



What is Principles into Practice?

Principles into Practice is a draft framework, based on the Principles of Good Transitions, which has been developed by ARC Scotland in consultation with young people, parents and carers, and professionals across many sectors.

Principles into Practice aims to improve the planning and delivery of support for young people aged between 14 and 25 who need additional support as they make the transition to young adult life, by embedding the Principles of Good Transitions into policy, planning and practice.

Transition is a critical and formative experience for young people and their parents and carers. It should be viewed as a process that unfolds over several years, and not a single 'event' such as leaving school.

Most young people who require additional support tell us they are optimistic about their future and are keen to venture into the next phase of their lives. Most harbour a broad range of hopes and ambitions and are excited by the prospect of taking control of their own lives.

Providing them with the extra support they need to do this should be viewed as an investment in the future. Our aim is to better enable young people to grow their enthusiasm and realise their dreams, while meeting any concerns and challenges they may have in a timely way.

Principles into Practice will benefit young people with learning disabilities, autism, physical disabilities, sensory impairments, complex health conditions, mental health difficulties, young carers and those who are care experienced, including young people with experience of secure care or Young Offender Institutions. It applies to all young people who require additional support, including those with high and complex support needs, and those who may not meet the eligibility criteria for adult social care support. It will also benefit the parents and carers of these young people.

This draft of Principles into Practice has been developed through extensive consultation with statutory sector strategic leads, Scottish Government representatives, Social Work Scotland and Association of Directors of Education Scotland, Scottish Transitions Forum members, parents and carers, and young people.

Principles into Practice should be used in conjunction with 'Principles of Good Transitions 3', which provides more in-depth information, including legislative duties. <https://scottishtransitions.org.uk/summary-download/>

'Principles of Good Transitions 3' is already widely used by many professionals and organisations to inform transitions planning and practice, and is referenced in many Scottish Government policies including 'Fairer Scotland for Disabled People', Scotland's United Nations Convention on the Rights of Persons with Disabilities (UNCRPD) Delivery Plan: <https://www.gov.scot/publications/fairer-scotland-disabled-people-delivery-plan-2021-unity-nations-convention/pages/1/>

Trial Programme

Trials of the Principles into Practice draft framework began in December 2020 in 10 local authority areas and will continue for 2 years with support from ARC Scotland's Scottish Transitions Forum and Scottish Government officials.

We are 'learning by doing', using the three-step improvement framework for Scotland's public services to identify, design and test changes that will transform support for young people. By the end of the trial there will be a fully developed and tested framework, and evaluation resources, that will be freely available to every local authority area in Scotland.

You can find out more about the trial programme here: www.pn2p.scot

Terminology

Throughout Principles into Practice we use the term 'additional support needs'. 'Additional Support Needs' is a legally defined term which is about the support provided to pupils to overcome barriers to their learning in school and which comes from the Education (Additional Support for Learning) (Scotland) Act 2004. This means that the legal requirements are in place until a pupil leaves school, and so do not apply up to the age of 25.

However, in Principles into Practice this term has been applied in a much broader sense, and has been extended to mean the support anyone may need to overcome barriers related to learning, life and work. This is beyond the requirements of the Additional Support for Learning legislation.

Who is Principles into Practice for?

Principles Into Practice should be used and shared by everyone who is involved in the planning or delivery of services and support for young people who require additional support in your local authority area. This includes:

- Paediatric and adult health (including mental health services)
- Child and adult social work and social care
- Education – secondary, further and higher
- Employment and training
- Third sector

- Public sector services (such as housing and welfare)
- Youth Justice
- Advocacy and self-advocacy
- Local government
- Scottish Government
- Young people
- Parents and carers

Principles into Practice should be used by frontline practitioners (including guidance teachers, social workers, allied health professionals, nurses, support workers), managers, commissioners, planners, policy makers and directors.

During transitions, young people and families are likely to come into contact with many practitioners from different professional sectors. Effective coordination of planning and support at a local level is therefore essential in getting transitions right. As such, Principles into Practice asks you to review and improve the service(s) you are directly responsible for, while working in a coordinated way with other partners.

We offer guidance throughout on steps you can take to explore your own practice and work with others to deliver joined up and coordinated approaches in your local area.

Why use Principles into Practice?

Principles into Practice will enable you to:

- Empower more young people in your area to reach their potential
- Provide families with the support they need during this important phase
- Address long running and well documented challenges associated with providing effective support for young people who require additional support
- Move towards a preventative, rather than reactive, model of care and support
- Make best use of limited resources and avoid duplicating effort
- Evaluate the difference you are making on a service and area wide basis
- Provide a clear rationale for planning and commissioning decisions
- Engage with and influence policy developments nationally.

