

Independent living while still in care

Video Transcript

creating a better life
for children and young
people in care

Moving into the community and getting your own place is so different to living in resi care - so it's normal to feel anxious about it. It can be a really stressful experience.

But I'm so glad I took the first steps before I turned 18 while I was still in care - because it meant the department was able to provide me with a case worker and some funding to help me out.

Learning to live on my own would have been so much harder if I didn't have that early support.

I received a worker who supported me to plan for my future— including where I'd like to live and who I'd like to live with.

And I got some funding to help with stuff like furniture, rent, and driving lessons.

And then after I had found somewhere to live, my worker continued to support me, to make sure I was ok, and help me with all the stuff I needed to do.

She helped me find a gym to go to, and get a part time job And find mental health services I needed.

It's like I am learning to be “adult” with help. It gave me time to focus on myself and what I needed to do to prepare myself for the future.

The other thing that helped me was positive thinking, rather than letting negative thoughts rule my life. Positive stuff like:

- I have my own income and I am learning how to manage it.
- I am getting comfortable and confident with “real life” outside care.
- I can do things on my own – like cleaning, cooking, and paying bills.

If you have a case manager, I reckon you should to talk them about moving out while you're still in care.

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