

PRINCIPLES into PRACTICE

Based on the Principles of Good Transitions



Scottish
Transitions
Forum

 Scottish Government
Riaghaltas na h-Alba

A practical framework to improve the experiences of young people with additional needs aged 14-25, and their parents and carers, as they make the transition to young adult life.

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More information about Principles into Practice

See here for practice examples and resources:

<https://transitions.arcscotland.org.uk/resources/principles-into-practice-framework>



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Scottish Government Ministerial Foreword

The Scottish Government is committed to equality and to improving outcomes for children and young people and ensuring that all can participate and achieve their full potential.

We are delighted that, over the last few years, we have been able to support ARC Scotland to trial Principles into Practice in 10 local authority areas to improve the lived experiences of young people who need additional support as they enter young adult life, whilst testing the Principles into Practice Framework, and its associated resources.

Principles into Practice is a framework that offers practical guidance and evaluation measures to improve the planning and delivery of support for young people aged 14-25. Based on the Seven Principles of Good Transitions, we are confident that it will help to embed these into policy, planning and practice and provide a useful tool in supporting young people in the future as they transition from school to young adult life. We wish to thank all of the partners who have been involved in this work for their hard work and dedication to improving the experiences of young people with additional needs, and their parents and carers. Their participation and feedback in the trials has helped to bring this revised Principles into Practice framework to completion.

We remain committed to making real change happen that will ensure all children and young people are supported to live their best life. We will also use the learning from the trials and the framework as we continue to focus on improving transitions and develop Scotland's first National Transitions to Adulthood Strategy, which we will introduce in this Parliamentary term.

March 2023



A handwritten signature in black ink, appearing to read 'N Don'.

Natalie Don
**Minister for Children, Young
People and Keeping the Promise**



A handwritten signature in black ink, appearing to read 'E Roddick'.

Emma Roddick
**Minister for Equalities,
Migration and Refugees**

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The seven Principles of Good Transitions:

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

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

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

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

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

Principle 6: Families and carers need support

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Introduction

Principles into Practice is a practical framework to improve the experiences of young people with additional needs aged 14-25, and their parents and carers, as they make the transition to young adult life in Scotland. It is intended to be used by strategic leads, policy makers and practitioners who are responsible for transitions in their local authority area.

It can also be used by individual services and teams. However long term sustainable improvements are more likely to be achieved when working in collaboration with others, with a strategic commitment at a local authority level.

It has been developed and tested by ARC Scotland's Scottish Transitions Forum in partnership with young people, parents and carers, the Scottish Government, statutory sector strategic leads and professionals from many sectors. It supports evaluation of existing practice, to identify improvements and make change happen.

Transition is a critical and formative experience for young people and their parents and carers. It should be viewed as an unfolding process 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 but need support to be more empowered, to be listened to and to direct the process. Most harbour a broad range of hopes and ambitions and are excited by the prospect of taking control of their own lives but find their dreams and aspirations are often stifled by a system they don't understand.

Providing them with the extra support they need to transition effectively and with optimism should be viewed as an investment in the future.

You can find out more about the views and experiences of young people [here](#).

Introduction Continued

Principles Into Practice invites you to explore and improve practice within your own organisation and to work in partnership with others to better co-ordinate support across all services.

This will involve you working with external partners as well as with young people and their parents and carers. It will enable you to collectively meet legislative and regulatory requirements while supporting the implementation of a range of Scottish Government policy areas including: Getting it Right for Every Child, Additional Support for Learning, and the United Nations Convention on the Rights of the Child.

Principles into Practice should be used in conjunction with the Principles of Good Transitions. These bring together everything the law requires to support transitions, and what research tells us about the approaches that work best. The Principles are at the heart of the Scottish Government's [National Transitions to Adulthood Strategy for Young Disabled People](#).

You can find out more about the Principles of Good Transitions [here](#).

Involvement and feedback from young people, parents, carers and practitioners is essential to enable you to continually refine and improve what you do based on people's experiences.

To support this, ARC Scotland has developed 'Compass', a digital tool that provides information and gathers feedback from these groups. Compass is freely available to all young people who require additional support and their parents and carers in Scotland. There is also a version of Compass dedicated to the professionals involved in the transitions.

With a data sharing agreement in place, ARC Scotland can provide collated and anonymised data from Compass users to local authorities. This data can help to inform, refine and improve both planning and practice and the application of Principles into Practice in your area, by helping you to highlight priorities for improvement.

You can find more information about Compass in the 'Data and Evaluation' section.

Who will benefit from Principles into Practice?

It will benefit all young people between the ages of 14 to 25 who need additional support, and their parents and carers. This includes young people with complex support needs and those who may not meet the eligibility criteria for adult social care support.

It benefits young people with learning disabilities, autism, physical disabilities, sensory impairments, complex health conditions, mental health difficulties, and young carers and those who are care experienced (including young people with experience of secure care or young offender Institutions). It also benefits the parents and carers of these young people.

Throughout Principles into Practice, we use the term ‘additional support needs’. This 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 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, up until the age of 25. This is beyond the requirements of the Additional Support for Learning legislation.

Where ‘parents and carers’ are mentioned, this includes anyone who fulfils this role within a young person’s life, including kinship carers and foster carers.

Who should use Principles into Practice?

It has been developed to enable all strategic leads, policy makers and practitioners who are responsible for transitions to work together to improve the experiences of young people and their parents and carers in their local area.

This includes managers, commissioners, planners, policy makers, directors and key frontline practitioners from the following professions:

- Paediatric and adult health services (including mental health)
- Child and adult social work and social care
- Education - secondary, further and higher
- Employment and training
- Third sector
- Public sector services (e.g. housing, welfare)
- Youth justice
- Advocacy
- Local government
- Scottish Government
- Young people
- Parents and carers

Principles into Practice will help you to:

- Support more young people with additional needs to reach their potential
- Provide families with the right support
- Review your existing services and evaluate the difference you are making
- Support joined up and co-ordinated approaches to transitions across your local area
- Carry out your statutory duties as set in legislation and underpinned by rights
- Make best use of limited resources and avoid duplicating effort
- Provide a clear rationale for planning and commissioning decisions
- Establish a preventative, rather than reactive, model of care and support
- Support national policy priorities

The Scottish Transitions Forum

The Scottish Transitions Forum is a network with over 1,000 members, including professionals from all relevant sectors, young people and their parents and carers. It is facilitated by ARC Scotland.

Our aim:

To improve the experiences of young people (14-25) who require additional support who are making the transition to young adult life.

Our objectives:

- Support joined-up working across all services
- Continually improve knowledge, motivation and practice
- Inform and empower young people and their carers

Membership of the Scottish Transitions Forum is free and open to anyone who shares our aim.

www.arcscotland.org.uk/networks/scottish-transitions-forum/