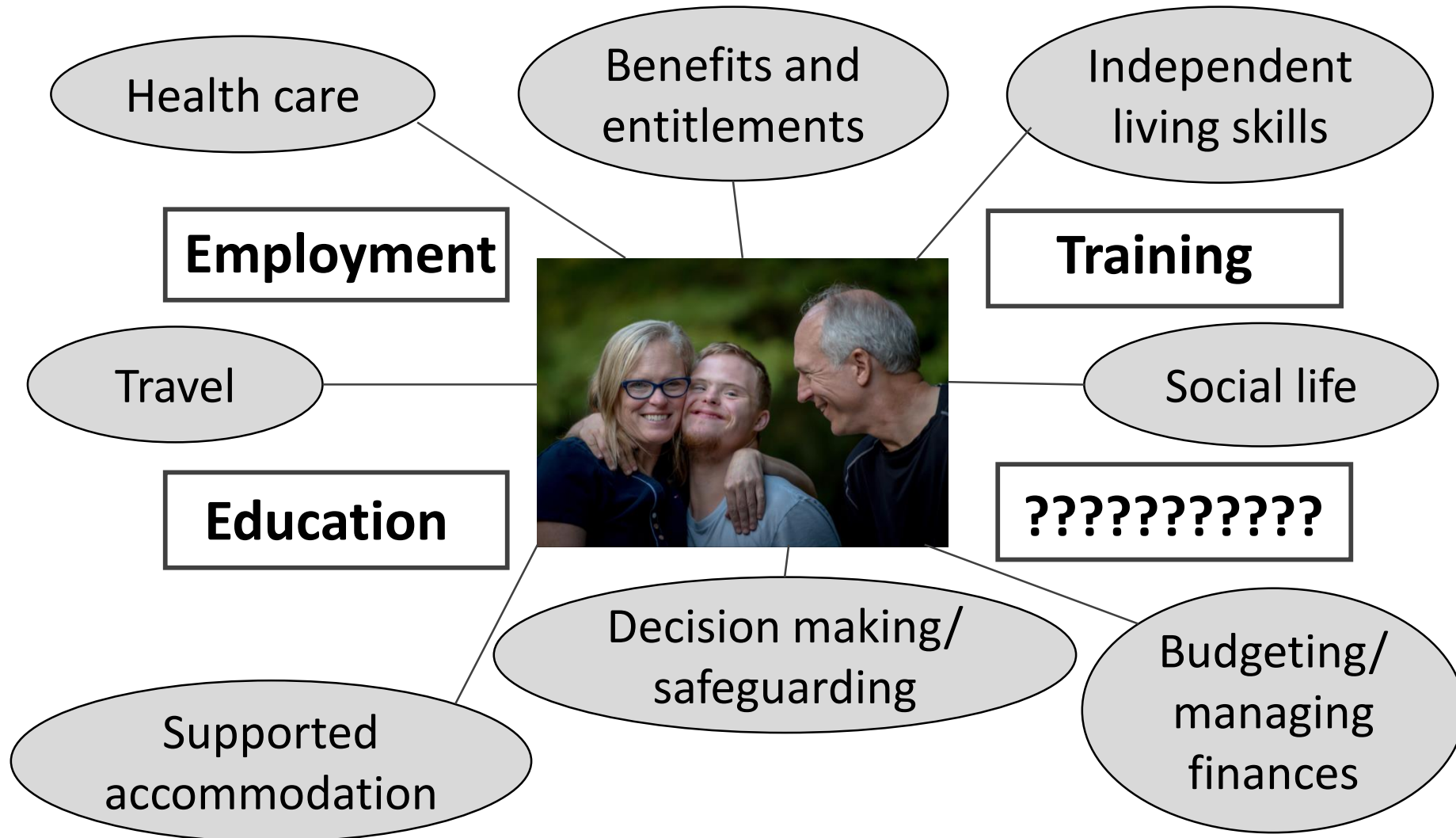
- Personal outcome planning
- Provide indicative budget
- Assist into adult services
- Assess support needs
- Carer's assessment

