

**Developing Independence & Community Connections****Foster Care Association of Victoria Inc (FCAV) Position:**

The FCAV holds a strong belief that young people in care should be developing life skills from the onset of their care experience. This fact sheet has been designed to be used in conjunction with your agency's leaving care programs as a guide to facilitate conversations around developing these skills and building important community connections.

ACCOMMODATION

Does the young person know options available to them or what is suitable to them:

- Supported accommodation
- Private accommodation
- Public housing
- Financial assistance
- Tenancy advice

EDUCATION/TRAINING/EMPLOYMENT

Does the young person have info on:

- Education options & access
- Cost of education eg HECS
- Centrelink i.e. Austudy, Abstudy
- How to approach an employer
- Developing a resume
- Writing a job application
- Preparing for a job interview
- Tax file number & contributions
- Workplace rights

EMERGENCY

Is the young person aware of:

- What to do if there is a fire in their home
- Smoke alarms & how to test them
- Basic First Aid courses available
- Ambulance subscriptions

RELATIONSHIPS

Does the young person have knowledge of or know how to access/develop:

- Family links inc. their own children in care
- Community links
- Communication & conflict resolution skills

DISCOUNTED OR FREE 'STUFF'

Does the young person know how to access:

- Material aid
- Cheap white goods
- Free meals

HEALTH

Is the young person aware of how to access support with:

- Ongoing physical health issues
- Disabilities
- Exercise
- Nutrition
- Mental health
- Coping strategies
- Harm minimisation practices
- Sexual Health
- Medicare/Bulk Billing/Health Care Card
- Immunisations & history
- Dentist & treatment history
- Hearing & Sight impairment

IDENTITY

Does the young person know about their:

- Family of origin
- Cultural background
- Religion
- Passport
- Birth Certificate

MANAGING MONEY

Is the young person aware of:

- How to budget
- Credit/Debit/Loans/Interest
- Managing a bank account & transaction costs
- Paying Bills eg BPay, Post Office
- Obtaining financial advice
- Financial assistance eg Centrelink

PARENTING

Does the young person know how to access the following supports:

- Pregnancy Care
- Preparing For Baby
- Maternal Child Health Centres
- Parenting Centres
- Child Care
- Centrelink payments

RIGHTS & LAWS

Does the young person have knowledge of:

- Workplace rights
- Conventions & Charters
- Anti-discrimination laws
- Voting rights & requirements
- Making a Will
- Consumer Rights
- Legal Rights
- Police Matters
- Housing rights & responsibilities

SELF CARE SKILLS

Does the young person know how to:

- Cook a healthy meal
- Keep house clean
- Shop within budget
- Maintain personal hygiene
- Obtain drivers licence
- Run a car
- Use public transport
- Maintain a bike
- Obtain appropriate & adequate clothing

Acknowledgements:

We would like to thank Berry Street for their assistance in developing this FCAV/PPSS Fact Sheet for young people leaving out of home care. Further resources, in particular 'Switch On. Do It Yourself' are available via their website <http://www.berrystreet.org.au/>



FCAV/PPSS INFO SHEET:

Leaving Care



Developing Independence & Community Connections

Other things this young person would like to know:

What are some of the ways in which this young person could make sure they are connected to their local community?

How are they going to stay in touch with family?

Things to follow up:

Who is going to follow up & by when?:
