



Preparing for the Transition to Adulthood

Young Consultants – Farani, Georgie, Raymond-Elvis
Project and Advocacy Lead (Queensland) - Kate



1. Introduction to CREATE Foundation
2. Why is preparing for a Transition to Adulthood important?
3. Ray's story
4. What should be included in a Transition to Adulthood plan?
5. Farani's story
6. Who is responsible for planning and when should it start?
7. Georgie's story
8. Where can we go for help?
9. Question and Answer



OVERVIEW



CREATE is the national peak consumer body representing the voices of children and young people in out-of-home care

“I have no idea how any of that transition stuff works. I would love to be educated on it.”



Why is preparing for the Transition to Adulthood so important?

“Growing up in care, I was terrified of my 18th birthday because I knew everything would change and I wasn’t prepared.”

“It was lonely.”

“It’s a reminder that we didn’t have a proper childhood. You couldn’t be a teenager and do teenage things, you had to focus on planning your adulthood because nobody else was going to do it.

SORRY ABOUT THE STATISTICS!



17%

17% homeless
upon leaving
care

30%

30% homelessness
within the first
year

46%

46% totally
dependent on
Centrelink

41.3%

41.3% did not
feel they
received the
support they
needed

Who is responsible for planning and when should it start?

“I was in resi care so had a different worker every day. Nobody knew anything about my transition plan.”

“I get very stressed still about it. I think if I had learnt these things earlier I probably wouldn't have been so anxious and stressed.”

“Nobody seems to want to coordinate things. I try to reach out to everyone I can, but there's nobody.”

“It's hard to know what is our responsibility and what is the workers' responsibility.”

*Children and young people have a **transition from care plan** commencing at 15 years old which details support to be provided after leaving care.*

National Standards for out-of-home care

Young people leaving care have better outcomes where the transition is **gradual, supported and planned**.

‘Leaving care’ can be viewed as three stages:

- Preparation
- Transition
- After care

(Transitioning from out-of-home care to Independence: A Nationally Consistent Approach to Planning, FAHCSIA and National Framework Implementation Working Group)



What should be included in a Transition to Adulthood plan?

“I would like Child Safety to help with housing before you move out. Help with Centrelink and all that.”

“It would be good to teach life skills – grocery shopping, how to hold onto your own medication. Now I’m like, what the hell do I do because I had no idea how to do any of that.”

“I think that kids should be offered personal development help. How to work on yourself and work on your mindset.”

“It needs to be more than just about the money, there needs to be actual people to talk to you and tell you what to do.”

Life domains to focus on

- Housing
- Health and wellbeing
- Identity
- Money
- Relationships
- Education and Employment
- Living skills
- Legal

Where can we go for support?

“It was actually really easy. My CSO referred me to [EPCS provider] then I just had to call up the caseworker and tell them what I need.”






“I think it would be helpful if young people actually knew what services were available. People also don’t know how to access them. Even other organisations don’t know what services are available for transition.”

After care services and funding

Next Step Plus

- First stop for care leavers
- 15 to 25 years
- Case work assistance with practical needs such as writing a resume, budgeting, and looking for a home
- Advice and help with goal setting and building life skills

