

PRINCIPLES  
into  
PRACTICE

# Impact Report Summary

Based on the Principles of Good Transitions



Scottish  
Transitions  
Forum



## Contact

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### More information about Principles into Practice

Principles into Practice was carried out by ARC Scotland in partnership with the Scottish Government Supporting Disabled Children and Young People Unit and the Children and Young People's Improvement Collaborative.

A full report is available [here](#)



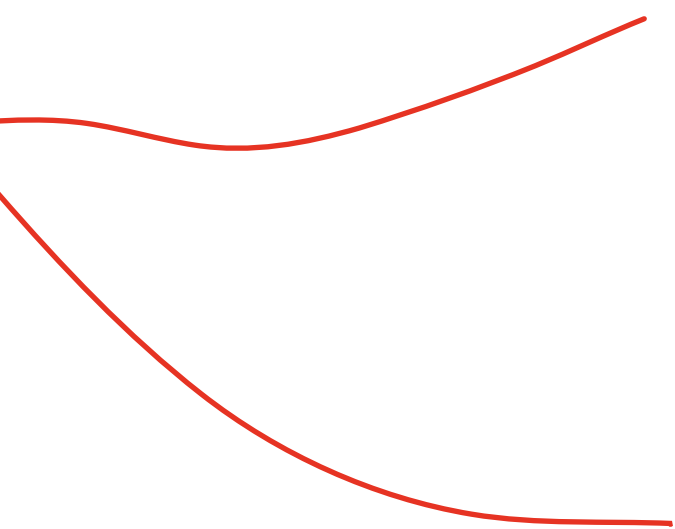
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The time is right for this work –  
the enthusiasm across the board  
for the pilot has been most encouraging

PARTICIPANT AT A PRINCIPLES INTO PRACTICE LEARNING EXCHANGE EVENT



## About Principles into Practice

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Principles into Practice is the first national framework for the transition to young adult life. It gives practical guidance to improve the experiences of all young people aged 14-25 who need additional support, and their parents and carers. It is based on the seven Principles of Good Transitions.

It is intended for use by senior leads, policy makers and practitioners who have responsibility for transitions. It can be used by individual services and teams, but the trials show lasting improvements are more likely where there is collaboration with others at a strategic level.

Principles into Practice is the result of 10 years of engagement and consultation by ARC Scotland with senior leads from all services, representatives of the Scottish Government, Social Work Scotland, Association of Directors of Education Scotland, members of the Scottish Transitions Forum, parents and carers, and young people.

ARC Scotland has also created Compass, a digital web application to help with transitions planning. There are three versions of Compass: for young people, their parents and carers, and the practitioners who support them. Each version gives the user accessible and personalised information about the most important topics, at the right time for them. Compass helps everyone to better understand the transitions process, what they need to do, and who can help. It also collects feedback anonymously from users about their experiences. ARC Scotland will use this to create reports for local authorities that help them review and improve their services, subject to a data sharing agreement being in place.

“““

Oh my goodness ... you know the thing that everyone knew was needed but never ever appeared as it was insurmountable? Well, you've done it. I cannae wait to share it – everywhere

**PARENT AND CARER COMPASS USER**

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What has been achieved in each of the local authority areas in the middle of a pandemic is pretty remarkable

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## The Principles into Practice trial

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Ten local authority areas in Scotland took part in a 2-year trial of Principles into Practice: Aberdeen City, City of Edinburgh, Dundee, Falkirk, Inverclyde, Midlothian, North Lanarkshire, Perth and Kinross, Scottish Borders and Shetland. All the areas agreed to involve both children's and adult services to lead the trial, and to choose specific aspects of transitions to focus on so improvement could be measured.

### The purpose of the Principles into Practice trial was:

- To improve the experiences of young people who need additional support to make the transition to young adult life, and to ensure they are at the centre of all transition planning for their future
- To fully develop and test Principles into Practice and Compass to bring them to completion and make them available nationally.

ARC Scotland gave extra (“enhanced”) support to Falkirk and Dundee, to work more closely with groups in those areas. The other (“universal”) areas received advice, tools and support. All the areas became part of a network for sharing their learning, challenges and ideas through monthly Learning Exchange meetings.

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Amazing to hear how much work has been done, facilitated and inspired by ARC Scotland. Thank you for your support, positivity and passion, you made it a great learning experience for us and our families

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## What the Principles into Practice trial has achieved

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All 10 local authority areas stayed involved throughout the trial, which indicates their enthusiasm to solve long standing problems and how they valued the approaches we have taken.

### Through Principles into Practice, ARC Scotland has achieved:

- A vision for change, and how to make it happen.
- Support for this approach from senior executives in 10 local authority areas and other key partners.
- A network that makes it easier to share knowledge and resources between areas.
- More involvement of young people, and their parents and carers, in improving transitions for themselves and others.
- A framework for improvement that is tested and ready to be used nationally.
- Three versions of Compass, for young people, parents and carers, and practitioners, that are ready to be used across Scotland and that will collect important data to help support improvements.



