

Foster Care Association of Victoria Position:

The FCAV holds a strong belief that young people in care should be developing life skills throughout their care experience.

This information 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
- Emergency accommodation

EDUCATION/TRAINING/EMPLOYMENT

Does the young person have info on:

- Education options & how to access them
- Centrelink payments
- Employment Support
- Writing a job application
- Preparing for a job interview
- Fair Work Australia (Call 13 13 94)

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:

- Healthy friendships
- Healthy family links
- Care for their own children if they are parents
- 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 & 100 points

Does the young person know about their:

- Family of origin
- Cultural planning
- Medicare or health care card
- Passport
- Birth certificate

MANAGING MONEY

Is the young person aware of:

- Budgeting Skills
- Income e.g. salary, youth allowance or disability pension
- Bank accounts or credit co-operative memberships
- Paying Bills eg BPay, Post Office
- Financial assistance eg: Centrelink, Leaving Care brokerage, Commonwealth Transition to Independent Living Allowance (TILA)

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 family assistance payments

RIGHTS & LAWS

Does the young person have knowledge of:

- Workplace rights/Anti-discrimination laws
- Voting rights & requirements
- Making a Will
- Housing rights & responsibilities
- Youth Law – call 9611 2412
- Victorian Legal Aid – call 9269 0120 or 1800 677 402 (country callers)

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
- Use public transport
- Obtain appropriate & adequate clothing

Acknowledgements:

We would like to thank Berry Street for their assistance in developing this FCAV/PPSS Info 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//>

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 and by when?:
