

Speaking Up

Even if you have the right to make your own decisions it can be hard to get people to listen to you.

If this is a problem you can ask someone you trust to speak up for you or you can get an advocate.

To find out more about advocacy, contact:

Advocacy Shetland
Market House
14 Market Street
Lerwick ZE1 OJP

Tel: 01595 743929 or 01595 743930

Sexuality

This is something you probably want to keep private, but at certain stages in your life it might be necessary to discuss it with other people.

You may also find that your social worker, nurse or another professional brings it up with you. This is to make sure your sexuality is taken into account when making plans.

You can discuss this with someone you trust, for example your:

Local Area Coordinator
Teacher at school
Social Worker

Money

At certain ages or times of transition you may be able to get different welfare benefits e.g. on leaving school or moving into your own home. Remember that you will have to pay different charges at different ages, e.g. bus fares, prescriptions.

When you are 16 or over you should be getting benefits paid into your own bank account. You can still pay towards household expenses. If you are unable to do things yourself, other arrangements can be made (*see making decisions* section of this leaflet).

Whenever there is a big change in your life you should get a benefits check.

Citizen's Advice Bureau (CAB)

Market House
14 Market Street
Lerwick ZE1 OJP
Tel: 01595 694696

The CAB can also help you if you organise your own care.

Further copies of this leaflet
can be requested from:

**Planning & Information
Resources**
SIC Education and Social Care Department
Hayfield House
Hayfield Lane
Lerwick
Shetland
ZE1 0QD

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Thinking About Transitions



What is a TRANSITION?

Transition is the word we use to describe moving from one thing to another thing in a planned way.

It is a good idea not to make too many transitions at one time, for example leaving school, going to work, moving home.

To make the transition as smooth as possible you need to think through some of the issues.

1. Planning for change

What information do I need?

What do I expect?

What am I worried about?

Who will support me?

How will I know if the change has been successful?

2. Making decisions

Can I make my own decisions?

Do I need someone to make them for me?

3. Speaking up

Can I get my point of view across without help?

Do I need someone to represent my views?

4. Money

What will I have to pay for?

Am I getting the right benefits?

Can my carer claim benefits?

5. Organising care or support

Do I want to do this myself?

Who will do it if I don't?

6. Healthcare arrangements

Will these continue as before?

Are new arrangements needed?

7. Social life

Will this stay the same?

Are there new opportunities?

8. Religious life

Will this stay the same?

Are new arrangements needed?

9. Practical matters

How will I travel around?

Will adaptations be needed?

Will equipment be needed?

Matters requiring special attention

Assessment

Before your transition you may need an assessment. This just means that you will have to answer questions or give information about what you need help with. A care plan will then be drawn up to describe how this help will be provided.

Carers can also be offered an assessment in their own right.

To find out more about assessments you can ask any professional you are in touch with or contact the duty Social Worker.

Duty Social Worker
92 St Olaf Street
Lerwick
ZE1 OES
Tel: 01595 744400

Making decisions

By law, no-one can make decisions for anyone aged 16 years or over unless you are unable to make some or all decisions for yourself.

If you can't make decisions for yourself there is a legal process that may be followed to sort out who can take which decisions for you.

For more information you can look at these websites:

<http://www.scotland.gov.uk/Resource/Doc/200390/0053591.pdf>

<http://www.scotland.gov.uk/Resource/Doc/217194/0058194.pdf>

You can also ask your solicitor, a social worker, Local Area Coordinator or Community Learning Disability Nurse to help you.

Ask for Duty Social Worker (Children's Service) if you are under 18 years or the Duty Social Worker (Community Care Service) if you are over 18 years.

Local Area Coordinator
92 St Olaf Street
Lerwick
ZE1 OES
Tel: 01595 744411

Community Learning Disability Nurse
NHS Shetland
Lerwick Health Centre
South Road
Lerwick ZE1 ORB
Tel: 01595 743330

