
STARTING YOUR JOURNEY
**YOUR FIRST
APPOINTMENT**



- Introduction to Apex Scotland: You will learn about who we are, our mission and values and how we can help you.
- Building a Support Plan: The appointment is the first step in creating an individual support plan that will help you overcome your barriers and achieve your personal goals.
- Understanding Available Resources: You will get a clear view of resources and services available to you, including understanding convictions, access to qualifications, job training and more.

What to Expect During the Appointment

- Introduction to Your Case Worker: You will be assigned a case worker who will be your main point of contact.
- Initial Assessment: Your case worker will ask questions about your background, needs, goals, and any specific challenges you're facing. This helps them understand the type of support you might benefit from.
- Confidentiality Discussion: We explain how your information will be kept confidential and what circumstances might require sharing information with other agencies.
- Goal Setting: You will discuss your personal goals (e.g., finding a job, securing housing, gaining qualifications) and prioritise the areas where you need the most support.
- Explanation of Services: We will walk you through our services and programmes and what that means for you and your needs.

Questions You May Be Asked

- Background and Conviction Details: Basic information about your background and specifics related to your convictions (needed to tailor support).
- Employment History and Goals: Information on past jobs, job skills, and the type of work you're interested in.
- Housing Situation: Details about your current living arrangements and any housing needs.
- Educational Background: Your highest level of education completed, any certifications or training, and interest in furthering your education.
- Health and Wellness Needs: If you have any mental health, substance use, or medical needs, be open to discussing them to help us connect you with appropriate resources.

Tips for Success

- Be Open and Honest: Telling us about your needs, challenges, and goals helps us to provide better support.
- Ask for Clarification: Don't hesitate to ask for an explanation if something is unclear.
- Set Small Goals: Identify small, achievable goals that can lead to steady progress and help you stay motivated.
- Stay in Touch: Keeping communication open with your case worker helps you stay on track and to get assistance as your needs change.

**If you or someone you know
needs our help, contact
us today, we have services
throughout Scotland.**

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