

THE SIGNPOST GUIDE TO TRANSITION INTO ADULTHOOD

A Guide for Parents/Carers of
Young People with Additional Support
Needs aged 14+

Are You Prepared for Change?



Revised and updated April 2018



Signpost is a user-led support organisation for families of young people with additional needs in West Lothian, Scotland.

Our focus is on giving families the strategies they need to cope with the challenges that disability brings. The majority of Signpost staff are parents of young people with additional needs, who are able to bring their extensive life experience to bear in their work with families. We provide a confidential and supportive environment in which to explore issues. Signpost holds key information on a variety of topics and has extensive links to local agencies.

In recognition of the work that Signpost has done helping families with the transition to adulthood process, we were given an 'Investing in Social Change Award' in 2007 by the DSC (Directory of Social Change).



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INTRODUCTION

This booklet has been prepared to bring together information for parents/carers of children with additional support needs about the changes to services, benefits and the law that take place when children reach the age of 16+. It is not a definitive guide, but is designed to get you thinking about the possibilities.

Some of this information you will know, some may be presented to you at a later date. We hope that by bringing together all the contact numbers of the organisations that are available in West Lothian (and surrounding area), at an early stage, you can begin to plan ahead.

The transition process should begin when your child is around 14. Schools should begin to plan by considering the young person's skills, aspirations and future needs.

Signpost will be happy to assist if you need to speak to someone about the information contained in the booklet.

There may be other information that has not been mentioned or you would like us to find out for you – that's why we're here..... just ask.

GENERAL INFORMATION

As a parent or carer, you should begin to think about your child's transition to adult life at around age 14. At school a review will take place to discuss the future needs of the young person with you and other professionals involved. When this happens, you should be ready to discuss your child's ambitions, plans and needs. (You may find it helpful to use the Signpost short booklet about how you explain Transition and leaving school to your young person – copies available from the Signpost office). The information in this section will help you to consider the first steps in this process.

If the transition process breaks down...

If you are having difficulties with a particular part of the process, and you cannot resolve this with the agency concerned, Signpost can support you to decide what to do next.

It may also be helpful to know that Signpost, together with Carers of West Lothian run an annual course (normally run in May – x 4 mornings when you can meet professionals and ask questions about services and opportunities in West Lothian) for parents about Transition into Adulthood – for more details please contact the Signpost office on 01506 431123.

EDUCATION

Grants and funding:

Education Maintenance Allowance (EMA)

Is a “staying on at school grant” which will apply to all students over the school leaving age and is a grant operated by the Education Department. This allowance can be paid to students from low or middle-income families staying on in 5th and 6th year at secondary school beyond the school leaving age, or at Colleges of Further Education. EMA depends on household income. Household income is assessed in the same way as for Inland Revenue Working Tax Credits. The weekly allowances payable for new applicants are:

- (a) Less than £20,351 where there is one dependent child in the household.
- (b) Less than £22,403 where there is more than one dependent child in the household

EMA is payable for each week in term-time in which the student has had no unauthorised absence. There are also bonuses in February and July, each of £150, if students remain on their course and make satisfactory progress against objectives in a learning plan agreed with their guidance teacher.

Any pupil of school leaving age who could have left school but is staying on at school is eligible, where gross annual household income is £33,156 or less. Award holders must have a Learning Agreement signed by the School they attend.

Information about the EMA will be sent to students, depending on when their 16th birthday falls – if you do not

receive this please make sure the young person's name is on the Council's database. For more information, contact your child's school, or West Lothian Council.

Address: EMA, West Lothian Council, Civic Centre,
Howden South Road EH54 6FF

Tel: 01506 281 952

E-mail: ema@westlothian.gov.uk.

Website: www.westlothian.gov.uk (enter 'EMA' in the search box then follow the resulting link)

Funding for disabled learners from Scotland

LEAD Scotland offers support to learners, and have useful publications which set out the options in further, higher and postgraduate education and provide information on welfare benefits and other sources of funding as well as your rights as a disabled student. (*See "Helping you meet the costs of learning" in the information section of website*)

Tel: 0800 999 2569

Email: info@lead.org.uk

Website: lead.org.uk

Students Award Agency in Scotland (SAAS)

'Helping you meet the costs of learning' is a booklet produced by the Scottish Executive about help for disabled students. You may be able to claim the Disabled Student's Allowance (DSA) which is not income-assessed, and gives funding towards items like equipment, personal help and special dietary needs.

For more information and eligibility details, contact your chosen college or university, or contact SASS.

Address: Gyleview House, 3 Redheughs Rigg,
Edinburgh EH12 9HH
Tel: 0845 111 1711
E-mail: saas.geu@scotland.gsi.gov.uk
Website: www.saas.gov.uk

Specific information about the Disabled Student Allowance can be found at
http://www.saas.gov.uk/forms_and_guides/dsa.htm

Turn2Us

This website (www.turn2us.org.uk) has a search facility which can help to find grants for equipment or other help with accessing education from Trust Funds with a particular interest in helping students. If you think you will need funding, do this as early as possible as the Trusts often take 6 months to a year to reply.

Accessing college courses

For students with a learning disability, courses can be 1 or 2 years full-time programmes for school leavers with special educational needs. Young people who would benefit from an extension of their education within a college setting are selected for the course following a series of pre-entry procedures. This will be part of the transition process in school, and the young people identified should be invited to attend a pre-course link programme in the term prior to leaving school where places exist.

Additional needs staff and subject specialists are involved in working together to meet the objectives identified in each course. The student to staff ratio is small. Guidance counselling and individual work is seen as being an important part of the programme.

Access Level Units are also undertaken at College and may provide access to mainstream courses. Entry level will be tailored to the student's individual ability.

For students living in West Lothian the most obvious choice for further study will be the West Lothian College, but if, for any reason, your young person wishes to access a different college, there are others available. However, you may need help via social work to access certain courses due to transport costs / support costs, etc, and you would probably have to show the benefit of the young person relocating or pay all costs involved.

West Lothian College – 01506 418181

West Lothian College is based in Livingston and offers a range of courses, both full or part time. To find out more, contact Margaret Forinsky or Lorna Jenkins, Support for Learning, directly on **01506 427610** or through the main number above.

Edinburgh College – 0131 669 4400

contact the Pathways Co-ordinators through the main number above or email info@edinburghcollege.ac.uk.

Oatridge Agricultural College – 01506 864800

contact Janet Lingard, Learning Support Tutor through the main number above.

Coatbridge College – 01236 422 316

Coatbridge College is within easy walking distance from the train station and therefore easy accessible for West Lothian students. They have an excellent Student support groups for students on the ASD Spectrum.

Contact Student Support/ Horizon Centre on 01236 422 316 or email Julie Grant: jgrant@coatbridge.ac.uk Ask

Signpost can also help you research non-local colleges specifically designed to meet the needs of people with disabilities.

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Hard of hearing students Help

Young deaf or hard of hearing people in who are planning to apply to join further or higher education courses are being urged to find out about the specialist support available.

Action on Hearing Loss Scotland's Moving on Service -

Contact Moving On by:

Email: movingon@hearinghearingloss.org.uk

Text: 07341738602

Textphone: 18002 01324590872

University

Your school can advise on university application procedures, or you can contact the University which interests you directly.

Each University should have a Disability Officer who can meet you, show you around, and discuss your specific needs. It is worth beginning to look around universities in the summer before your young person is due to move, so that you are clear about which ones to apply to in December.

