



CARERS RESOURCE PACK



Transitions for School Leavers and Young People



Did you know?

The local authority has a duty to plan for your child starting, moving and leaving school.



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Planning for Life After School

Why Transition Planning Matters

Leaving school is a major life event. For young people with ASN, it requires careful planning and joined-up support from school, family, and professionals.

It includes planning for



Further education



Health and independent living



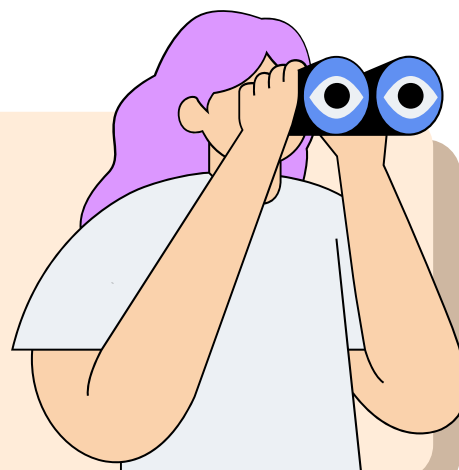
Work or training



Social and community life



Planning should begin around age 14 (S3/S4) and involve people who know and support the young person.



Start early



Include the young person



Think long-term

Working Together Makes a Difference

Successful transitions involve teamwork. The planning process should include:

- The young person
- Parents or carers
- Teachers and school support staff
- Social workers or health professionals
- Careers advisers (e.g., Skills Development Scotland)

Ask for a transition planning meeting at school by S3



Step-by-Step: Transition Timeline (Ages 14–17)



14–16 Years (S3/S4)

- Begin talking about goals and dreams
- Attend your first transition planning meeting
- Explore the young person's strengths and needs
- Introduce key professionals



16–17 Years (S5/S6)

- Visit colleges or day services
- Get benefit advice and apply for benefits like ADP and Universal Credit (if applicable)
- If there are several services involved, ask for a Co-ordinated Support Plan (CSP)
- Link in with adult support teams
- Review progress regularly

Final Year of School & Life After School



17-18 Years (Final School Year)

- Confirm plans for college, training, or support
- Finalise transport and funding
- Prepare adult health and social services to step in



Post-School (18+)

- Monitor how the young person is doing
- Stay in touch with services
- Review the plan if needed

Support doesn't end when school does.

Know Your Rights & Ask the Right Questions

You and your young person have the right to be fully involved in all decisions

You can

- Request a CSP if there are multiple services involved
- Ask for a Adult Carer Support Plan (ACSP)
- Appeal decisions if necessary



Helpful Questions



- What support will my child get after school?
- What are the post-school options?
- Who will be the main contact person?
- What happens if something changes?



Principles of Good Transitions

The seven Principles of Good Transitions bring together what the **law, government guidance, research and good practice** tell us young people with additional support needs and their families have the right to expect. They are endorsed by the Scottish Government as the national benchmark for supporting a smooth transition to adulthood and are a central in the new National Transitions to Adulthood Strategy in Scotland.

The seven Principles of Good Transitions

- 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



MORE INFO





ARC Scotland asked parents and carers who have supported young people through the transition to adulthood for their top tips for other families starting on the journey. Here's what they said.



Preparation

Think about the bigger picture. What would a good life look like when your young person is 25? Don't be limited by what people assume is possible. With time and the right support most young people can follow their hopes and dreams just like anyone else. Working out their goals, and what help they need to get there, is the first and most important step.



Information

Start early. You're not making decisions at this point, just finding out what's possible. Don't only speak to school staff and social services – Compass, charities, volunteer centres, the job centre, other parents and Skills Development Scotland are all good sources of information about what's out there. Never be afraid to ask questions. The more you know, the better you'll be able to find the right path for your family.



Planning

Good planning is vital. Make sure everyone knows your young person's views, even if they are different to yours. Anyone who works with or supports them can be involved in planning, including family members or others who know them well. Make sure any plan takes the young person closer to their goals and always have a plan B. Make transport and good life skills a priority – often they are the glue that holds everything else together.



Safeguarding

Young people in Scotland take control of their own lives at age 16. If your young person is likely to need help managing money, making important decisions or agreeing to medical procedures, find out about guardianship and powers of attorney. Without the right legal safeguards there's no guarantee you will be able to go on acting for them in these areas of their lives.





Finance

Financial support can be hard to understand, and applications can be complicated. Rules change all the time, so it's important to speak to an adviser to find out what would be best for your family – the right solution for you could be different to other people you know even if their situation looks the same. There are charities that offer independent, confidential financial advice to help you work out what you should do.



Look after yourself

It's easy to focus on your young person and not pay attention to your own needs, but it's really important you stay as healthy as you can when you are supporting someone else. Accept offers of help from friends or family, and don't feel guilty about prioritising things that make you feel better – even if it's only 5 minutes outside every day. You can't pour from an empty cup.

For more information and resources



Transition resources

ASN Edinburgh Padlet



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

For more information

[CLICK HERE](#)

City of Edinburgh Council's Transition Team



The City of Edinburgh Council's Transition Team supports young people aged 14 to early 20s with additional support needs in transitioning from children's to adult services. They offer information, support to explore options, access to support and social groups, and aid in moving to further education or services post-school.

For more information

[CLICK HERE](#)

Compass by ARC Scotland



Digital transitions tool for young people with additional support needs and the adults in their lives. Designed to provide relevant, clear information individually tailored to you and your family. The version for parents and carers shows where you are in the transition process, provides you with a personal to-do list and flags up key actions so you don't miss anything important.