Health

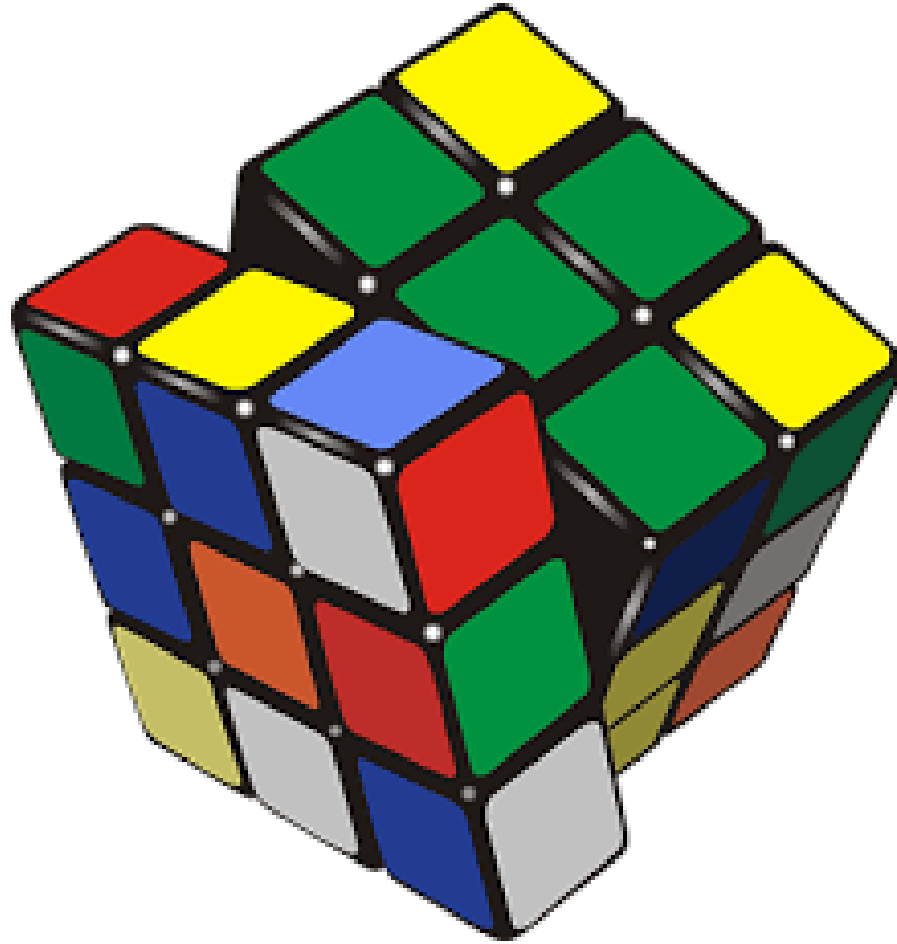
- Share information, with consent
- Attend transition meetings when invited
- Help to access adult services



Planning a life that works



The Transitions Puzzle





What things get in the way?

Transitions in the time of COVID



Making the difference

1. Allow plenty of time (and don't panic!)

- Find out your young person's views
- Don't rush into anything
- Work out the right support
- Better to take longer and get it right



Making the difference

2. Think about the bigger picture

- What will "happy" look like for your young person?
- What will they need to achieve that?
- What do you need to do now, and what can wait?
- Start building circles of support



Making the difference

3. Find out as much as you can about the options

- “Not now” isn’t “not ever”
- Education, skills development, employability
- Take advantage of chances to try things out
- Ask other parents and carers



Making the difference

4. Work out the support your young person will need

- What services are in your area and who provides them?
- How will support be paid for?
- Visit service providers or at least talk to them
- Who needs to know what?
- Ask other parents/carers, listen, trust your judgement



Making the difference

5. Start planning

- School planning process
- Your own plan – write things down, including dates
- Involve your young person
- Help with person centred planning
- Plug the gaps



Making the difference

6. Keep right on going!

- Have a Plan B (and C. Maybe D, E and F...)
- Review the plan regularly – still on track?
- If something isn't working tackle it right away
- Ask for help if you need it
- Set the next goal!