LEAD Scotland

LEAD Scotland offers information to students with disabilities in Scotland, including advice about applying to college, university, funding, support procedures and your rights. Its leaflet 'Scotland – Opportunities at 16' summarises the main issues for young people leaving school. LEAD Scotland can also advise on grants and bursaries available. For more information contact:

Information service: 0800 999 2569 (2-4pm on Tuesdays/Wednesdays, 10am-12pm on Thursdays/Fridays)

Address: Princes House,
5 Shandwick Place,
Edinburgh, EH2 4RG

Tel: 0131 228 9441

Email: info@leadscotland.org.uk

Website: www.lead.org.uk

SOCIAL WORK SERVICES

Many parents/carers have not yet used the services of the Social Work Department, but would certainly benefit from being advised of the services that they can provide in the future for you and your young adult. Social work can help to access a wide range of services.

Assessments of need for both your child, and yourself as a carer, can be carried out by social work. In both cases, it is important to ask for these, as they will not automatically be offered. ***By law**, you and your young adult are entitled to ask for these assessments and to have them carried out. However, assessments of need do not automatically entitle you to have these needs met by services.

**There is a new law called the Social Care (Self-directed Support) (Scotland) Act 2013 which came into effect on 1st April 2014. This law changes the ways that councils will deliver social care services and support to individuals, families and carers. – Please see Self-Directed Support section..*

If your child is assessed before the age of 16, this assessment will usually be carried out by the Child Disability team, and this may be used as part of the referral to the adult services later on. Contact 01506 284712 and ask for the Child Disability Team.

If your young adult is older than 16, an assessment will be carried out by adult services. Contact 01506 282252 and speak to the duty social worker, who will refer you to the correct team.

Section 23 Assessment

You have the right to request a Section 23 Assessment when your child is below the age of 16. No-one will ask if you require this, you will have to request it. This will assess the needs of the young person. It will identify all the needs that require to be addressed and consider how to access services, or Direct Payments, to meet the needs described.

Community Care Assessment

This is the equivalent assessment of needs for people over the age of 16.

Section 24 Assessment

This is the assessment of needs for carers. Parents should always ask for their needs to be assessed as well as those of the young person.

Respite – Adult Services

As with all respite services, there are eligibility criteria and these services can only be accessed through the needs identified in the Community Care Assessment / Carer's Assessment. Early identification of services required is crucial due to the ongoing demand for respite services.

Self-Directed Support (SDS)

Self-Directed Support (SDS) is the term that is used to describe the ways in which social care services and support will be offered to individuals and families.

It means that people will have information about the different ways that services and support can be provided to them so that they can choose the way that is best for them, giving them more choice and control over how their support needs are met and by whom. For example – there are now 4 options for SDS:-

Option 1 – Direct Payments*: The council will decide how much money can be spent on your support and you take this money and arrange your own support. See *Direct Payments Section for more information*.

Option 2 – you decide and the council arrange the support: The council will decide how much money can be spent on your support – you choose how your support is provided and the council arranges this for you.

Option 3 – the council decides and arranges support having talked to you: The council will decide how much money can be spent on your support. You ask the council to choose and arrange the support that it thinks is right for you.

Option 4 – a mixture of options to arrange your care and support: Some people may want to have more control over some parts of their care and support than other parts. This option lets you pick the parts you want to decide about and the parts you would like to leave to the council.

For more information visit:

www.westlothian.gov.uk/selfdirectsupport

***Direct Payments** – more info:

Direct Payments mean a person can get a fixed rate of money per hour (according to assessed need) enabling them to buy in their own support package. For example,

many people use DP to employ a personal assistant, meaning they have control over everything from the interview process to the hours worked. This depends on whether the person receiving the care can manage as an employer, although someone else can assist them. Note that the rate of pay may not fully cover costs if a non-social work person or agency is used.

Anyone who is receiving help from social services, or who has been assessed as needing it, is entitled to ask for Direct Payments if they would prefer them to receiving services. This includes parents of a disabled child or young person up to 18 years old, and disabled young people aged 16 or 17, who can receive direct payments in their own right, as well as adults, as long as they are competent to manage them.

Social Work will give you information about direct payments. You must spend it on support that Social Work agree you need. The local contact for more information about direct payments is contact the 'Independent Living Officers' from Lothian Centre for Integrated Living. –

for more details see *Lothian Centre for Integrated Living Section*

A free booklet 'A Guide to receiving Direct Payments in Scotland' is available to borrow from the Signpost library. The booklet is also available online at

<http://www.sehd.scot.nhs.uk/publications/grdps/grdps-00.htm>

'An Easy Guide to Direct Payments in Scotland' has also been produced by **Scottish Consortium for Learning Disability (SCLD)** . This booklet is very easy to read and

understand, and can be obtained by calling SCLD on 0141 559 5720. It is also available as an audio cassette or CD in English, Urdu, Punjabi and Cantonese.

Scope has produced two booklets: -

- one for young people (also available as an easy-read summary) called 'My Money, My Way'
- one for parents, 'In the Driving Seat', about direct payments.

These are available by calling 0808 800 3333 or emailing response@scope.org.uk

Copies can be printed out by Signpost Staff (Factsheets and handouts)

Lothian Centre for Integrated Living (ICiL)

Is a registered Scottish charity and not part of social work

ICiL can help you and your family deal with payments you receive via Self-Directed Support, e.g. Direct Payments when you need to pay staff or for services.

Contact: Emma Wynack, SDS Programme Officer

Tel: 0131 475 2554

Email: emma.wynack@lothiancil.org.uk

Website: www.lothiancil.org.uk

Ability Centre Support Service

This service is for adults with a physical disability. There are 15 centre-based places available each day, and 11 community based outreach groups. To access the day support service, individuals have to go through a formal referral process via social work. Individuals can self-refer to the outreach service or make contact with the centre about any of the other opportunities on offer.

The service facilitates a number of initiatives aimed at specific groups, including The Idea Zone, an activity based programme for young people. Approximately 4 programmes run per year.

The ACSS also facilitates specific targeted courses e.g. 'How Prepared R U?' which aims to increase young people's independent living skills, in preparation for living in their own homes in the future.

Work experience and pre-employment support opportunities are also available in the Ability Centre, as is access to IT learning.

For: Adults between 16 and 65 with a physical disability.

Address: Ability Centre, Carmondean Centre Road
Livingston, EH54 8PT

Tel: 01506 774066

Contact: Jordan Smith, Manager

Email: Jordan.smith@westlothian.gov.uk
Garry.bandoo@westlothian.gov.uk

More details about services for adults with physical disabilities can be found on West Lothian Council's website:
http://www.westlothian.gov.uk/social_health/1432/1439/

DAY SERVICES

For adult services for people with a learning disability, information on day services such as Pathways and Eliburn can be found on the Council's website:

http://www.westlothian.gov.uk/social_health/1432/1439/

To access day services it will be necessary to have a Social Work assessment to identify the needs of the young person. *Signpost can download information from the website for you if required.*

Autism Initiatives

An independent charity providing purposeful and enjoyable activities for adults with autism with a focus on developing occupational activities throughout the week. The aim of these services is to maximise the use of community facilities, and support service users to develop occupationally fulfilling lifestyles. It is based on our belief that everyone person with autism has skills, abilities and the potential to be occupationally active.