[CLICK HERE](#)

For more information

Scottish Transitions Forum



The Scottish Transitions Forum provides resources to help parents and carers support young people with additional needs during transitions. It offers guidance on planning, rights, education, employment, and social care. This online resource includes practical tools, legal information, and real-life insights to assist families in navigating this process.

[CLICK HERE](#)

For more information

Transition resources

Education Scotland



Whether moving between schools or preparing for adulthood, early planning is vital with transitions. Parents and carers can access tools and advice to assist their child's transition on Education Scotland.

For more information [CLICK HERE](#)

Talking About Tomorrow



Talking About Tomorrow by Contact offers guidance on transitions to adulthood. The site covers education, employment, benefits, legal rights, health, and social care. You'll find planning tools, a transitions timeline, and advice on advocacy and support. With workshops, events, and expert insights, it helps you prepare for a positive future for your loved one.

For more information [CLICK HERE](#)

My World of Work



My World of Work covers educational rights, career planning, and pathways like supported internships. The platform connects parents and carers with organisations offering guidance, including transition support and specialist advice. It also highlights networks and tools designed to help families navigate education, employment, and personal development opportunities.

For more information [CLICK HERE](#)

Enquire

ENQUIRE

Enquire's guide, "Additional Support for Learning: A Guide for Parents and Carers," outlines parents' and children's rights to necessary educational support. It details the Education (Additional Support for Learning) (Scotland) Act 2004, the Supporting Children's Learning Code of Practice 2017, and other relevant laws around education and preparing your child to leave school.

For more information [CLICK HERE](#)

Skills Development Scotland



Provides career advice and information for all young people, including those with additional support needs.

For more information

CLICK HERE 

Get support and Stay Involved

Don't wait – the earlier you plan, the better.

Stay informed, ask questions, and request help.

Every young person's journey is different – your input makes the difference.



Carer Advice for Parent/Carers in Edinburgh

Did you know that The Action Group's Carer Advice service provides advice and support for parent/carers at all stages of their caring journey?

The Parent Carewell Service is a collaborative initiative delivered by four partner organizations: The Action Group, Edinburgh Development Group, FAIR, and VOCAL.

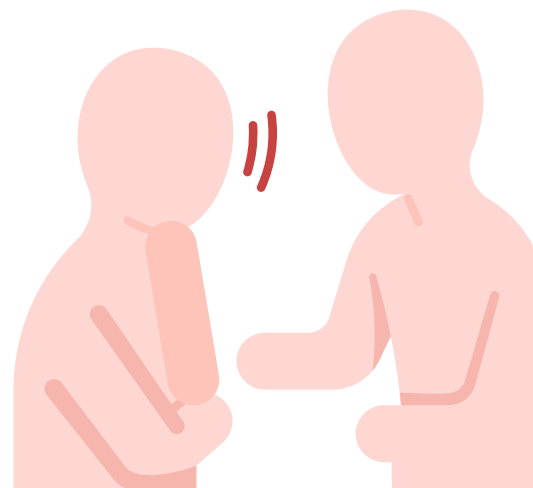
Our service provides carer-specific information, welfare rights advice, and holistic wellbeing support for parent/carers of children with additional support needs (ASN).

We're part of the
**Parents Carewell
Partnership**



Carer Advice is there for you to:
Help you think through what support you need in your own right as a carer
Help you complete Adult Carer Support Plan (ACSP)
Help you apply for grants where needed
Connect you to essential services like Housing, Education, and Social Work.
Monthly Carer events for parent/carers from Black and Ethnic Minority communities
Information sessions and workshops for parent/carers
Family days for parent/carers and their loved-ones

The Black and Ethnic Minority Advice Service (BEMAS) provides advice for Black and Ethnic Minority parent/carers of children with additional support needs living in Edinburgh.



CONTACT US

Whether you're new to caring and looking for guidance or have been caring for longer and need extra support, our friendly team is here to help.

To get in touch

[CLICK HERE](#)

Carer Advice and Support for Carers – the Lothians and Falkirk

Carers of West Lothian (CoWL)

Carers of West Lothian offers a range of services developed to meet the needs of unpaid carers and disabled people in West Lothian.



They provide a variety of services and support, including: Information and advice, training, emotional support, hospital-based carer assistance, peer support groups, counselling, signposting to services, young carer programs, recreational courses, short break funding.

For more information



Carers of East Lothian (CoEL)

Carers of East Lothian (CoEL) have a team of Carer Support Workers who work closely with carers in their local area to support them across a wide range of issues. Their services can provide anything from practical advice to supporting carers who are struggling to cope with the physical and emotional demands of caring for someone on a full time basis.

CoEL works with carers who live in East Lothian or carers who live outside the area but the person they care for lives in East Lothian.

For more information





Midlothian Carer Centre (VOCAL)

VOCAL Midlothian team provides advice and social support for unpaid carers.

The carer support team provides assistance with accessing additional support and services carers may require. VOCAL also aims to provide carers with social, learning and leisure opportunities to support their caring role or their own wellbeing and interests, and access to breaks from caring through Wee Breaks.

For more information



Falkirk & Clackmannanshire Carers Centre

Falkirk and Clackmannanshire Carers Centre is there to help carers of all ages by providing the information and support they need.

They can support carers with ensuring they are receiving all the correct benefits to help access grants to support personal well-being. They can also signpost carers to other organisations where required.

For more information

