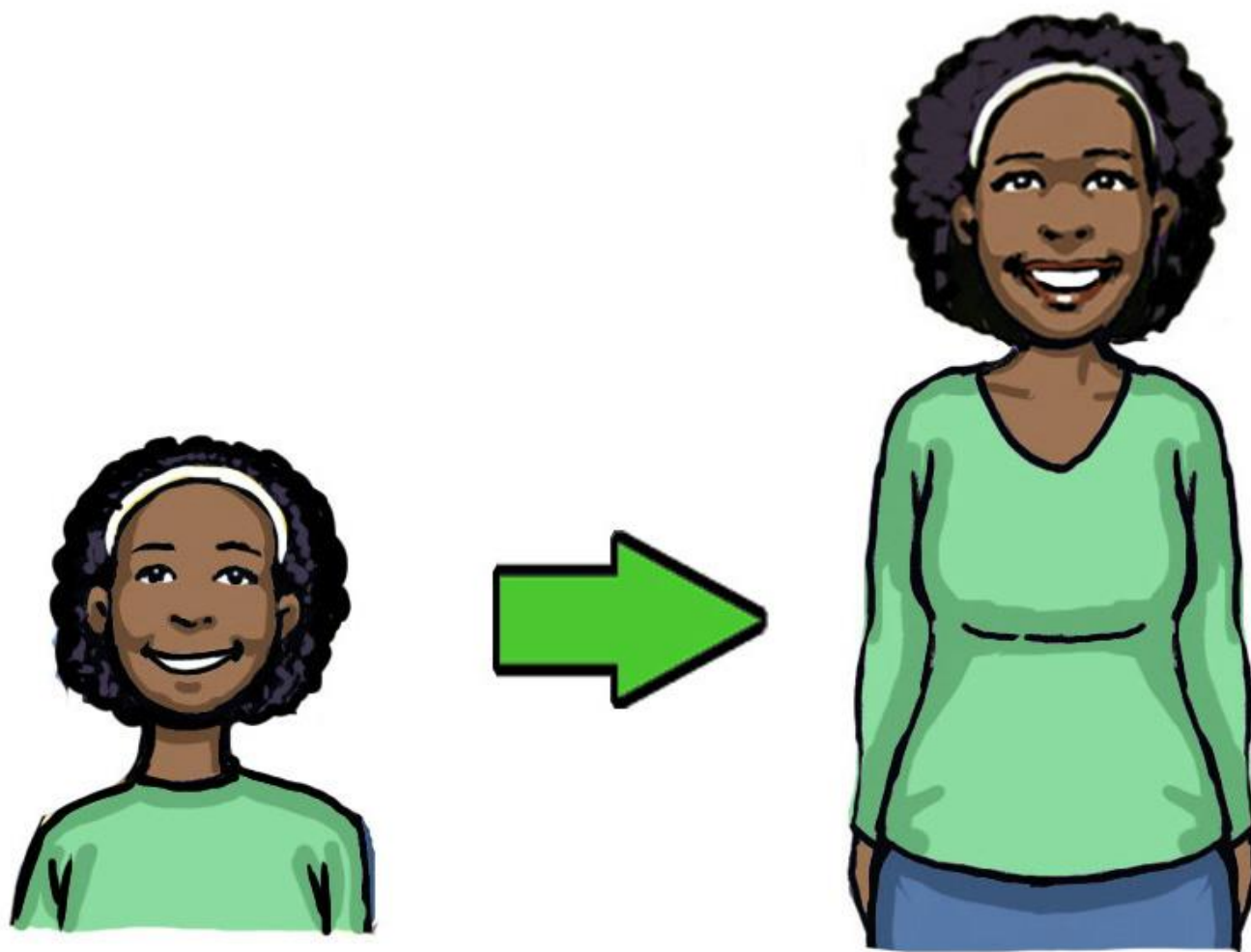


Literature Review: Transitions to Adulthood for Disabled Young People

Easy Read Version

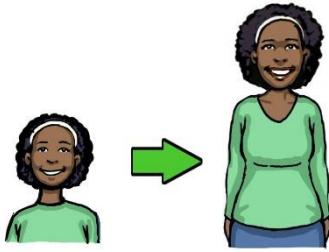
February 2023

Literature Review: Transitions to Adulthood for Disabled Young People



Easy Read Version

Introduction



When young people develop from children to young adults this is often called the transition to adulthood. It is a growing up process which takes place over many years and involves many different changes.



In 2021 Scottish Ministers promised to write a National Transition to Adulthood Strategy. This will be a plan that will help to improve support to disabled young people as they move into adult life.



We know that transitions and planning for disabled young people who need support could be better. The Scottish Government wanted to find out more about disabled young people's experiences of transitions to help inform the Strategy.