We provide community living outreach packages of support for individuals within or from their own homes. Support delivered ranges from a few hours per week to more substantial daily input. This is currently available throughout the Lothians region to adults with autism and Asperger Syndrome. Each package of support is unique to the individual. The focus of the support can include assistance in developing social skills, home-based skills or occupational support.

To access this service you must be referred by a social worker.

For: Adults between 16 and 65 with ASD

Address: Autism Initiatives
Almond House, 12 Quarrywood Court,
Livingston, EH54 6AX

Contact: Chen Zinoro – Co-ordinator

Tel: 01506 431695

WLC Learning Disability Team

The Learning Disability Team has been created by drawing together several services for adults with learning disabilities under one umbrella to reflect *“The Same As You”* Scottish Executive’s review which emphasised that people with learning disabilities should be treated and respected as individuals with the right to decide what kind of life they want to lead.

West Lothian Council provides a range of services for adults with a learning disability, including day services, overnight respite, socially inclusive activities, advice and support at home and various forms of housing with support. We hope that by having all of these services in the same team, they will link well with each other so that people will receive a better service.

For: adults between 16 -65 with learning disabilities & ASD

Address: New Cheviot House, Almondvale Boulevard,
Livingston

Tel: 01506 282252

Community Inclusion Team

This service works with young adults with a learning disability who are reasonably able and do not require support in Day Centre placements. They have various outreach projects based in the community. This service can only be accessed via the Local Area Co-ordinators/ Community Care team, who will complete an assessment to go along with the referral. For this service young people have to be able to self-travel or achieve this with support.

Contact: John Cassidy 01506 283658

The **Adult Placement Service** recruits couples and single people in the community who provide accommodation and support to adults with learning disabilities in the carer's own home. Although this type of support has served a small number of adults with learning disabilities well, it is not always best placed to offer a person centred service, as adults often find themselves absorbed in to the families' way of life, rather than being able, genuinely, to explore options of their own choice. The service is not being expanded, and is increasingly being replaced by the more relevant housing support service that provides visiting support to adults in the adult's own home.

The **Housing Support Service** will continue to expand as more and more adults with learning disabilities express a wish to have their own home. Housing support workers visit individuals in the adult's own home to provide support with a range of tasks necessary to maintain their own tenancy, as independently as possible. The following are examples of the kind of things we can help you achieve in the home, and in the community:

- help with managing your finances and general budgeting.
- help with menu planning and shopping.
- help to ensure that your home remains safe, and secure.
- advise and supervise the use of domestic equipment,
- such as your cooker, washing machine, microwave, etc.
- help to maintain your tenancy in appropriate condition.
- help you to talk to anyone else who may be involved with your support or in maintaining your tenancy, for example, your doctor, landlord, day service, employer, friends and neighbours.
- help to use your community's facilities and to maintain or develop your social life.

Support can be provided for as many hours in the week as are needed (this will be assessed by a social worker) between 7.00am and 11.00pm, Monday to Sunday.

The **Employment Service** supports adults with learning disabilities to prepare for real work, and to find a real job. There are two employment development workers already in post, with a third being recruited. They run courses and meet with people individually to find out what adults need in order to find real, paid employment. They also provide support to employers, helping them to understand what adults with learning disabilities can offer in the workplace, and to help them to think about the kinds of jobs they could offer.

The employment service will continue to support adults after they have found a job to try to ensure that the adult is able to continue to meet the requirements of the job, and to help the employer and adult to communicate well with each other.

The **Local Area Co-ordination Service** can help adults with learning disabilities to access a range of council and community based services. They can help people to think about which services would be best for them, and then help them to go about getting those services. They focus mainly on helping adults with learning disabilities to draw on their own resources to achieve what they want, but can also help people to access additional support where this is required. For example, they can help to arrange 'Direct Payments' which are payments made by the Council, direct to the adult, to enable them to buy the service they need (for example, a support worker to help with day time activities).

The Local Area Co-ordinators try to make sure that adults with learning disabilities can become as independent as possible, so that they do not need to rely completely on Council Services for their support. They do this by helping adults to identify their own abilities and skills, and by linking with community resources that are open to anyone (whether or not they have a disability). The Local Area Co-ordinators will work with you for as long as you need their help.

The **Adult Autism Team** has recently been set up to help and support young adults on ASD spectrum **with and without** learning disabilities.

This service can support young people to have the right support to move onto the level of support they might need. For example they might only need a small level of support for a while to make a difference, but this support is crucial at the beginning of adulthood. For others this support may be required to be very substantial but will have an Autism focus and understanding of the right support.

New Directions

New Directions provide a service “support for young people and adults with additional support needs and disabilities”. A range of independent personal development is offered by the organisation to people living in West Lothian aged 16 – 65 who have a community care need.

The skill development areas include; **independent travel, learning to budget, healthy cooking, shopping, support into volunteering**. The support is provided on a one to one, key working basis.

Referral should be made by a social worker or Local Area co-ordinator.

Contact: David Thomson, Service Manager

Address: Bloom House, 10 Main Street
Livingston Village
EH54 7AF

Tel: 01506 464446

Email: David.Thomson@ndwl.org.uk

MONEY AND BENEFITS

Changes to benefits after age 16

At 16 the main benefits are likely to be:

Child Benefit. This will usually be paid up to age 16, or may continue up to age 19, if the young person is in full-time non-advanced education, but the rules are complicated, so always seek advice. If they wish to do something else, e.g. work placement programme, this allowance will stop.

Disabled Students Allowance (DSA) **is not means-tested.** It is paid to eligible students to help with the extra costs of living expenses or equipment – see ‘Further Education’ section on page 12 of this booklet.

PIP. On 8th April 2013, the Government replaced DLA for people aged between 16 and 64 with a new benefit called Personal Independent Payment (PIP). This affects new claims being made from June for Scotland.

The DWP will invite young people who already receive DLA and are turning 16 to claim PIP. A letter from DWP will be sent explaining that your child will have to claim PIP at age 16 instead of DLA and that until a decision has been made on their PIP claim, they will continue to receive DLA.

Universal Credit. The Government is introducing a new benefit called Universal Credit in October 2013. Universal credit is for people who are on a low income and of working age – whether you are in work or out of work. It will replace a number of existing benefits and will be administered by DWP.

(Universal Credit is a means-tested benefit so the amount you receive will depend on your income and savings.)

Universal Credit replaces the following means-tested benefits:-

- Income Support
- Income-based Jobseeker's Allowance (JSA)
- Income-related Employment and Support Allowance (ESA)
- Housing Benefit
- Child Tax Credit and Working Tax Credit
- Budgeting loans and crisis loan alignment payments.

New claims will start from 29 April, 2013 in North England, the rest of the country is unaffected until later.

- From 6th April, 2014, the DWP will no longer accept new claims for tax credits from working age people.

If you are already receiving one of the benefits the Government is replacing please find out more from qualified advisors. The benefits mentioned here are only a guide but everyone should check that they are receiving all the appropriate benefits. **Don't be afraid to ask for help.**

For a comprehensive benefit check we would recommend **Contact-a-Family**, who have a dedicated welfare officer:-

Tel: 0808 808 3555 or check out website:

www.cafamily.org.uk Tell the helpline you are based in Scotland and a Scottish advisor will call you back.

The Advice Shop

The Advice Shop remit covers Benefits, Housing, Employment Rights, Energy Advice and Money Advice. They will assist in making sure you are applying for the right

benefits and all the benefits that you may be entitled to. They can help with completing forms and advice about attending tribunals if you are unsuccessful and wish to retry.