The legislative and policy environment for transitions is complex. The transitions process is supported by clear duties and underpinned by rights. Principles into Practice will enable you to meet legislative and regulatory requirements while supporting the implementation of a range of Scottish Government policy areas including; Getting it Right for Every Child (GIRFEC), Additional Support for Learning, and the United Nations Convention on the Rights of the Child (UNCRC).

Further detail on key duties and recommendations during transition can be found in the 'Introduction' of Principles of Good Transitions 3.

Principles of Good Transitions

Principle 1: Planning and decision-making should be carried out in a person-centred way

We ensure young people are at the centre of their transitions planning.
We have a shared understanding and commitment to person-centred approaches across all services.
We ensure young people have a single plan.

Principle 2: Support should be co-ordinated across all services

We have a co-ordinated approach to transitions in our local authority area.
Our learning and development opportunities include an understanding of all aspects of transitions.
We evaluate transitions in our area.

Principle 3: Planning should start early and continue up to age 25

We begin planning from age 14 and it is proportionate to need.
We have joint approaches to assessment between children and adult services
Our transitions planning and support continues to age 25.

Principle 4: All young people should get the support they need

We have an understanding of the number of young people who require support and levels of unmet need.
We provide support for those who do not meet eligibility criteria for funded social care support.
Our planning and decision-making is done in partnership with young people and their carers.

Principle 5: Young people, parents and carers must have access to the information they need

We provide information that clearly states what young people are entitled to during transitions.
We provide information that shows what support is available.
We provide information that is inclusive of different communication needs.
We provide information that uses common and agreed language.

Principle 6: Families and carers need support

We support family wellbeing needs.
Advocacy is available at the start and throughout transitions.

Principle 7: A continued focus on transitions in our area

We have a plan in place to support continual improvement.
We share our learning, and learn from others.

How to use Principles into Practice

Practical steps are given for you to deliver each of the seven 'Principles of Good Transition' from both within your service and through working with others.

- ➔ 'In our organisation' invites you to explore and develop practice within your own organisation
- ↻ 'Working with others' invites you to work in partnership with others to better coordinate support across all services. This might include working with external agencies such as health, education, social care and provider organisations, as well as with parents, carers and young people.

For each Principle, we provide descriptors for how your planning and practice might look across three categories: 'Assessing', 'Improving' and 'Delivering':

Assessing: We are developing plans to enable us to embed the Principle in our service, and making connections with partners from other sectors.

Improving: We are working within our service and with partners from other sectors, including young people, parents and carers to embed the Principle into our practice. This may include piloting new approaches, or increasing the consistency of our practice.

- ✓ **Delivering:** We are working collaboratively with our partners, including young people, parents and carers to fully deliver the Principle. We are evaluating the difference we make, analysing our findings and refining our approaches in light of this.

Rather than including every consideration, we have sought to identify and define the essential elements upon which sound planning and practice should be built.

We ask you to consider which descriptor best describes the stage you are at in your service, and to use the framework to identify and plan which further actions you wish to take.

Linking with the other Principles - prompt questions have been included in each Principle to help you think broadly about transitions support and planning across all of the Principles.

Resources are highlighted throughout.

Measuring Effectiveness

The 'Data and Evaluation' section provides guidance on how you can gather intelligence to better inform planning and support for young people. This should be a helpful, rather than burdensome process.

This is based on:

- Making best use of existing data sources.
- Coordinating feedback from young people, parents and carers.
- Coordinating feedback from staff.

Throughout Principles into Practice we identify the key quantitative 'data questions' relevant to informing your planning and decision-making. These are listed in the 'Data and Evaluation' section. During the trial period we are seeking to develop approaches to help answer these questions (including learning from good work already happening) and to develop practical tools and resources that can be readily adopted by local authorities across Scotland. This promises to avoid significant duplication of effort in what is a complex area.

Principles into Practice also requires you to routinely collect and analyse evaluation feedback from parents, carers and young people about their experiences. To gather this information we are developing 'Compass', a web-based application to help young people with additional support needs, and their families, to make a smooth transition to young adulthood. It is designed to provide tailored information and support for young people and their families at the right time for them and gathers feedback to help shape transitions services and policy in their local authority areas. There are two versions of Compass – one for young people, and one for parents and carers. Prototypes of both versions are being tested as part of the Principles into Practice trial programme. Feedback from young people, parents and carers in the trial areas will help make sure both are the best they can be.

Contacts and further information

You can find out more about the Principles into Practice trial programme here: www.pn2p.scot

If you would like to join our Principles into Practice Network and receive regular updates please contact rebecca.williams@arcuk.org.uk

Membership of the Scottish Transitions Forum is free and open to anyone who shares our vision. We have over 1000 members, including professionals from all relevant sectors, young people and their parents and carers. We consult our members on all aspects of our work. We recommend joining our mailing list for up-to-date information, including invitations to training, seminars and conferences.

<https://scottishtransitions.org.uk/join-us/>