

PRINCIPLES
into
PRACTICE

Principle 6

Families and carers need support

See 'How to use Principles into Practice' for guidance on how to use this framework



“ ”

Going to transition... feels a bit like standing on the edge of a cliff. And you look over and you go oh – what’s down there, I don’t know, it looks quite scary, it looks quite a long way, what are we going to do? Oh well – I guess we just have to leap off and hope that the parachute will open...

PARENT

Indicator 6a

We support family wellbeing needs



Assessing

🔄 **In our organisation** we are consulting with parents and carers to find out how knowledgeable they are about their rights, and the best ways to raise awareness.



Improving

🔄 **In our organisation** we are piloting approaches to ensure parents and carers are aware of and can exercise their rights.

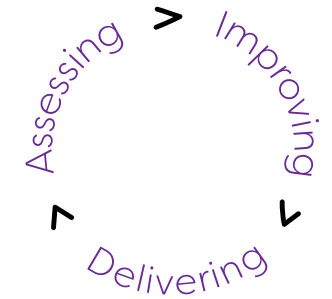
This includes the right:

- To request an assessment of need for their young person.
- To request a Carer's Assessment on their own behalf.
- To be involved in the transitions planning process and have their views taken into account.
- To request an appropriate support plan from the local authority if their child meets the eligibility criteria.



Delivering

▶ **Parents and carers tell us** they know what rights they have and how to exercise their rights.



Indicator 6a Continued

We support family wellbeing needs



Assessing

🔗 We are working with others including parents, carers, and local carer organisations to develop strategies to help improve the wellbeing of families and carers during transitions. This includes consideration of short breaks, direct support in the home, income maximisation and the provision of out-of-hours support services.



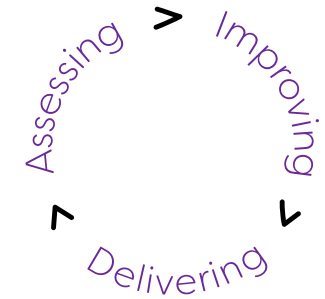
Improving

🔗 Working with others we are implementing policies and procedures to support families in the lead up to and during transitions. These may include access to family networks, peer support, carer forums, training opportunities, GP based link workers and family support for carers of young people with complex needs or those transitioning out of youth justice settings.



Delivering

- ▶ **Parents and carers tell us** they are satisfied with the support they themselves receive.
- ▶ **Parents and carers tell us** they are satisfied with the support other family members are receiving.
- ▶ **Parents and carers tell us** they are able to balance their own needs with their other responsibilities.



Indicator 6b

Advocacy is available at the start and throughout transitions



Assessing

- 🔗 **We are working with others** to identify the availability of advocacy for young people and their parents and carers in our local area, and levels of unmet need.



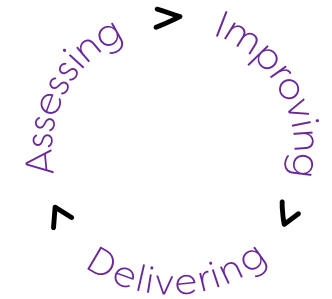
Improving

- 🔗 **Working with others** we are improving the availability and accessibility of advocacy services for young people, parents and carers. This includes signposting where relevant to the My Rights, My Say service.



Delivering

- ▶ **Young people, parents and carers tell us** they know how to access advocacy services if they wish to.



Linking with the other Principles

Here are some prompt questions to help you to identify how this Principle relates to the others.

Do carers have access to a consistent single point of professional contact throughout the transitions planning process?

(see Principle 1)

Are young people and their carers well informed of what they are entitled to, and what they can expect during the transitions period?

(see Principle 5)

Do parents and carers understand the roles and responsibilities of those involved in the transitions process?

(see Principle 2)

Do parents and carers have opportunities to influence and inform local planning and decision-making processes?

(see Principle 4)

Evaluation Questions

We ask young people:

Scale Select one of the options



Yes



Not Sure



No

- ▲ Do you know what an advocate does?
- ▲ Do you know how to get an advocate if you want one?