To contact the Advice Shop for a personal appointment to discuss your situation:

Address: Bathgate Partnership Centre,
South Bridge Street,
BATHGATE EH48 1TS
Tel: 01506 283000
Email: advice.shop@westlothian.gov.uk
Website: www.westlothian.gov.uk

Advice sessions are held in various parts of West Lothian on various days, so you may be able to see someone nearer where you live.

The Action Group

We work with children and adults who need additional support to live in the community – and their families.

We deliver regular 1:1 support to children, families and adults in West Lothian. Our advice team offers welfare rights and financial inclusion advice and specialist Black and Ethnic Minority Advice.

Address: Norton Park Centre,
57 Albion Road, Edinburgh
Tel: 0131 475 2315
Website: www.actiongroup.org.uk

Job Centre *Plus*

Staff at the Job Centre Plus have Disability Advisors who will be able to check benefits and advise which would best suit the young person and their family, taking into account all the benefits the family receives. The advisors try to ensure that no-one will be worse-off as a result of the young person's transition to adult benefits.

To arrange an appointment for a benefit check contact:-

Livingston Job Centre Plus

Contact: Lorna Paul

Address: Unit 16b Regional Centre
Almondvale South, Livingston, EH54 6NQ

Tel: 01506 772671

Bathgate Job Centre Plus

Contact: Pamela Wallace

Address: 31 Whitburn Road, Bathgate, EH48 1HG

Tel: 01506 772298

Website: www.jobcentreplus.gov.uk

Disablement Income Group

You can also contact the **Disablement Income Group (DIG) Scotland**, who provides a free benefits advice service for disabled people and their carers, including help with filling in the forms from a personal advisor who advises and supports at all stages of the claim.

Contact: Margaret Anderson

Address: 5 Quayside Street, Edinburgh, EH6 6EJ

Tel: 0131 555 2811

Email: info@digscotland.org.uk

Website: <http://www.digscotland.org.uk/index.html>

Citizen's Advice Bureau

Staff at the CAB can also offer general advice and support about benefits. Advisors can also help with aspects of the Law. The local office is in Shiel House, Craigshill, Livingston, and can be contacted on 01506 432977. For full contact details see section on 'Support and Information' later in this book

Direct Payments

Direct Payments can help "buy" services tailored for a young person, instead of taking the standard service offered, to make sure that they are receiving the best services for them. See the detailed information on this topic in 'Social Work Services' earlier in this book

Education Maintenance Allowance

This is paid to young people who stay on at school in 5th and 6th year and whose households have an income of less than £33,165 (in 2013/14). It is explained in detail on page 10.

THE LAW

This section relates specifically to the fact that children become young adults at age 16, despite any disability/learning disability. They are recognised as adults and you need to know the changes that can affect you and your young adult at 16.

Adults with Incapacity (Scotland) Act 2000

Once a person becomes 16, he or she is an adult in law. Parents no longer have the right to take decisions on their son's or daughter's behalf. If the young person or adult lacks the legal capacity to take their own decisions, this Act provides options for another person to get the legal authority to do so.

There is an easy-read leaflet called 'It's your Decision' which summarises the main points of this legislation. It can be obtained from the Scottish Government on 08457 741741 or 0131 556 8400. Or to view the leaflet online, go to www.scotland.gov.uk/Resource/Doc/249225/0071711.pdf

The application of this Act will be different depending on the needs of every individual adult/young person. It is also intended that ***the Act is used only when necessary***, in particular where there are significant legal decisions that need to be made on someone's behalf like signing contracts, managing their money and giving consent. ***You will not automatically need to use this Act just because your child has turned 16.*** If you would like more information and guidance with regard to the Act please contact:

ENABLE Direct

Address: Inspire House,
3 Renshaw Place, Eurocentral,
LANARKSHIRE ML1 4UF

Tel: 01698 737000 or 0300 0200 101

Email: enabledirect@enable.org.uk

Website: www.enable.org.uk

Guardianship

This is when someone who cannot make decisions for themselves needs a representative. You will not automatically have to obtain it when your child reaches 16, but it may be worth taking advice about whether it would be useful.

What you need to know – basic rules:

- You will not get permission to make a decision for another adult unless this will benefit the adult and the benefit cannot be achieved another way
- You will only get the power to make decisions on behalf of someone if these decisions are really needed.
- You must first ask the adult what he or she wants to happen or find out if he/she has indicated this in the past.
- You must get the views of the adult's nearest relative and primary carer if this is reasonable and feasible. If the adult has a guardian or attorney with relevant powers ... If the Sheriff has told you to consult someone ... if you know of any other relevant people with an interest in the adult's well-being... then you must get their views if this is reasonable and feasible.

- You must encourage and allow the adult to make his or her own decisions and manage his own affairs as much as possible and to develop the skills needed to do so. You will not get permission to make a decision for an adult that he or she can make themselves.

Kinds of decisions you will be allowed to make:-

- Decisions about money and property
- Decisions about health and welfare

If your child has health needs you may want to consider guardianship, as you may be required to consent to treatment on their behalf.

The Scottish Executive leaflet 'Adults with Incapacity (Scotland) Act 2000' explains the options and offers a number of helpful contacts. It can be obtained from the Scottish Government on 08457 741741 or 0131 556 8400. *Signpost also has copies of this leaflet*

Changes to AW2 Act relevant to Guardianship.

Guardianship application can be applied 3 months before 16th birthday.

Since August 2006 the requirement to assess financial eligibility has changed. A 'no means' test will be applied where Civil Legal Aid is sought by a person making an application for Welfare and Joint Welfare and Financial Powers relating to an Intervention or Guardianship Order.

The Sheriff must take account of the views expressed on behalf of the adult by a person providing independent advocacy in any proceedings under the AWI Act.

Adults with Incapacity and Mental Health Officers' Team

This team are employed by West Lothian Council and provide a specialist service for people with a mental disorder. This can be a mental illness, learning disability or brain impairment as a result of illness, injury or dementia. They can also offer advice, guidance and assistance to service users and their relatives.

If you require further information with regard to Guardianship applications please contact the Adults with Incapacity and Mental Health Officers' Team,

Address: Adults with Incapacity Team
Broxburn Social Work Centre
Tel: 01506 771887.

Section 47 certificate

It may also be helpful to have this certificate, which can be obtained from your GP. It is a medical statement confirming that a person who cannot consent to treatment can be treated. It usually lists the kinds of routine treatment which a person may be subjected to but can't agree to e.g. dental treatment.

The section 47 certificate is a medical statement confirming that a person who cannot consent to treatment, be treated.

This is usually authorised by the Medical Practitioners principally responsible for medical treatment, however may now be issued by other health professionals e.g. Dentists.

This certificate can be the least restrictive intervention, however, should only be sought after due consideration.

Community Care Legislation

This covers people who were getting services under the Children (Scotland) Act but are now 16 or over and transferring to adult services. The local authority must offer a full assessment of an individual's needs if it appears a person may need services. The assessment should cover everything the person needs, and not look at each need separately.

