

Leaving Care



Leaving Care & Life Skills

So you're coming towards the point where you will be working towards leaving, we know this might be a huge worry for you. You really don't need to worry as we'll support you 100% in getting ready for this.

We will make sure you understand how to budget and manage your money, and also to maintain your attendance at work or training. We will develop your skills so that by the time you leave us you should have very few remaining worries about living more independently in the community. To make this successful we will work alongside your leaving care worker and, of course, YOU!!!!

You will be asked about what is important to you, where you want to live in the future, whether you want to go to college or find work and how well you are able to look after yourself. All this information will be written down in your Pathway Plan.

Leaving home or any other care environment is an important stage in everybody's life and you will have the freedom to choose and make decisions in many areas. The more information you put in to your Pathway Plan the more likely you are to get the support you need. Good planning is the best way forward. You and your leaving care worker will use your Pathway Plan to create a picture of what help you need and what needs to happen to prepare you to move on.

You're Pathway Plan.....

Your pathway plan covers a number of important areas in your life and can help you to think about these different areas, identifying your current needs and hopes for the future. This will help you through the transition from being looked after to living independently. The more involved you are in creating your Pathway Plan the more effective it will be in helping you to achieve your goals. These are the areas it will cover:-

Health & Care Skills

Training & Employment

Family & Social Relationships

Education

Finance

Accommodation

Emotions & Behaviours

What Independent Living Skills Will I be Supported to Learn at Sleep on It

There are a lot of different skills you're going to need in order for you to move towards becoming independent, we will help you. You will probably think you know all you need to know, or you might feel that you don't even know what it is that you need to know!!! Staff and your Leaving Care worker will assess your current knowledge & skills, and plan to develop skills in all the following areas:

Money, bills, budgeting

Food and cooking

Personal Appearance and Hygiene

Health

Housekeeping & Maintenance

Accommodation

Travel/Transport

Educational Planning

Skills – Finding a job

Health & Safety

Support Networks

Legal Skills

We will only support you in the areas you need support in, your key worker will complete an independent living skills Assessment with you to help identify the areas where support is needed.

Personal Allowance / Independence Monies....

When you leave care you will receive a weekly personal allowance that should be used to buy food, clothing and personal items, and is also used to pay for any of your hobbies/interests, and also to cover the costs of transport, and bills such as gas, electricity, water and TV license. At your new home you will no longer have everything paid for like you do here. The personal allowance is therefore meant to replace all the allowances you currently receive for things such as pocket monies, toiletries, incentives, activities, haircut allowance, etc. You will be expected to budget these things yourself, this is a big change!!!

We understand that most Young People would find it very difficult to just move out of the home and succeed without practicing any of these skills first and this is exactly why we support you to learn Life Skills.

What will be the main differences day to day:

- Your key worker will complete a life skills assessment with you to identify the areas of support that are needed, key work sessions will be planned to help develop your skills in the identified areas each week.
- Living allowance money will be given on Friday, £15.00 a week, £10 top up will be given whilst here if completing skills sessions each week as planned, though if not doing so the £10 top up will not be given, this will be the same when living independently.
- Your Key worker will agree a monthly incentive with you in recognition of your effort and commitment to moving forward to independence.
- You will travel independently each day using public transport, this includes going to college or training.
- You will be supported to make your own appointments, including health & education appointments.
- Cook two meals per week, budgeting from £3 for each meal. This will include planning the meal and producing a recipe which will be put in to your independence file each week. This will allow you to build up a recipe book that you can take with you when you leave. Once the recipe is planned you will then need to go to the supermarket to buy the ingredients ready to come home and cook the meal. The care team will offer assistance and advice on healthy nutrition. After cooking and eating the meal you will be expected to tidy away, clean and wash up everything you have used.
- When you have your own place you will be expected to keep it clean and if not this could result in you getting evicted. It's also nice and healthy to live in a clean house. On agreed days each week housekeeping, This will include;
 - 1: Thoroughly cleaning your bedroom, including vacuuming, dusting, washing the skirting boards occasionally, changing your bedding and doing dirty laundry.
 - 2: Fully cleaning one of the bathrooms at the home, including sink, toilet, shower, bath and mop the floor.
 - 3: Complete maintenance & repair tasks in the home.
- CV: If you haven't already started one you will be supported in beginning work towards completing a CV, and other independence tasks such as opening a bank and savings account and applying for NI number, passport and provisional driver's license.
- Throughout all the stages of the program, the exact details and days/times at which you will be expected to complete your Life Skills tasks will be agreed with your key worker in order that it is really clear and simple what is expected of you on the day, agree the plan together!!.
- WE will support you to open a bank account, and have important legal documents such as a passport birth certificate if you don't have them.