Transition From Care Funding Support in Queensland

	TILA	YHARS (After Care Support)	EPCS	Youth Housing Essentials	Leaving Care CRC
Amount	Up to \$1,500	Up to \$5,000 (Eligibility Dependent)	up to \$16,600/yr* <small>*Amount will be indexed each financial year. Current for 2024/2025</small>	Up to \$5,000	Not Defined
How to Access	<ul style="list-style-type: none"> Child Safety, EPCS or Next Step Plus can apply on your behalf 	<ul style="list-style-type: none"> Refer yourself by contacting one of the YHARS service providers A support worker can apply on your behalf 	<ul style="list-style-type: none"> Refer yourself by contacting EPCS provider Child Safety or another support service can refer you 	<ul style="list-style-type: none"> Housing Service Centre, Child Safety or youth service/support service worker can apply on your behalf 	<ul style="list-style-type: none"> Your CSO can include CRC in your T2A plan or a support service case can be opened by Child Safety if you have already left care.
Who can access (Eligibility)	<ul style="list-style-type: none"> 15-25 years old Been in formal out-of-home-care (OOHC) for a continuous period of 6 months Be an Australian Resident Have a transition to Independence plan 	<ul style="list-style-type: none"> 17-21 years old Are homeless or at risk of homelessness Are leaving, or have recently left the care of Child Protection or Youth Justice services Be accessing support by YHARS or another support service 	<ul style="list-style-type: none"> Turned 18 after 1 July 2023 Must be leaving care to transition to independent adult living Were subject to a child protection order (interim or finalised) up to your 18th birthday 	<ul style="list-style-type: none"> Any young person who is transitioning from: <ul style="list-style-type: none"> living in care (child safety) youth justice corrections temporary supported accommodation youth foyers Must be supported by a youth service provider, government agency or Housing Service Centre. 	<ul style="list-style-type: none"> All young people leaving care may be eligible to some brokerage funds from their Child Safety Service Centre. If you have already left care, your Next Step Plus can support you to access CRC funding through a support service case.
Who can help coordinate	<ul style="list-style-type: none"> Child Safety Next Step Plus Providers EPCS providers 	<ul style="list-style-type: none"> Child Safety Youth Justice & youth detention centres Youth services or other NGOs 	<ul style="list-style-type: none"> Extended Post Care Support (EPCS) providers (QR Code below) who will help you develop a financial support plan to assist utilising the funding 	<ul style="list-style-type: none"> Housing Service Centre, Child Safety or youth service/support service worker 	<ul style="list-style-type: none"> Child Safety Officers and other Child Safety staff are able to support access.
Link					
Conditions	<ul style="list-style-type: none"> Must be used to support transition to Independence plan. 	<ul style="list-style-type: none"> Must be leaving care Money must be used for housing or other essential living costs 	<ul style="list-style-type: none"> Must be leaving out-of-home care on your 18th birthday Be used to support the costs of living independently 	<ul style="list-style-type: none"> Must be used for on-off essential goods or services to support moving from government services to independent living 	<ul style="list-style-type: none"> Associated with goals in your T2A plan

<https://shorturl.at/9LJ2d> (accurate as at August 2024)

After care services and funding

Extended Post Care Support

- 18 to 21 (must have turned 18 after 1 July 2023)
- Up to \$16,000 per year for everyday living costs for young people leaving care to live independently – housing, transport, education etc
- Carer will continue to receive the fortnightly care allowance so they can meet your everyday living costs

After care services and funding

Transition to Independent Living Allowance (TILA)

- 15 to 25
- Up to \$1500 to support transition to adulthood plan – driving lessons, furniture etc
- Can be accessed by Next Step Plus, Extended Post Care Support provider, or Child Safety

Leaving care child related costs

- Undefined amount
- Arranged by CSO
- If you have left care, Next Step Plus may be able to arrange through a support service case

After care services and funding

Youth Housing and Reintegration Service

- 17 to 21
- Leaving or recently left care or homeless/at-risk of homelessness
- \$5000 on housing or other essential living costs, eg. utility bills, bond

Youth Housing Essentials

- Up to 25
- One-off, essential goods and services associated with moving to independent living up to \$5,000, such as furniture, white goods, phone, Go card



Resources to help transition to independence

Developed in consultation with young people by the CREATE Foundation.



CREATE YOUR FUTURE



CYF CREATE YOUR FUTURE

LEARN EVERYTHING YOU NEED TO KNOW ABOUT BEING INDEPENDENT.

CREATE Your Future is a portfolio of interactive life skills, community and self-awareness workshops that support young people aged 15 to 25 in their transition from care to independence.

Translating knowledge and values into abilities that enable young people to excel is the foundation of this program.

Coupled with an informative website, this program also runs an annual grant scheme to enable young people to reach their full potential.

Icons: Dollar sign, Stethoscope, Handshake, House, Speech bubble, Camera, Running person, Lightbulb.

Contact Us!
1800 455 105
createyourfuture.org.au / create.org.au

Get Social!
facebook.com/CREATEfnd
@CREATEfnd

CREATE Your Future is a portfolio of interactive life skills, community and self-awareness workshops that support young people aged 15 – 25 in their transition to independence.

