

Principle 6:

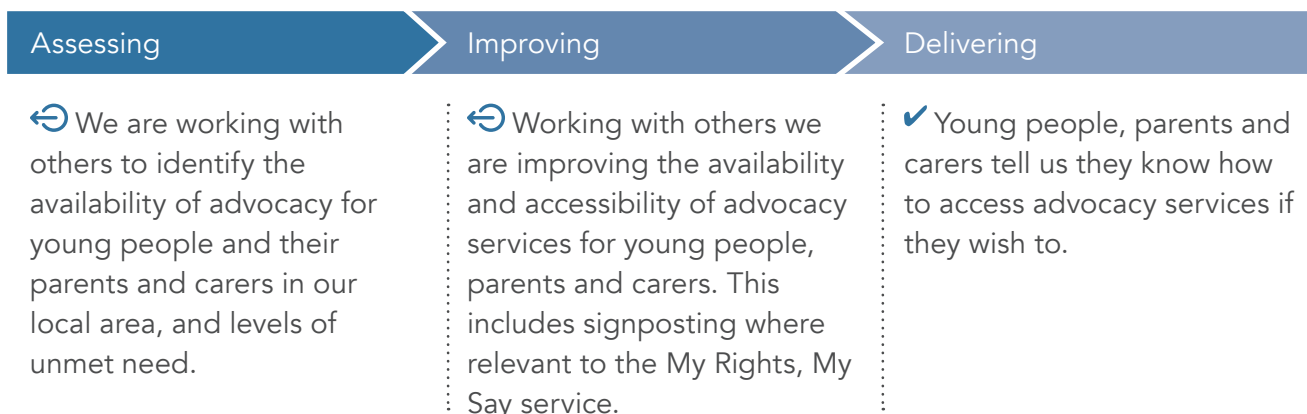
Families and carers need support

“Going to transition ... feels a bit like standing on the edge of a cliff. And you look over and you go oh – what’s down there, I don’t know, it looks quite scary, it looks quite a long way, what are we going to do? Oh well – I guess we just have to leap off and hope that the parachute will open ...”
(Parent)

Indicator 6a: We support family wellbeing needs.

Assessing	Improving	Delivering
<p>↪ In our organisation we are consulting with parents and carers to find out how knowledgeable they are about their rights, and the best ways to raise awareness.</p>	<p>↪ In our organisation we are piloting approaches to ensure parents and carers are aware of, and can exercise their rights. This includes the right:</p> <ul style="list-style-type: none"> • To request an assessment of need for their young person • To request a Carer’s Assessment on their own behalf • To be involved in the transition planning process and have their views taken into account • To request an appropriate support plan from their local authority if their child meets the eligibility criteria 	<p>✓ Parents and carers tell us they feel able to exercise their rights.</p>
<p>↪ We are working with others including parents, carers, and local carer organisations to develop strategies to help improve the wellbeing of families and carers during transitions. This includes consideration of respite, therapeutic short breaks, direct support in the home, income maximisation and the provision of out-of-hours support services.</p>	<p>↪ Working with others we are implementing policies and procedures to support families in the lead up to and during transitions. These may include access to family networks, peer support, carer forums, training opportunities, and family support for carers of young people with complex needs or those transitioning out of youth justice settings.</p>	<p>✓ Parents and carers tell us they are satisfied with the support they themselves receive.</p> <p>✓ Parents and carers tell us they are satisfied with the support their family as a whole receives.</p> <p>✓ Parents and carers tell us they are able to balance their own needs with their other responsibilities.</p>

Indicator 6b: Advocacy is available at the start and throughout transitions.



Linking with other Principles

There are many ways in which the Principles overlap, meaning they cannot be implemented in isolation and need to be addressed holistically. Below are some prompt questions to help you to identify how this Principle relates to the others.

- Do carers have access to a consistent single point of professional contact throughout the transitions planning process? (see Principle 1)
- Are young people and their carers well informed of what they are entitled to, and what they can expect during the transitions period? (see Principle 5)
- Do parents and carers understand the roles and responsibilities of those involved in the transitions process? (see Principle 2)
- Do parents and carers have opportunities to influence and inform local planning and decision-making processes? (see Principle 4)

Evaluation Questions

We ask young people:

Scale: Select one of the options:



Yes



Not sure



No

- Do you know what an advocate does?
- Do you know how to get an advocate if you want one?

We ask parents and carers:

- You are confident in exercising your rights as a parent or carer
 - How could this be improved? Select from the list below
 - More information on rights
 - Advocacy or personal support
 - Other (please specify)
- You are satisfied with the support your family as a whole is receiving
- You are satisfied with the support that is available for yourself as a parent or carer
- As a parent or carer you are able to balance your own needs with your other responsibilities
- You know how to access advocacy services

Data Questions

- How many requests for advocacy have we received and has advocacy been provided?

Resources:

Carer (Scotland) Act 2016: Statutory Guidance www.gov.scot/publications/carers-scotland-act-2016-statutory-guidance/

Talking About Tomorrow: Preparing Parents in Scotland for Transition
www.talkingabouttomorrow.org.uk

Contact contact.org.uk/scotland

Supporting disabled children, young people and their families: guidance www.gov.scot/publications/supporting-disabled-children-young-people-and-their-families/

My Rights, My Say www.enquire.org.uk/myrightsmysay/

Carers Trust Scotland carers.org/our-work-in-scotland/our-work-in-scotland

Scottish Independent Advocacy Alliance www.siaa.org.uk/

Families Outside www.familiesoutside.org.uk/families/

Office of the Public Guardian www.publicguardian-scotland.gov.uk