They must also:

- Identify disabled school-leavers and assess their need for services
- Take into account a carer's ability to continue to care for the young person
- Invite any other organisation (health authority, housing department) that would be useful to you, to assessment meetings
- Make sure you get the services you are offered.
- Publish details of the services they provide and inform disabled people about the support available
- Publish their plans for organising community care
- Publish details of their complaints procedure

Equality Act

If your young person has been discriminated against because of their disability, this can sometimes be challenged. Discrimination may arise if, for example, they are refused the chance to sit an exam, or to attend a particular college, because of their disability. This Act covers education, employment, access to buildings, access to goods and services, and some forms of transport. However, the law is specific about what is defined as a

disability, and the circumstances in which discrimination can be said to have taken place. Contact the Equality and Human Rights Commission

Address: Equality Advisory Support Service
FREEPOST,
Equality Advisory Support Service FPN4431
Tel: 0808 800 0082
Textphone: 0808 800 0084
Website: www.equalityadvisoryservice.com

Making a Will/Trust Funds

You may need to make provision so that your child is cared for when you are no longer able to do so, or has someone to help them make decisions about money or other matters. It is sometimes better to address these issues at a time when your wishes can be recorded so that in the future these can be taken into account. You may or may not be ready to do this but if you are, it is advisable to speak to an organisation which has experience of young people with special needs, rather than a lawyer with no specialist knowledge or experience.

Organisations who deal with families of adults with learning or physical disabilities can direct you to experts who deal with the more unusual circumstances of young adults who will require specialised help with money matters or other future needs. These include:

For learning disabilities:

Contact the ENABLE Scotland Information Service in first instance for information. ENABLE Scotland also has a Legal Service that can assist parents to draw up wills and a

Trustee Service that manages trusts for children and adults with learning disabilities.

Enable Direct (for contact details see p34)

For: people with physical disabilities:
Address: Capability Scotland,
11 Ellersly Road, Edinburgh
Tel: 0131 337 9876
Textphone: 0131 346 2529
Email: capability@capability-scotland.org.uk

Citizens Advice Bureau

The Citizens Advice Bureau has advisors who can help with all aspects of the Law as well as general information

Address: Almond Bank Centre,
Sheil Walk, Craigshill, Livingston
Tel: 01506 432977

Other sources of legal advice include:

Govan Law Centre

Address: Orkney Street,
Glasgow G51 2BZ
Tel: 0141 440 2503
Email: mail@govanlc.com

Scottish Child Law Centre

Freephone for under-18s 0800 328 8970

The Law Society of Scotland

26 Drumsheugh Gardens,
Edinburgh, EH3 7YR ,
Tel: 0131 226 7411

HEALTH

The transition from using paediatric health services to using adult services needs to be thought about early in order to ensure that appropriate provision is in place to meet your young person's health needs. Discuss this with health professionals involved with your child. You might want to think about:

- What equipment & therapies will be needed and who will supply them?
- When will your child meet new members of staff who may be involved in their care?
- Who will take responsibility for ensuring that changes which need to happen, happen on time?
- Do you need a new Care Plan?

Legal Aspect (Guardianship)

Guardianship is covered in detail in the previous section on 'The Law'. If your child has health needs and cannot make decisions for themselves, it is likely that you will require guardianship when they reach the age of 16, as you may be asked to consent to treatment on their behalf. The young person over 16 years of age is deemed to be an adult and, therefore, parents / carers will have to show that they have permission to be able to speak or sign on behalf of their young person. You may also wish to obtain a Section 47 certificate, which confirms that the young person is unable to give informed consent to treatment. For more information see page 41.

NHS Lothian - West Lothian Team for Learning Disabilities

This team of NHS staff in West Lothian provides specialist services for adults with learning disabilities, and their carers. The team includes staff from community nursing, clinical psychology, clinical psychiatry, occupational therapy, physiotherapy, art therapy, dietetics, and speech and language therapy. To be referred to this team, in practical terms, a person must have an IQ of 70 or below, and have specific health care needs.

Community Nurses, who are also part of this team, also take referrals for children with learning disabilities.

For more information about the team, please contact their secretary, who can put you in touch with individual therapists if appropriate:

Address: Learning Disability Team, Fairbairn House,
Fairbairn Place, LIVINGSTON VILLAGE,
Tel: 01506 819900

Complex Needs Transition Team

This is a transition service for young people aged 14-20 with complex health needs in Lothian. The team focuses on co-ordination of the transition from specialist paediatric services to appropriate adult health care services.

A young person with complex health needs has 3 severe or profound impairments and requires support from several disciplines. Referral criteria to this service are:-

- Motor, hearing or visual impairment
- Learning disability
- Speech and language impairment

- Behavioural problems
- Feeding difficulties
- Chronic health needs
- Mental health problems

The team will act as an up-to-date resource and actively support all young people and their families who meet the referral criteria.

Specifically the team will:-

- Act as a focal point for co-ordinating the transition and liaise between all relevant parties and disciplines
- Facilitate appropriate referrals to adult health services
- Contribute to needs assessments for adult care services
- Work in partnership with key agencies and relevant voluntary and user groups
- Evaluate service provision to ensure it benefits individual needs during the transition period

To contact the team, for further information, see details below. If the young person does not meet the eligibility criteria, the team is able to offer advice and information on specific transitional issues to the professionals / parents involved.

Contact: Gayle Meikie, Team Lead
Ellen's Glen House,
72 Carnbee Avenue,
EDINBURGH EH16 6FF

Tel: 0131 664 6177

Mobile: 07980 739349

Contact: Alison Robertson, Transition Nurse,

Tel: 0131 664 6177, or 07980 739349

Acute Hospitals Learning Disability Liaison Nursing Service

Learning Disability Nurses aim to support the care of patients with a learning disability and complex care needs when they have to attend hospital. Amongst other support they can promote effective communication with those involved in the patient's care – whether in the community or hospital based.

Referrals can come from professionals, hospital staff, parents / carers, GPs, or by the people with a learning disability themselves.

Contact: Martha Knox
Address: **St Johns Hospital, RHSC**
Tel: 01506 523000
Mobile:
Email: Martha.knox@nhslothian.scot.nhs.uk

Contact: Scott Taylor
Address: **Royal Infirmary, Western General**
Tel: 0131 537 4220
Mobile: 07789 508 716
Email: scott.taylor@nhslothian.scot.nhs.uk

School Nurse

The School Nurse is a very useful and helpful person during transition, which is a time of great changes to the young person. The school nurse will cover topics of change with the young people in school around puberty and can offer help and assistance to parents / carers if required. She will be happy to discuss any matters with parents with regard to their child's development at this time.

To speak to your child's school nurse, please contact guidance staff at the school and ask to be referred to the school nurse.

Signpost holds some information, including visual leaflets, as well as some books in Signpost Library, relating to puberty & health and well-being in adolescence, available from the Signpost office.

PREPARING FOR WORK

There are several possible scenarios when a young person is preparing to leave school and move on to adult life.

If the young person is likely to prefer a vocational course leading to work from an early stage, rather than studying at college, parents should ask about this early in the transition planning process, as certain opportunities, such as B.L.E.S training, are only available to 16-17 year olds, and not college leavers.

If the young person is likely to pursue further studies, perhaps in conjunction with work experience, many of the organisations listed in this section will be able to help.

Skills Development Scotland

The Skills Development Scotland office in Livingston offers career planning support to both young job seekers and adults alike. In two of the special schools (Cedarbank and Pinewood) the Careers Advisor co-ordinates a “Leavers Programme” for students in their final year at school.

