

An introduction to our **Transition Services**



There comes a stage in every young person's life when they face a number of options and changes. Leaving school, finding a job, choosing a training course and moving out of the family home can be just some of the exciting – and challenging – events that may arise.

This is just the same for people with learning disabilities and autism. However, a greater level of support and planning is needed to ensure their future path runs smoothly.

And that's where we come in... We provide the specialist support needed by young people with learning disabilities and autism as they move into adulthood; a phase that is often referred to as 'transition.'

We are there to support you and your family, guiding you through this time and helping you plan your future. Our Transition Service helps you to get the most out of life.



“I feel very happy and I am looking forward to my independent life”

Natalie

How can we help?

We bring together all the people who can help you plan ahead for the future. This includes you, your family and support circle. It may also include organisations such as schools, colleges, youth services and local authority departments.

We work closely with you to develop a tailored support plan that meets your specific requirements.

Transition planning usually starts at the age of 14 when together we look at the range of opportunities available to you after leaving school. We look at where you want to go and what help and support is needed to get there.

We work with you to develop a person centred plan and look at your dreams for the future.

We help you to attend college or gain further training and skills. We look at developing communication, social and independence skills. We provide information on housing options too.

“You’ve got to be very persistent about exploring what the possibilities are. The average mum and dad doesn’t have any idea where to start. That is why you need a good support provider.”

A parent

Support every step of the way

Our aim is to improve the lives and experiences of everyone that we support. We do this in a number of ways.

Outreach services, for example, offer you the chance to be supported in the area where you live. Meeting you in your local area, at a place and time that suits you, can help you develop new skills. It may help you gain the ability to travel independently, build your confidence and develop relationships in the wider community.

There are also Youth Forums. These groups work on issues that affect you and your community. By being involved in this way, you get the chance to have your voice heard. It may help you boost your confidence and give you the opportunity to meet new people, make friends and have fun.

If you would like to know more about
our specialist Transition Service

Message telephone line: **0800 884 0820**

Email: **transitions@dimensions-uk.org**

Or check out our website: **www.dimensions-uk.org**

Who are we?

Dimensions is the specialist not-for-profit provider of support for people with learning disabilities and autism. We support more than 2,000 people and their families throughout England and Wales.

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