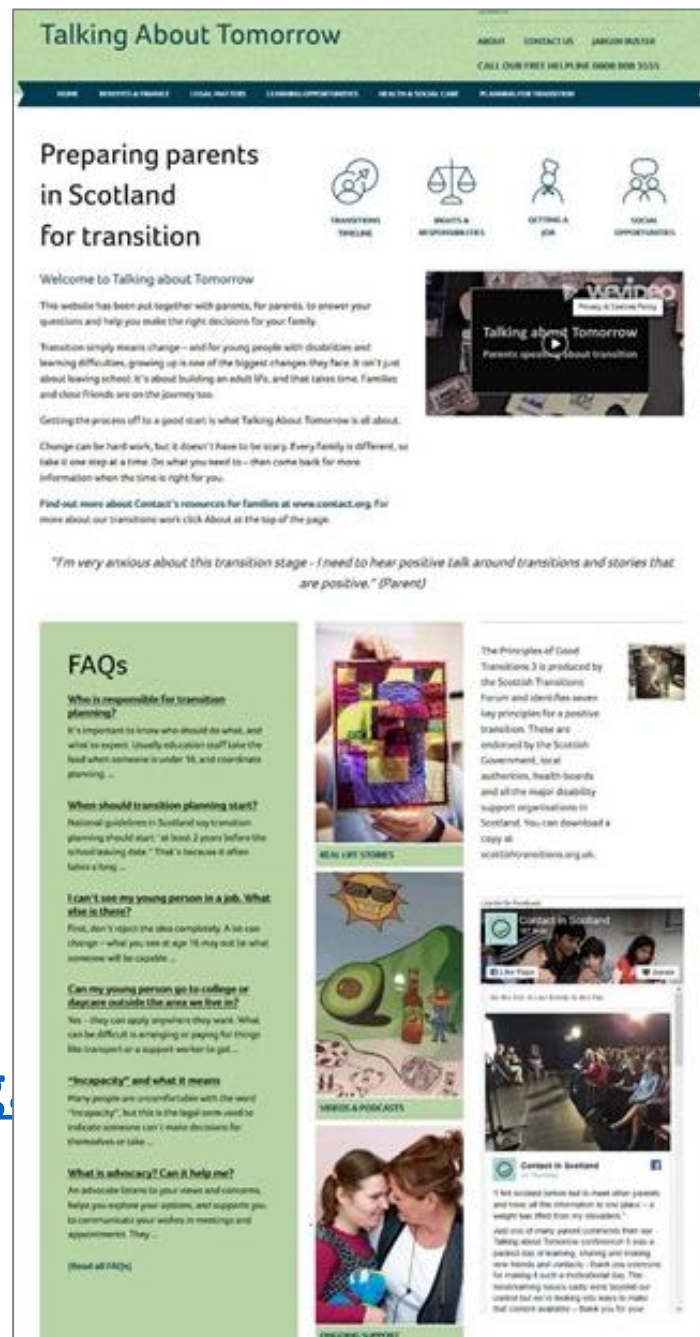
Resources that can help

- Website put together with parents, for parents
- Supported by Contact Scotland

Information on:

- Benefits & finance
- Planning for Transition
- Legal matters
- Learning Opportunities
- Health & Social Care

www.talkingabouttomorrow.org.uk




Government information and guidance

The screenshot shows a web browser window with the URL www.gov.scot/publications/supporting-disabled-children-young-people-and-their-families/pages/transitions/. A red banner at the top contains a coronavirus warning: "Coronavirus (COVID-19): what you need to know". Below the banner is the Scottish Government logo and a search bar. The navigation menu includes "About", "Topics", "News", "Publications" (which is highlighted), "Consultations", and "Blogs". The breadcrumb trail shows "Home > Publications >". The main heading is "PUBLICATION - ADVICE AND GUIDANCE" followed by "Supporting disabled children, young people and their families: guidance". It states the publication was published on 24 Apr 2019, is from the Children and Families Directorate, and is part of the Children and families series. The description reads: "Guidance to help improve the experiences of disabled children, young people, and their families." A "Contents" section is visible, with a table of contents listing "Introduction" and "Rights awareness". The "Transitions" section is highlighted, with a description: "As outlined in Principles of Good Transitions, there should be one overarching transitions plan, coordinated across services by a lead professional. This section".

← → ↻ www.gov.scot/publications/supporting-disabled-children-young-people-and-their-families/pages/transitions/ ☆ T ⋮

! Coronavirus (COVID-19): what you need to know ✕

 Scottish Government
Riaghaltas na h-Alba
gov.scot

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PUBLICATION - ADVICE AND GUIDANCE

Supporting disabled children, young people and their families: guidance

Published: **24 Apr 2019**
Directorate: [Children and Families Directorate](#)
Part of: [Children and families](#)

Guidance to help improve the experiences of disabled children, young people, and their families.

Contents

Introduction	Transitions
Rights awareness	As outlined in Principles of Good Transitions, there should be one overarching transitions plan, coordinated across services by a lead professional. This section

www.gov.scot/publications/supporting-disabled-children-young-people-and-their-families/pages/transitions/

Information and resources



www.scottishtransitions.org.uk

[www.scottishtransitions.org.uk/
parent-and-carer-network/](http://www.scottishtransitions.org.uk/parent-and-carer-network/)

- Information
- Videos/podcasts
- Guest blogs

CORONAVIRUS AND TRANSITIONS – Briefing Paper One

Coronavirus and transitions. It's a hot topic in our team and we are here to help make more sense of it for you.

Both the...