Staff can support individuals with additional support needs to make the most of their skills and strengths. They can help the young person to:-

- Look at their own interests, skills and strengths
- Understand the range of options open to them
- Develop realistic and achievable plans
- Develop job seeking skills if appropriate
- Make applications for college and university courses
- Apply for current job or training vacancies

- Link with other helpful organisations and agencies

Staff have the skills and knowledge to help anyone who has a medical condition or sensory impairment that may affect career choice, general or specific learning difficulties (e.g. dyslexia), behavioural problems or social and emotional problems.

For more information, please contact:-

Address: Skills Development Scotland
Almondvale Boulevard,
LIVINGSTON EH54 6QN
Tel: 01506 434249
Contact: Colin Campbell, Careers Adviser
Email: colin.campbell@sds.co.uk

Supported Employment Service

The Supported Employment Service is for young people with additional support needs or a disability who would like to find a job and offers 1-1 support with career guidance, goal setting, confidence building and job search. They can arrange a suitable work experience placement to prepare you for the world of work.

For more information, please contact:-

Address: The Ability Centre, Carmondean,
LIVINGSTON EH54 8PT
Tel: 01506 775894
Email: amy.rae@westlothian.gov.uk or
Jordan.smith@westlothian.gov.uk

This service is part of WLC Social Policy, but you do not need to be known to Social Work to use this service.

The Job Centre *Plus*

The “Directions for Work” Team has dedicated advisors to find placements for, and to prepare young people for a working environment. They can assist by:-

Getting young adults ready to work – see Work Path Programmes (below)

Supporting them in their new job (including travel)

Giving a financial assessment, helping with Tax Credits application and ensuring all benefits are applied for, including National Health charges.

Financial help to travel to an interview

Looking at benefits the young person could claim when they are working

The Disability Employment Advisors’ main role is to help people find / retain employment. They use all the programmes listed below to help with this. They can also refer a person to an Occupational Therapist, who will give an employment assessment which identifies the young person’s abilities and strengths. This enables the disability advisors to plan steps which the young person will need to achieve their goal. They can arrange specialist support if a young person is looking for work. Some jobs can even be on a trial basis.

Work Path Programmes include: -

Work Preparation:-

Identify and hopefully overcome any barriers to employment

Build up confidence and stamina

Identify work you are suited to

See if you are ready for work in a working environment

Work Step:-

Provides support to you and your employer that is tailored to meet your individual needs.

Access to Work:-

can help pay for a communicator

Specialist equipment

Alterations to premises

A support worker

Help towards cost of getting to work if not an independent traveller (this help would be given for 3 years)

Leaflets are available from any Job Centre Plus, or Signpost

‘Access to work’ – information for disabled people

‘Getting and Keeping a Job’ – if you have a learning disability

To get the right information, go to the Job Centre *Plus* which covers the area where you live, (Livingston or Bathgate areas) and ask to speak to a Disability Employment Advisor -

Livingston Job Centre Plus

Contact: June McConnell

Address: Unit 16b Regional Centre,
Almondvale South, Livingston, EH54 6NQ

Tel: 0845 6043719

Bathgate Job Centre Plus

Contact: Pamela Wallace

Address: 31-33 Whitburn Road
Bathgate, EH48 1HG

Tel: 0845 6043719

No. 6 – The One Stop Shop – Edinburgh

This is a service for adults with high-functioning autism or Asperger syndrome. They believe that all people with high functioning autism or Asperger syndrome should have the chance to speak for themselves and meet other adults with the same condition. They should be able to take charge of their own lives and homes and be able to feel successful and confident.

Staff and volunteers will support young adults and offer social skills classes. They can give advice and support on employment and education. They can help with “person centred planning” and offer specialised training programmes.

For: Adults with high functioning autism or Asperger syndrome
Address: 24 Hill Street, Edinburgh, EH2 3JZ
Tel: 0131 220 1075
Email: matthew.day@aiscotland.org.uk
oss@autisminitatives.org
Web: www.number6.org.uk

Remploy

Remploy are a Specialist Service supporting individuals with health conditions and disabilities into work. They offer support and guidance to prepare for work, through to securing and sustaining employment. Together they create a personalised programme designed to meet the individuals specific needs, that is reviewed and updated on a regular basis.

When you go to Remploy you will meet with an adviser who will ask lots of questions to get to know you and find out how best to help you.

They offer a 1 week Key Skills course, which covers communication, team working, confidence, customer service, applications and interviews. But there are invisible benefits such as commitment, time keeping and social skills. It is not compulsory and not always necessary; this depends on you as an individual.

They offer a range of Development session work to help prepare you for employment including competencies, CV's applications, interview techniques, confidence, job searching techniques and communications.

Once you are ready and can commit to job searching and all that involves you can join their Recruitment job action groups. You will receive help support and active encouragement with your job search.

They also offer Post Employment support for a minimum of 2 years once you have secured employment but that support is there for as long as you need it.

Remploy has an Account Manager who has excellent relationships with key employers within Edinburgh and West Lothian and is involved in their recruitment processes. The Remploy team offer the employers a pre-selection service to help speed up recruitment and ensure best chances for Remploy candidates using work trials and interview support.

Contact: Employment Advisor

Telephone: 0845 1552580

Website: www.remploy.co.uk

Volunteer Centre – West Lothian

Offers a variety of volunteer placements through the higher supported needs project. People wishing to volunteer can be matched with an accessible placement which matches their needs and interests. Volunteers under 25 can also work towards the 'Millennium Volunteer Award', a nationally recognised award which recognises volunteer work in the community. People can be referred through services, or can make contact themselves.

For: young people seeking volunteer work placements
Address: 36-40 North Birdge Street, Bathgate
Telephone: 01506 650111
Website: www.vcwl.co.uk
Email: volunteer@vcwl.co.uk
Contact: Centre Manager

LOCAL SUPPORT AND INFORMATION

Action Group

Provides 1:1 advice about benefits and finance, and specialist advice for Black and Minority Ethnic families.

For: people with a learning disability
Address: Norton Park Centre, 57 Albion Road,
Edinburgh
Tel: 0131 475 2315
Website: www.actiongroup.org.uk

Carers of West Lothian

Carers of West Lothian is a carer led voluntary organisation and charity offering support, information and advice and a listening ear to carers of all ages across West Lothian.

The organisation produces an “Information for Carers” booklet giving information on support services, benefits and useful contact details for carers in West Lothian and a free quarterly newsletter to carers. It has published a directory of respite services in the area – detailing breaks available to carers in West Lothian. A copy of this Directory is held at Signpost. They also offer free training courses for carers and facilitate a Carers’ Voice Group.

For: any carer, no referral needed
Address: Carers of West Lothian,
Sycamore House, Quarrywood Court,
Livingston, EH54 6AX
Tel: 01506 448000
Email: office@carers-westlothian.com
Website: www.carers-westlothian.com

Ears Advocacy West Lothian

Advocacy means helping people to make their voices heard, and their views and wishes made known to others. Ears Advocacy is an advocacy project for people with learning disabilities. Local volunteers (known as Citizen Advocates) are trained in advocacy skills then matched with an individual who wants someone to help them speak up about services or other things that they want. To get further details or to arrange a meeting to talk about this service, see details below:

For: people with a learning disability who want support to speak up for themselves

Address: 4 Ashley Place
Edinburgh, EH6 5PX

Tel: 0131 478 8866

Contact: Joyce Watson

Chill Out Zone (COZ)

The Chill Out Zone (known as COZ), is a Healthy Living Centre for young people aged 12-20 living in West Lothian. Based in Bathgate, its aim is to improve the health and wellbeing of young people through the provision of a range of 'young people centred' health and development services, including: -

- Providing access to a multi-disciplinary staff team with backgrounds in health, education, youth work and a counsellor offering information, advice and support for a range of health related issues.
- A health clinic offering access to a range of confidential medical services concerning young people's physical, emotional, mental and sexual health.

