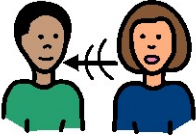
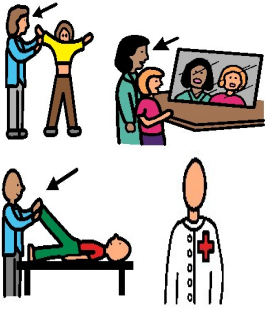


Becoming a young adult

	<p>You are leaving school. This is normal.</p>
	<p>People will talk about you “moving onto adult services.” This is a normal part of growing up.</p> <p>It is important that you are included in those talks if you want to be.</p>
	<p>WHAT IS TRANSITION?</p> <p>Transition is a word we use to talk about change.</p> <p>Lots of change happens in our life.</p>
	<p>One big change is when we leave school. It is important to be ready for it, and make sure it is going ok.</p> <p>People will start to talk about your transition, from when you are 14 years old, until you are 25 years old.</p>
	<p>Some people leave school at 16 years old.</p> <p>Some people want to leave school later, maybe when they are 19 years old.</p> <p>You choose what is best for you.</p>
	<p>Some people need help when they leave school. You might be one of them.</p> <p>You might need a little help. You might need a lot of help.</p> <p>The people who help you might work at Arrol Park Resource Centre in Ayr.</p>



At Arrol Park Resource Centre we have lots of people with very special skills, to help if you need it.

These skills include nursing, social working, psychology, psychiatry, physiotherapy, occupational therapy, and speech and language therapy.

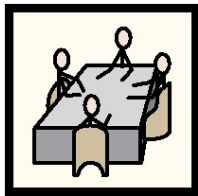
We are here to help you live your best life, the way you want to live it 😊

The South Ayrshire Young People Transition Policy 2022 - 2026

Helping you live your best life, the way you want to live it 😊

We will co-ordinate the support you may need across all services.

We are person-centred and are committed to supporting you and your carers during this time.



We will come to meetings to talk about what is important to you, the things you are good at, and the things you need help with.



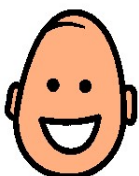
We will help you, your carers and your family be aware of the resources that will help you do well in the community.



We will make sure you know about all the supports that are available to you.



This might include any help you need to manage your money, to know what your benefits are, and to make sure you are well cared-for.



We will tell you about other people or teams that can help you be ready to be a young adult and do well.