Transition planning webinars for parents and carers



Start Here – a transitions diary

Join us as we follow Harry* and his mum in their own words through his final year in school, planning and preparing for his next steps.

*Names have been changed.



Transition planning for parents and carers



Webinars for parents and carers of young people with additional support needs who are leaving or have recently left school

series, we've teamed up with more look at the essentials of transition to answer your questions.

aning and career guidance (Scotland)

erson better understand themselves and what their career, identify their options and find the

(that works in Central)

get picture and cover all the essentials in a

Transitions planning and coronavirus—what happens now?

Information for families from ARC Scotland and the Scottish Transitions Forum

If your young person is due to finish school in June, now is usually when you would be starting to decide what he or she will be doing next, and how it's going to happen.

This year, coronavirus has changed all that.

Planning won't be taking place in the usual ways, and no one can say when things will get back to anything approaching normal. In the meantime, families still need to prepare for life beyond school.

We realise it's stressful, so we've tried to give you a steer through the things you need to be aware of—and what you can be doing now to prepare for when normality returns.

Transitions meeting

By now you should have had a transition meeting to explore available options and work out a plan – including contingency plans in case things don't work out the way you expect.

If you haven't had this, or you're not sure what should be happening, try contacting the school to find out more.

Transition planning meetings should involve Professionals, for example from health, social work, Skills Development Scotland, college, university and any others you and your young person think may help plan for their future goals and aspirations. These professionals should still be working together to make the plan a reality, even if the current situation makes things more difficult.

If you can't find out more through the school,...

Transitions To Do list

Don't try and tackle everything all at once. We've put together a short to do list for you. Take it one thing at a time – Rome wasn't built in a day!

- ☐ Money
- ☐ Information sharing
- ☐ Legal matters
- ☐ Life skills
- ☐ Continuing education
- ☐ Employment
- ☐ Transport

You'll find links for more information on all these at the end

Help with developing skills and trying new things

- ILF Scotland



Person centred
planning grant

www.ilf.scot/transition-fund/

Transition Fund

- Age 16-25
- Up to £7500 in a year
- No referral needed

Career guidance and employability



Skills Development Scotland

Find the right future for you



Make the right choice for your future with My World of Work.

We'll help you build the skills you need to understand yourself and the world around you.

They're spread across four areas:

- Self
- Strengths
- Horizons
- Networks

By growing and developing these skills, you'll be prepared to find the job that suits you - and plan your path to get there.

Speak to the careers adviser in your school if you'd like more support.

And remember you can talk to your parents, carers or teachers too.

Ready to get started?

Start using the to-do list and sign up for your My World of Work account.

Register

Feedback

www.myworldofwork.co.uk

www.skillsdevelopmentscotland.co.uk

Lifelong learning opportunities



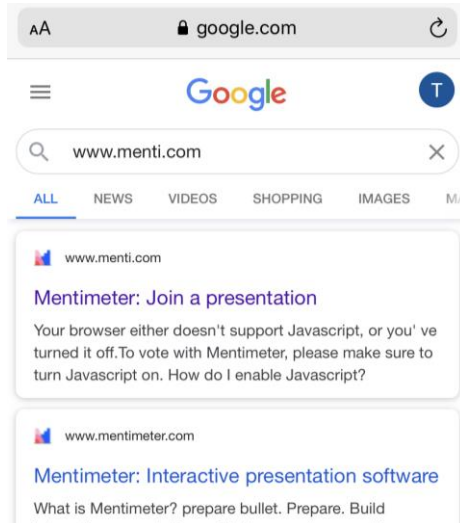
Lead Scotland



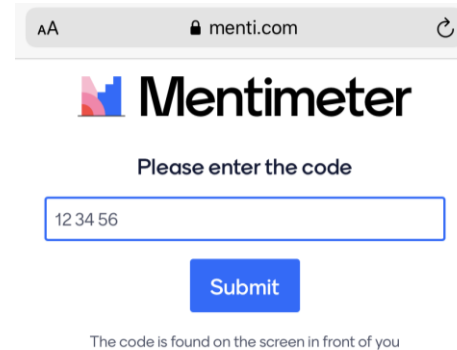
www.lead.org.uk



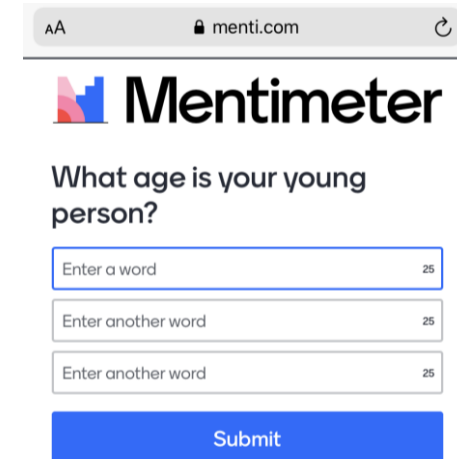
How do you feel about transitions now?