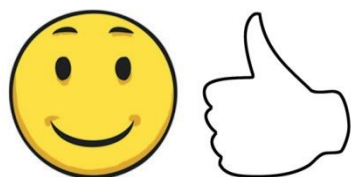


In February 2022, a literature review was completed by researchers in the Diffley Partnership. We asked them to find out what had already been written about the experiences of disabled young people during their transition to adulthood.



The research looked at Scottish, UK, and international evidence.

Good Practice



The research found that good transitions involve:



- Early and ongoing planning



- Well organised all-round support



- Organisations working together



- A keyworker who gives ongoing support



- Person-centred support and planning



- Family being involved in planning and decision-making



- Parents and carers being involved throughout the transition process

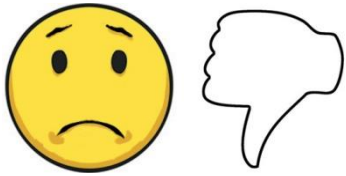


- Information which is clear and understandable



- Enough services, resources and staff

Common Challenges



The research found that challenges to transitions include:



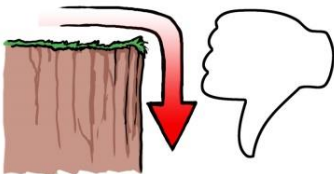
- Stress and uncertainty for the young person



- Difficulties moving from child to adult services



- Changes in eligibility for services, and support arrangements



- A sharp drop in support



- Not enough planning or clear information about transitions



- Disabled young people not being listened to about their views, needs and hopes



- Stress and difficulties faced by family members about the transition process.

Findings

The research concluded that:



- It can be hard for disabled young people to leave places and people they know and trust. Support can fall during this time.



- Planning ahead with disabled young people and their families can help transitions happen more smoothly.



- People working together and young people having a keyworker also help to make sure support is co-ordinated.



- Disabled young people often feel they do not have enough say about what they want to do. Some go into college courses that do not interest them and others worry about being able to find jobs.



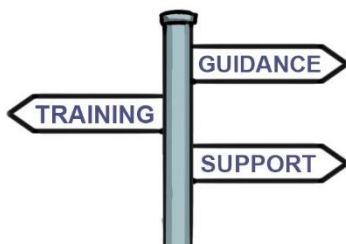
- Disabled young people say they don't have many options and ways of getting good jobs. Targeted training, along with work experience and supported employment are good ways into work.



- The transition to adulthood usually means more independence but not receiving the right support can be a barrier to this.



- Housing can also often be poorly planned and disabled young people may struggle to find their own home.



- Young people need good training and guidance on life-skills like looking after themselves, housing, and money.



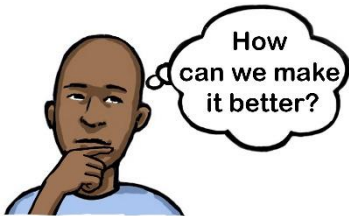
- Disabled young people often lack confidence when with other people. They often feel lonely and say they do not have the chance to be active members of their communities.



- Good transition support and planning should support disabled young people to develop healthy adult relationships.

Gaps in Evidence

The research found that:



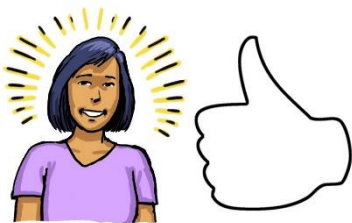
- We all want to see better transitions for young disabled people but we do not always know how to make this happen.



- Some work has been done to gather information about what makes a good transition but there is more to do.

General Thoughts

The research suggested that:



- We need to think about how a good transition to adult services can be part of a good transition to adulthood in general.



- We need to keep asking what makes a 'good life' for disabled people and what the relationship is between a 'good transition' and a 'good life'.

Future Research



A lot has already been written about good practice and challenges in transitions but the research found some gaps. These included:



Asking disabled young people more about their experiences and needs in areas like social care, education, and employment.



Asking disabled young people about more personal issues like independence and independent relationships, and being part of their community.



This will really help us understand what it means to disabled young people to have a *'good life'*.



© Crown copyright 2023



This publication is licensed under the terms of the Open Government Licence v3.0 except where otherwise stated. To view this licence, visit nationalarchives.gov.uk/doc/open-government-licence/version/3 or write to the Information Policy Team, The National Archives, Kew, London TW9 4DU, or email: psi@nationalarchives.gsi.gov.uk.

Where we have identified any third party copyright information you will need to obtain permission from the copyright holders concerned.

This publication is available at www.gov.scot

Any enquiries regarding this publication should be sent to us at

The Scottish Government
St Andrew's House
Edinburgh
EH1 3DG

ISBN: 978-1-80525-397-6 (web only)

Published by The Scottish Government, February 2023

Produced for The Scottish Government by APS Group Scotland, 21 Tennant Street, Edinburgh EH6 5NA
PPDAS1213362 (02/23)

W W W . g o v . s c o t