

Transitions Advocacy Information & Roadmap



What is Transitions Advocacy?

A transition is a change from one thing to another. Our Transitions Advocacy support helps you to think about your own views on what you would like to do when you leave High School so that you can tell other people what you would like.

If you would like our support, we will complete a series of activities that are included in our transitions workbook. These activities will help you to reflect on your hopes and dreams for the future, your skills and qualities, and some aspects of what living as an adult could mean for you.

Once we have completed the workbook, we will create a summary that you can use to help you share your views with the people involved in planning your transition from High School.

Activities will include:

- Meeting to agree how we will work together
- My life so far
- My world today
- My skills
- My Qualities
- My Career Plan
- My Education & Training
- My Independent living skills
- Legal Matters
- Money Matters
- Self-travel
- Moving on
- Creation of a summary document

We will meet together for between 40 minutes to one hour, once a week for around 12 weeks. We will work at whatever pace suits you best.

Our meetings might be in school or they might be online, depending on circumstances. Before we begin meeting we will ask you and your parents or carers to sign an agreement. This is so that we all understand what will be involved and agree together about taking part.

The graphic inside this leaflet can be used to keep track of the journey as we work our way through it together.

If you would like to take part, you can:

- Ask a member of staff at your school to get in touch with us
- Ask another trusted adult to get in touch with us
- Contact us yourself by phoning 0131 370 6730 or sending an email to directhelp@mindroom.org.

We're looking forward to meeting with you!



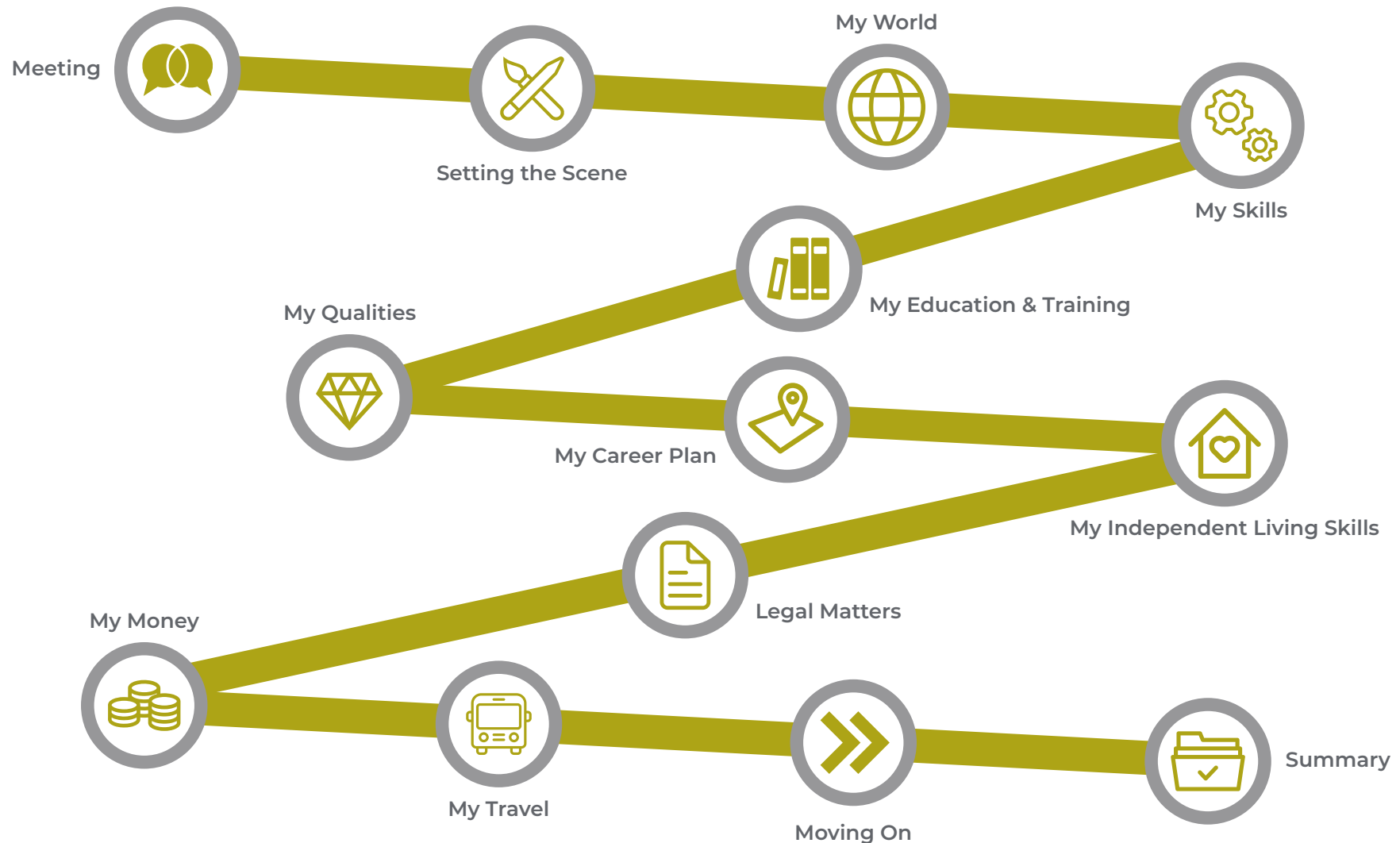
directhelp@mindroom.org



0131 370 6730

My Transitions Advocacy Roadmap

Use this roadmap to keep track of how you are progressing. You can track your progress however you wish. You could colour in each image as you complete the relevant section or tick them off as you go, or maybe you have your own ideas.





Please do contact us using the details below if you'd like to know more about any of our services.

Salvesen Mindroom Centre
Great Michael House, 14 Links Place, Edinburgh EH6 7EZ

0131 370 6731 (Office) 0131 370 6730 (Helpline)
directhelp@mindroom.org www.mindroom.org

facebook.com/nomindleftbehind
twitter.com/mindroominform

A registered Scottish charity SC030472
A company limited by guarantee and registered in Scotland SC209656