

Foster Care Association of Victoria Position:

FCAV strongly believes 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 Community Service Organisation's leaving care programs as a guide to facilitate conversations that assist young people to develop these skills and build important community connections.

<p><u>ACCOMMODATION</u></p> <p>Does the young person know what accommodation options are available to them or what is suitable for them:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Supported accommodation <input type="checkbox"/> Private accommodation <input type="checkbox"/> Public housing <input type="checkbox"/> Financial assistance <input type="checkbox"/> Tenancy advice <input type="checkbox"/> Emergency accommodation <p><u>EDUCATION/TRAINING/EMPLOYMENT</u></p> <p>Does the young person have info on:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Education options & how to access them <input type="checkbox"/> Centrelink payments <input type="checkbox"/> Employment Support <input type="checkbox"/> Writing a job application <input type="checkbox"/> Preparing for a job interview <input type="checkbox"/> Fair Work Australia (Call 13 13 94) 	<p><u>IDENTITY & 100 points</u></p> <p>Does the young person know about their:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Family of origin <input type="checkbox"/> Cultural community <input type="checkbox"/> Medicare or health care card <input type="checkbox"/> Passport <input type="checkbox"/> Birth certificate <p><u>MANAGING MONEY</u></p> <p>Is the young person aware of:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Budgeting Skills <input type="checkbox"/> Income e.g. salary, youth allowance or disability pension <input type="checkbox"/> Bank accounts or credit co-operative memberships <input type="checkbox"/> The need for a tax file number and taxation requirements when employed. <input type="checkbox"/> Paying Bills e.g. BPay, Post Office <input type="checkbox"/> Financial assistance e.g. Centrelink, Leaving Care brokerage, Commonwealth Transition to Independent Living Allowance (TILA)
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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

HEALTH

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

A medical centre

- 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

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

YOUNG PARENTS

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 1300 792 387

<p><u>DISCOUNTED OR FREE 'STUFF'</u></p> <p>Does the young person know how to access:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Material aid <input type="checkbox"/> Cheap white goods <input type="checkbox"/> Free meals 	<p><u>SELF CARE SKILLS</u></p> <p>Does the young person know how to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cook a healthy meal <input type="checkbox"/> Keep house clean <input type="checkbox"/> Shop within budget <input type="checkbox"/> Maintain personal hygiene <input type="checkbox"/> Obtain driver's license <input type="checkbox"/> Use public transport <input type="checkbox"/> Obtain appropriate & adequate clothing
<p>Other things this young person would like to know:</p>	<p>What are some of the ways in which this young person could make sure they are connected to their local community?</p>

How will the young person stay in touch with family?

Things to follow up and by whom:

Young people, aged 16 years + are also eligible for a CREATE leaving care kit called a Go your own Way kit.

These can be obtained by their agency or DHHS worker.

Acknowledgements:

FCAV would like to thank Berry Street and the CREATE Foundation for their assistance in developing this Information Sheet.

Further resources are available via Berry Street at <http://www.berrystreet.org.au/ResourcesTools>

and The CREATE Foundation at <http://create.org.au>.