## What the Principles into Practice trial has achieved

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### Through trialling Principles into Practice, local authorities have achieved:

- **Strengthened leadership:** Involving senior leaders from both child and adult services was important to achieving improvements.
- **Improved joined up working across sectors:** People from all sectors said they understood each other's roles better and welcomed shared priorities and joint plans of action. The Learning Exchange events encouraged joined up working that supports a consistent approach nationally.
- **Improved capacity:** Areas considered how to reallocate staff specifically to transitions, and two areas appointed new staff in transitions related roles.
- **More streamlined transitions processes:** Areas used Principles into Practice to review existing processes and make improvements. This has started to be effective in reducing duplication of effort.
- **Clearer focus on changes that will have the greatest impact:** Principles into Practice has helped areas prioritise where improvements can most effectively be made.
- **More engagement with young people, parents and carers:** Many areas connected with young people and their families better, to hear their views and involve them in shaping transitions processes and services.
- **Better information for young people, parents, and carers:** Areas reported better engagement has led to improvements in the information given to young people, parents and carers, and in the resources available to professionals.
- **More effective transitions planning:** Many areas identified the need to improve transitions planning to make it person-centred and to make sure young people get enough time to participate.

Practice examples of improvements are given in the full Impact Report.

## Challenges

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- **Time and effort to achieve buy-in from all stakeholders:** All areas said they underestimated how much time it would take to bring the right people together and reach a joint understanding and commitment. Some found it frustrating because it delayed moving to action and found it difficult to recognise that this was an essential first step.
- **Sustaining a shared commitment:** Some areas did not manage to maintain the involvement of two transitions leads throughout the trial. These areas experienced noticeably more difficulties in putting planned improvements into practice.
- **Responding to Covid-19:** This delayed progress, particularly in the first 6 months of the trial.
- **Competing demands:** Pressure on staff and services meant they sometimes had to prioritise other work above Principles into Practice. This made it difficult for some areas to make the progress they expected.

- **Contribute to the development of Scotland's first National Transition to Adulthood strategy:** Learning from the trials will be considered in the development of Scotland's first National Transitions to Adulthood Strategy for disabled young people.
- **Publish and Launch Principles into Practice:** A completed version will be published and made available to all local authorities in June 2023. It will be and hosted on its own website with other resources
- **Continue support for new and existing local authority areas:** ARC Scotland will continue to run Learning Exchange events for transitions leads, gather examples of good practice and deliver training to senior executives, people working in transitions, young people, parents and carers.
- **Launch and promote Compass for young people, parents and carers:** It will be made freely available to all young people who need additional support and their parents and carers in Scotland from June 2023. We will keep improving and updating all versions of Compass, including improving accessibility for those with communication support needs.
- **Launch and promote Compass Pro:** It will be freely available to professionals supporting young people with additional support needs from June 2023.
- **Continue to develop how we gather and share Compass data:** ARC Scotland will continue to work with partner organisations to make sure the data and evidence are as useful to them as possible.
- **Show the cost benefits of focusing on transitions:** Investing in transitions not only improves outcomes for young people but reduces reliance on adult social care and other services. ARC Scotland will keep gathering evidence to raise awareness of this and encourage resources to be directed towards improving transitions using Principles into Practice.

## Links to information

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### **Principles into Practice**

The framework and associated resources can be viewed [here](#).  
These will be updated with completed resources in June 2023

### **Compass ‘change made easy’**

Webinar with an in-depth demonstration of the young person and parent carer versions of Compass can be viewed [here](#).

### **ARC Scotland**

A charity that improves knowledge, practice and policy to benefit people who require additional support can be viewed [here](#).

### **The Scottish Transitions Forum is part of ARC Scotland**

The Forum has 1,055 members from all sectors and local authority areas, including young people and parents and carers. It aims to improve the experiences of young people (14 -25) with additional support needs who are making the transition to adult life can be viewed [here](#).

### **Principles of Good Transitions 3**

Sets out seven Principles that bring together everything the law requires around transitions with what research and lived experience tell us about approaches that work best. It has informed local planning and been included in many national policy initiatives. Four supplements provide additional information about how the Principles apply to young people in conflict with the law, those moving through and out of foster care, those with life shortening conditions and autism. Can be viewed [here](#).

### **Facing the Future Together**

Details the findings of a survey of 740 young people and their parents and carers about their experiences of transitions and how they could be improved. This provided key data for the design of the Independent Living Fund Transitions award and can be viewed [here](#).

### **Experiences of Young People with Additional Needs Leaving School**

Details the findings of an online survey of 198 young people conducted in December 2020 by our young leaders group, the Divergent Influencers and can be viewed [here](#).