- A drop-in service with access to a range of information and advice from a variety of specialist workers and planned activities.
 - A confidential counselling service.
 - Access to a café providing light and healthy snacks and opportunities to develop skills in food preparation and cooking.
 - Referral to specialist agencies
 - Free access to the Internet and a computer suite.
 - Computer suite with a free access to internet
 - Community resource for agencies working with young people.
 - Targeted group work within and out with COZ
- Open various hours including evenings and weekends.

Address: 7 Gardners Lane,
Bathgate, EH48 1TP

Tel: 01506 652 436

Email : coz@children1st.org.uk

Website: <http://www.children1st.org.uk>

Citizens Advice Bureau

Staff at the Citizen's Advice Bureau can offer advice on a wide range of topics, including rights and the law, finance and debts, housing, benefits and more. You can contact them via telephone or email at any time, drop in (mornings only, not Wed) or make an appointment.

Local office contact details are as follows:

Address: Almondbank Centre, Sheil Walk
Craigshill, Livingston, EH54 5EH

Advice line: 01506 432977

Email: enquiries@cabwestlothian.org.uk

Website: www.cabwestlothian.org.uk/
The CAB also has a useful advice guide online at:
www.adviceguide.org.uk/scotland.htm.

Peer to Peer Counselling

This service is offered to people over the age of 16, and offers a chance to talk about your experiences to a professional counsellor who has experience of disability. It is also open to partners, carers, siblings and their families. It is based at the Ability Centre in Livingston on Tuesdays, Wednesdays, and Thursdays. It is free and completely confidential.

A counsellor will listen to you in an open warm and friendly way. They won't tell you what you should or should not do. They will use their skills and experience to help you find a way to identify the changes that are right for you. The counselling relationship can help you find your own strength and confidence. It can make it possible to examine problems and feelings which otherwise seem overwhelming. Counselling can provide a base from which you begin to explore the options that are available to you.

For: adults with a disability (16+) and their partners, carers, siblings and families
Address: West Lothian Ability Centre,
Carmondean Centre Road,
LIVINGSTON, EH54 8PT
Tel: new tel no – tbc at time of printing
Email: new email – tbc at time of printing
Contact: Sandy-Joy Stewart, Fully Qualified Practitioner

The #JunX10n Service is a transitions programme which aims to develop the whole person regardless of whether they see their future in employment, volunteering, or improving their wellbeing and connecting better with friends.



Donaldson's Trust are advertising fully funded places on their new transitions service, named #JunX10n, for young people between 16 to 25 years old.

The service is designed for young people between 16-25. Most young people in the service have an autism diagnosis however this is not essential. Often young people experiencing levels of high social anxiety or those facing challenges with their mental health are referred to the service on a full or part time basis. The experiences which the service provides can range from as little as one morning or afternoon per week to a full time Monday to Friday placement.

Donaldson's would be delighted to provide further information or show parents or young people round the service at any time. Anyone who would like to find out more should contact the #JunX10n team on JunX10n@donaldsons.org.uk or on 01506 841900.

NAS Plus

NAS Plus is a new service recently launched by the National Autistic Society in West Lothian for people 16 + who have a diagnosis of autism. Our aim is to offer 'light touch' support to people who would not typically meet criteria for statutory support but would benefit from a little bit of input to help them

to make their own decisions about their next steps. Services include:-

- Independent travel skills training: For anyone who might be looking to access further or higher education, voluntary or paid employment or activities but have difficulty travelling independently.
- Social skills training: We will be running a modular social skills program that will focus on a different element of socialising each week.
- autism awareness sessions: this aims to help individuals come to terms with and better understand their diagnosis of autism and explore what it means for them and their family.
- Social groups: Our social groups will be user led and we hope to deliver these across West Lothian.
- To find out more you can email NASplus@nas.org.uk or contact Brian Glendinning on 07435786016

Signpost

Is an independent charity which offers information and a 'listening ear' to families of young people with additional needs in West Lothian. Families can discuss any issue in a confidential, supportive environment, by calling the helpline or visiting the office. We offer a newsletter, 'signposting' to parent groups and other helpful organisations, training for parents, social events, and help to find grants for equipment, holidays etc.

Address: Beatlie School Campus,
Craigshill, Livingston, EH54 5EJ

Write to: Signpost, Beatlie School Campus,
Craigshill, Livingston, EH54 5EJ

Tel: 01506 431 123

Email: enquiries@signpost-online.co.uk
Website: www.signpost-online.co.uk
Facebook: signpost-westlothian

SUPPORT AND INFORMATION – NON-LOCAL AND NATIONAL

Capability Scotland

This organisation supports children, young people and adults with a range of disabilities. It provides a diverse range of services. It also campaigns to create a just and fair Scotland for disabled people, and have an Equality Unit which supports organisations throughout Scotland to meet their legal responsibilities and good practice when it comes to customers and employees with a disability.

Its Advice Service provides free confidential advice and information on a range of disability issues including advice on cerebral palsy. It is open for enquiries from Monday to Friday, 9am to 5pm. An answer machine is available outside office hours.

ASCS - Advice Service Capability Scotland

Address: 11 Ellersly Road,
Edinburgh, EH12 6HY
Tel: 0131 337 9876
Email: ascs@capability-scotland.org.uk
Web: www.capability-scotland.org.uk

ENABLE – Scotland

ENABLE Scotland campaigns for a better life for children and adults with learning disabilities and supports them and their families to participate, work and live in their local communities. ENABLE Scotland helps people by campaigning, providing services, supporting people to do things in new and innovative ways, and by helping children, young people and adults to have a say in the decisions which affect them.

Anyone seeking information and advice about learning disabilities can contact them. The enquiry line is open Monday - Friday 1:00 - 4:00pm

Address: Enable Central Services Office,
Inspire House, 3 Renshaw Pl,
Eurocentral, Lanarkshire, ML1 4UF
Tel: 0300 0200 101
Email: enabledirect@enable.org.uk
Website: www.enable.org.uk

Edinburgh office:

Woodhall at the Inch,
Inchpark Nurseries,
46 Old Dalkeith Road,
Edinburgh, EH16 4TD
Tel: 0131 672 1541
Email: edinburgh.woodhall@enable.org.uk
Contact: Manager of Operations & Development, Vince Connor

ENABLE Development Officer for Children & Young

People : Linda Noble

Address: Canal Court, 40 Craiglockhart Ave,
Edinburgh, EH14 1LT

Tel: 0131 443 9444

Email: linda.noble@enable.org.uk

Enquire

For information and advice about additional support for learning before leaving school, contact Enquire, the Scottish Advice Service for Additional Support for Learning:

Address: Enquire, Children in Scotland,
Princes House, 5 Shandwick Place, Edinburgh,
EH2 4RG

Tel: 0845 123 2303

Email: info@enquire.org.uk

Website: www.enquire.org.uk

National Autistic Society – Transition Support Service

This service is for young autistic people aged 14+ and their parents or carers. Leave a message on answering service on **0808 800 0027** or Email: transition.support@nas.org.uk

Scottish Consortium for Learning Disability (SCLD)

A national resource to support development in training, research, information, policy and practice. It can provide training opportunities for people who support people with

learning disabilities and for people with learning disabilities and family carers. They also research issues that matter to individuals and families.

