**Transitions and Change**

**Informed level**

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| **Topic** | **Description** | **Link** | **Time needed** |
| “Because Life Happens”  An overview of transitions and autism | A short video from NES explaining transitions, how they can impact on autistic people and support for transitions. | Available via TURAS Learn:  <https://learn.nes.nhs.scot/9958/autism-resources-and-training/because-life-happens> | 8 minutes |
| Personal experience of change and transition. | National Autistic Society  Too much information and us: Young autistic people talk about their experience of experiencing changes | <https://www.youtube.com/watch?v=BbQl2aJTEG0> | 4 minutes |

**Skilled level**

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| Topic | Description | Link | Time needed |
| Autism Across the Lifespan | An interactive skilled level resource from NES that introduces autism and focuses on support around transitions and changes. | NES resource, available via TURAS Learn:  https://learn.nes.nhs.scot/9964/autism-resources-and-training/autism-across-the-lifespan-because -life-happens  or from the NES Autism page, in section on “post diagnostic support”  <https://www.nes.scot.nhs.uk/our-work/autism/#nationalautismtrainingprogramme4> | 1 hour |
|  | Autism Toolbox has useful information and resources about transitions | <http://www.autismtoolbox.co.uk/transitions> |  |
|  | National Autism Implementation Team has resources about Employment | <https://www.thirdspace.scot/nait/employment-resources/> |  |