We ask parents and carers:

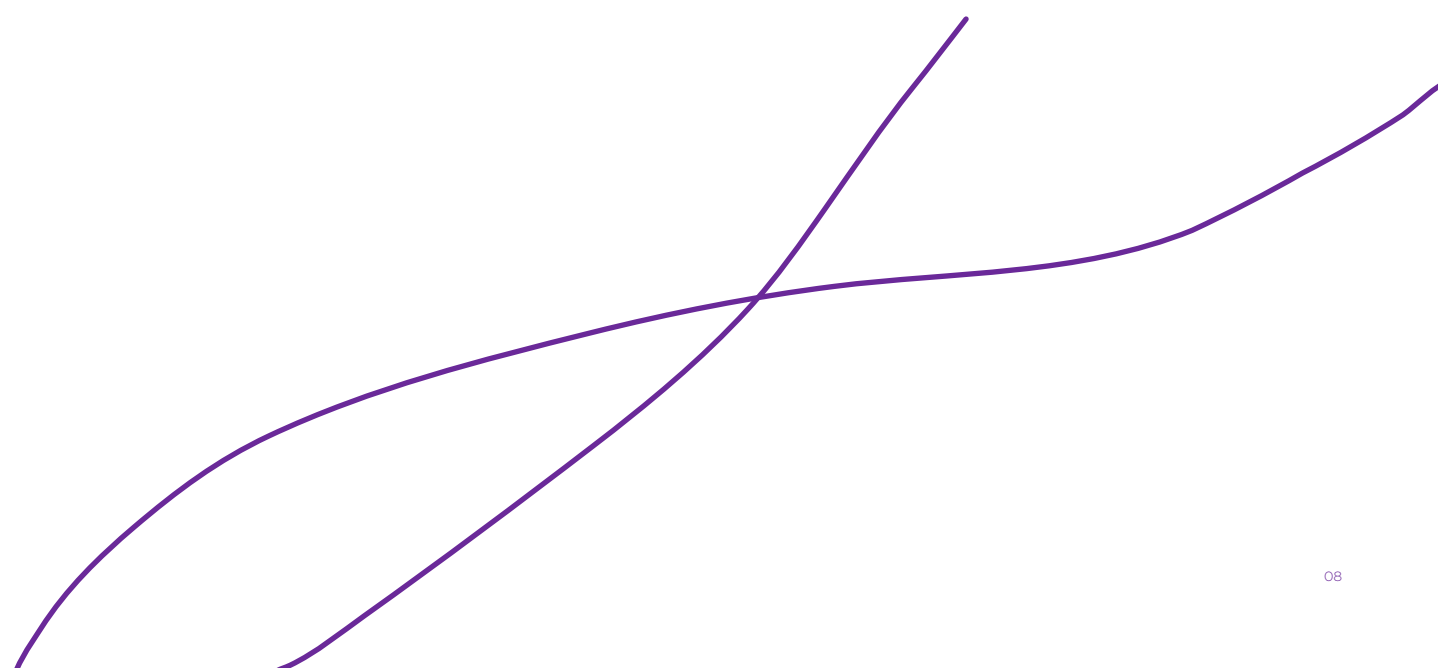
Rate the following statements using a scale of 1 – 5 (where 1 = strongly disagree and 5 = strongly agree)

- ▲ I know how to exercise my rights as a parent or carer.
- ▲ I am satisfied with the support other family members are getting.
- ▲ I am satisfied with the support available to me as a parent or carer.
- ▲ I can balance my own needs with my other responsibilities.
- ▲ I know about advocacy and how to contact an advocate for myself or my young person.

Evaluation Questions

Data questions:

How many requests for advocacy have we received and has advocacy been provided?



Resources

[Carer \(Scotland\) Act 2016](#)

[National Carers Strategy](#)

[Talking About Tomorrow: Preparing Parents in Scotland for Transition](#)

[Contact Scotland](#)

[Supporting disabled children, young people and their families: guidance](#)

[My Rights, My Say](#)

[Carers Trust Scotland](#)

[Scottish Independent Advocacy Alliance](#)

[Families Outside](#)

[Office of the Public Guardian](#)

[Support in the Right Direction - Inspiring Scotland](#)