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www.menti.com



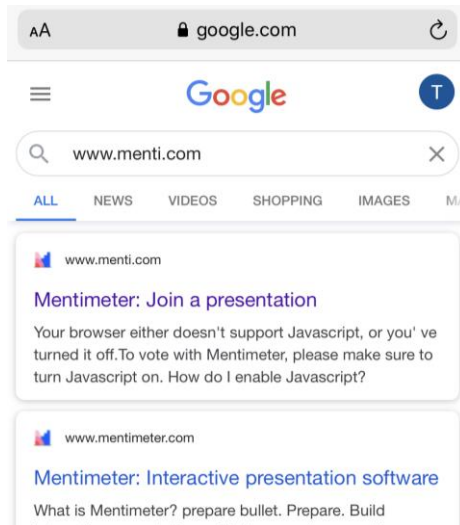
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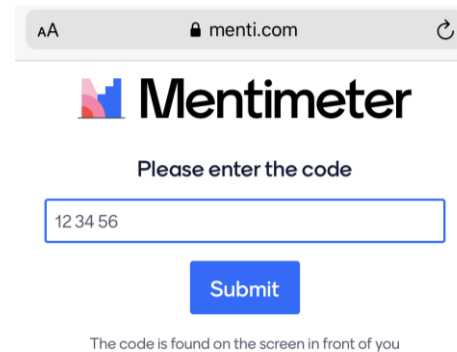
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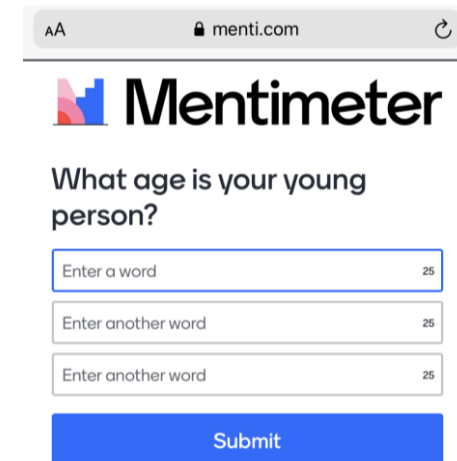
What can you do next to help you plan?



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www.menti.com



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The family's role

Know your rights

- All young people with ASN have a right to transition planning
- It ISN'T necessary to have a CSP or an IEP – but in practice it helps
- Young people and parents/carers have a right to be involved in planning

Ask for services

- Get in touch with the school if you haven't been contacted 2 years before your child is due to leave
- Speak to your social worker and health professionals. Request assessments

Prepare to participate

- Speak to other parents and agencies
- Speak to your young person
- Find out as much as you can



Prepare yourself



Actions/next steps

What to do	Who to ask	When
Find out how school handles transition planning	Class teacher or additional support staff	Any time after starting secondary school
Ask for assessment of needs and a carers' assessment	Local council social services department	Any time, but at least 3 years before leaving school is helpful
Arrange a finance/benefits health check	Disability charity or other organisation	When your young person is 15 or whenever circumstances change
Find out about guardianship/power of attorney	Solicitor experienced in additional support needs issues	Begin conversation up to 2 years before it's needed
Find out about volunteering and community learning possibilities in your area	Job Centre, Skills Development Scotland, personal contacts	As early as possible

Focus on the right questions



- What's happened to me in my life so far?
- What am I like? (e.g. shy, sporty, friendly, caring, lively)
- What do I enjoy? (e.g. being outside, gaming, listening to music)
- What am I good at in school?
- What am I good at outside school?
- What do other people say I'm good at?
- What do I want in my life? (e.g. own flat, holidays, friends)
- What do I want to avoid? (e.g. things that worry me)
- What do I need help with?
- Who can I talk to?
- Who can help me?

contact the friendly staff development



Setting goals



What can you already do? What other skills/talents will you need? How will you learn those? Who can help?

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YOUR GOAL



Action Plan



Action	Who	Start date	Review

More actions/next steps

contact the friendly staff development



Website

www.scottishtransitions.org.uk

www.arcscotland.org.uk

Email

tracey.francis@arcuk.org.uk

Phone

0131 663 4444

Twitter

@Scotranfor

@ARCScot



Thank You



Breakout discussions

- What will you take from this morning's workshop that will help you?
- What tips or insights would you like to pass on to a parent starting out on the transitions journey?

