

GMCDP Information Sheet

Transitions (Moving on)

For young disabled people, transition or moving on means many things such as:-

Living independently away from my parents

Entering the world of work

Controlling my own money

Moving in with a partner or getting married

Moving from a segregated/ special school to mainstream

Becoming a parent

Moving from children services to adult services



Young people can be stopped or face **barriers** when they are moving through these changes. However, young disabled people can face additional barriers.

For example, some young disabled people may find it difficult to find information or services to help them e.g. on benefits or housing and they may need some support or need information in a way that suits their needs

Some barriers young disabled people face

Here is what some young disabled people said they found difficult when they were going through these changes:-

The wall of barriers

Inaccessible transport

No support to work

Over the top risk assessments

People's attitudes

Not being listened to

Parents think I can't live on my own

Lack of accessible information

What Young Disabled People want

When we asked young disabled people what they would like to say to people about the things that stopped them from making changes, some of the things they said were:-

“I am a person not a statistic”

“What we say is what we mean”

“We want support not suffocation”

“I want up-to-date information in a format I understand”

“I want to control my own money!”

I want to live independently

“Listen to us”

“Let me take risks like anyone else”



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