The SCLD Bulletin is available free of charge, and is very informative about a range of topics.

SCLD have produced a very easy to read guide about direct payments – contact them for a copy or ask at the Signpost office to see a copy

For more information about SCLD contact:

Address: 6th Floor, Merchant Exchange,
20 Bell St, Glasgow, G1 1LG

Tel: 0141 559 5720

Email: administrator@sclد.co.uk

Web: www.sclد.org.uk

Update

This information service is based in Edinburgh and offers answers to disability related questions, and links to local information services.

Address: Hays Business Centre,
4 Hay Avenue, Edinburgh EH16 4AQ

Tel: 0131 669 51600

Email: info@update.org.uk

Website: http://www.update.org.uk

VOCAL (Voice of Carers Across Lothian)

This carers' organisation offers a free and confidential counselling service for carers (you must be able to travel to Edinburgh, travel expenses may be available).

There is also a carers' advocacy service which matches volunteer advocates with carers – this service is available across Lothian and home visits can be arranged.

Other useful publications such as a self-advocacy guide for carers, 'Changing Relationships – a Self Help Guide' are also available.

Address: Carers Counselling Service and *Carers Advocacy Service, VOCAL, 8 Johnston Terrace, Edinburgh, EH1 2PW
Tel: 0131 622 6666 (counselling)
Email: centre@vocal.org.uk
Website: <http://www.vocal.org.uk/counselling.htm>

GETTING AROUND

Concessionary Travel

People in receipt of certain benefits may qualify for some or all of the following:

- Free or reduced-rate bus journeys
- Reductions on rail tickets
- Taxi cards (for people who receive higher rate mobility component of DLA)
- Access to Dial-a-Bus and Dial-a-Ride schemes

The Job Centre Plus can help with travel at certain times, e.g. job interview, or even in some cases help with getting to and from work.

For a complete guide to concessionary travel, please contact West Lothian Council:

Website: <http://www.westlothian.gov.uk/>
then search for 'transport and streets' and
'community transport'

Email: publictransport@westlothian.gov.uk

Blue Badge

The Blue Badge Scheme provides a national arrangement of parking concessions for people with severe walking difficulties who travel either as drivers or passengers.

Full details of this scheme can be obtained from West Lothian Council on 01506 775000 (see 'Concessionary Travel' above)

Learning to Drive

Young people with a physical disability can apply for their driving licence at 16 instead of 17. Funding for driving lessons can sometimes be obtained through Motability or other Trusts, depending on income and family circumstances. Signpost can identify potential funding for you, and can also help with finding local driving instructors.

SDA Scottish Driving Assessment Service

This service assesses people with a medical condition or disability to ensure that they are capable of driving, and can advise on adaptations to help, or instructors who specialise in teaching disabled people. Assessments are carried out at the Astley Ainslie hospital in Edinburgh. To access the service you must ask your GP to write to them giving brief details of medical details relevant to driving. Young people can be seen shortly before reaching the age when they require a provisional licence. There is sometimes a waiting list to be seen.

Address: SMART Centre
Astley Ainslie Hospital, 133 Grange Loan,
Edinburgh, EH9 2HL

Tel: 0131 537 9177 (9am-5pm, Mon-Fri)

LEISURE

It is important for everyone to have ways of relaxing and doing activities they enjoy, whether on their own or in company.

As young people approach adulthood, they may enjoy new activities such as going to the pub.

If you need help with finding leisure activities for your young adult, **Signpost** may be able to help direct you to other organisations who can help. If the young person would need support, the **Volunteer Centre** may be able to help through their **befriending service** (for more details of these organisations, see 'Support and Information – Local' section earlier).

However, you should also think creatively about whether friends, neighbours or family would be willing to share an interest or hobby with your child, and introduce them to their local club or social activity. Many people are pleased to be asked!

Signpost's leisure leaflet lists clubs which welcome young people with special needs, including some for young adults. Please contact the office if you would like to receive a copy.

OTHER RESOURCES/ USEFUL WEBSITES

Most of the resources below are specifically designed for teenagers facing transition. They contain information and sometimes structured questions to get you thinking about the issues involved at transition. Signpost can download information, or help you to access websites, if required.

Choices at 16+

Enquire have produced a factsheet '*Leaving school and deciding what to do at 16+*' for parents and professionals.

Enquire have also produced a guide for young people '*Getting ready to leave school*' which is available to download at www.enquire.org.uk/youngpeople/downloads.html

Website: www.enquire.org.uk
Tel: 0845 123 2303
Email: info@enquire.org.uk

The Den

Autism Education Trust

Young people on ASD spectrum can use the site and make contact with other young people. There is lots of information relating to life as an adult, written in a very accessible way.

Website: autismeducationtrust.org.uk/the-den.aspx

Make the Move – guiding you towards adult life

This interactive CD-ROM was made for young people with learning disabilities but other young people may find it helpful.

It will help young people understand what happens and what choices they have when leaving school and going to work, training, college or a day service. For more information or to borrow this interactive CD-ROM from the Signpost library, contact Signpost.

Moving On Up Website

This website is particularly for young people with a learning disability or who come from a minority ethnic community. It's very easy to use, with a tutorial explaining the site and lots of graphics. A 'my story' element helps people to think about their own responses to the issues raised.

Website: www.movingonup.info

TRIP-Transition Information & Planning

Provide videos about different aspects of moving on to college.

Website: <http://media.brite.ac.uk/trip/index.html>

First Bus – have two Apps to help you whilst your on the move. Both are available for the iPhone and Android Phones – mTickets App: Also available are Safe Journey Cards and Better Journey Cards - visit:

www.firstgroup.com/south-east-and-central-scotland

In Summary

It is important to spend time considering and discussing what your young person wants, and does not want, from their life as an adult. (You may find it helpful to use the Signpost short booklet about how you explain Transition and leaving school to your young person – copies available from the Signpost office).

Services should include young people in decision-making about their future, and take their views and choices into account. It is easier for them to do this if you have thought about what you and your young person want before the transition process begins. Of course, your views may change as the process continues, but you should be sure that the options offered meet your child's expectations and needs.

Please contact Signpost if our staff can be of any further help to you. We provide a confidential and supportive environment in which you can discuss any important issue, and we can research further information if required. Signpost is staffed mainly by parents of young people with additional support needs.

The information in this booklet has been checked to the best of our ability, but may go out of date. Please call Signpost if you are aware of information which needs to be updated.

We would like to thank the many individuals and organisations who have helped with the compilation of the information in this booklet.

Information originally prepared October 2005 (Revised and updated January 2017).

This information is offered free of charge to families, but if you would like to support Signpost's work, please send a cheque (payable to 'Signpost') to the address shown on the back cover, or contact us to request a gift aid form or to find out more about regular donations.

Signpost is a Scottish Charitable Incorporated Organisation (SCIO) regulated by OSCR Registration No. SC032398

Notes:

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Drop-in Office hours:

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Website: www.signpost-online.co.uk

Facebook page: Signpost – West Lothian

We offer:

- parent to parent support
- information on local services
- referrals to other local agencies

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