GO YOUR OWN WAY

A GUIDE TO TRANSITIONING
TO INDEPENDENCE

create
FOUNDATION

04
GYOW

CONTENTS

A MESSAGE FROM THE CEO HOW TO USE THE GYOW INFO KIT GYOW CHECKLIST

YOUR IDENTITY

Proof of identity checks
Passports
Cultural identity
Culturally and Linguistically Diverse
(CALD) background
Family contact

EDUCATION & TRAINING

Learn or Earn
Youth Allowance
Training options
TAFE
Apprenticeship and traineeship
information services
University

EMPLOYMENT & JOB SEARCH

How to find a job
Job search and preparation
Fair Work Commission
Tax file number
Superannuation

06 YOUR MONEY 30

07 Transition to Independent Living
08 Allowance (TILA)
Centrelink
12 Opening a bank account
13 Managing your money
13 Budget planning
14

HEALTH & WELLBEING 36

15 Medicare card
15 Health care card
General health
18 Mental health and wellbeing
18 Dental Health
18 Family planning and health education
19 Drugs and alcohol
20 Healthy eating
20 Disability
20

HOUSING & ACCOMMODATION 42

Rent assistance
Public housing support service
Private rental
Share accommodation
Tenant advice
42
43
43
43
43

27

A resource to achieve consistency
in preparation for transitioning, and
enable more young people to
develop more comprehensive and
relevant transitions plans.

YOUR IDENTITY

YOUR IDENTITY CHECKLIST

THINGS TO THINK ABOUT	YES	NO	UNSURE/NEED MORE INFO
Do I have my birth certificate?			
Do I have a Health care card?			
Do I have a Medicare card?			
Do I have a student card?			
Do I have a copy of my vaccination and medical records?			
Do I have a copy of my academic records or certificates?			
Do I have my proof of Aboriginality?			
Do I have personal photos and life story?			
Do I know how to contact my family members?			
Do I know how to contact my sisters and brothers?			
Do I know how to connect with my cultural community?			
Do I have a genogram or family map of who is who in my family?			
Do I know the process for accessing my case file?			

The department or funded out-of-home care organisation is responsible for you during your time in care and will have the records about you. You may want to access your case file from your time in out-of-home care.

You need to check with your department or out-of-home care organisation about the process for viewing or getting your case file or information contained in it. You might want to consider having a support person with you when you look at your file. They may also

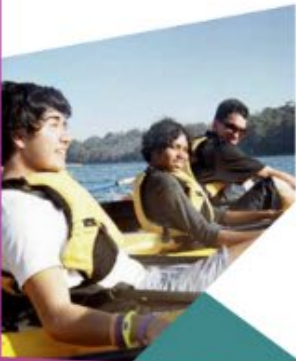
have original documents such as your birth certificate or academic records.

You should contact your caseworker to get access to these documents, as many young people have experienced difficulties in accessing these important documents once they have left care. It is important for you to prove who you are, as these documents are necessary when applying for a driver's licence, Australian passport and government benefits (e.g. Youth Allowance).

“YOU WILL GET THROUGH IT! MAKE A LIST OF THINGS THAT YOU WANT TO ACHIEVE OR THINGS THAT YOU WANT INCLUDED IN YOUR TFC PLAN AND TAKE THAT WITH YOU TO THE DEPARTMENT. IT CAN HELP TO TAKE A FRIEND, A CARER OR ANYONE THAT YOU FEEL COMFORTABLE WITH TO THE DEPARTMENT FOR A MEETING.”

CULTURALLY AND LINGUISTICALLY DIVERSE (CALD) BACKGROUND

If you are from a CALD background, you may wish to reconnect with your community or cultural group. You can contact the peak body, Federation of Ethnic Communities Councils of Australia (FECCA) to find the relevant multicultural service agency in your state or territory.



FAMILY CONTACT

You may want to reconnect with your family when you transition from care. There is support and information available to you. If this is what you would like to do, you can speak to your caseworker prior to you leaving care and they can help to organise and facilitate this.

Sibling relationships are important, and whether or not you live with your brothers and sisters in care, you can talk with your caseworker and carer (and your siblings/carens) about how you can be supported to stay in touch with them when you turn 18 years old, especially if you move.

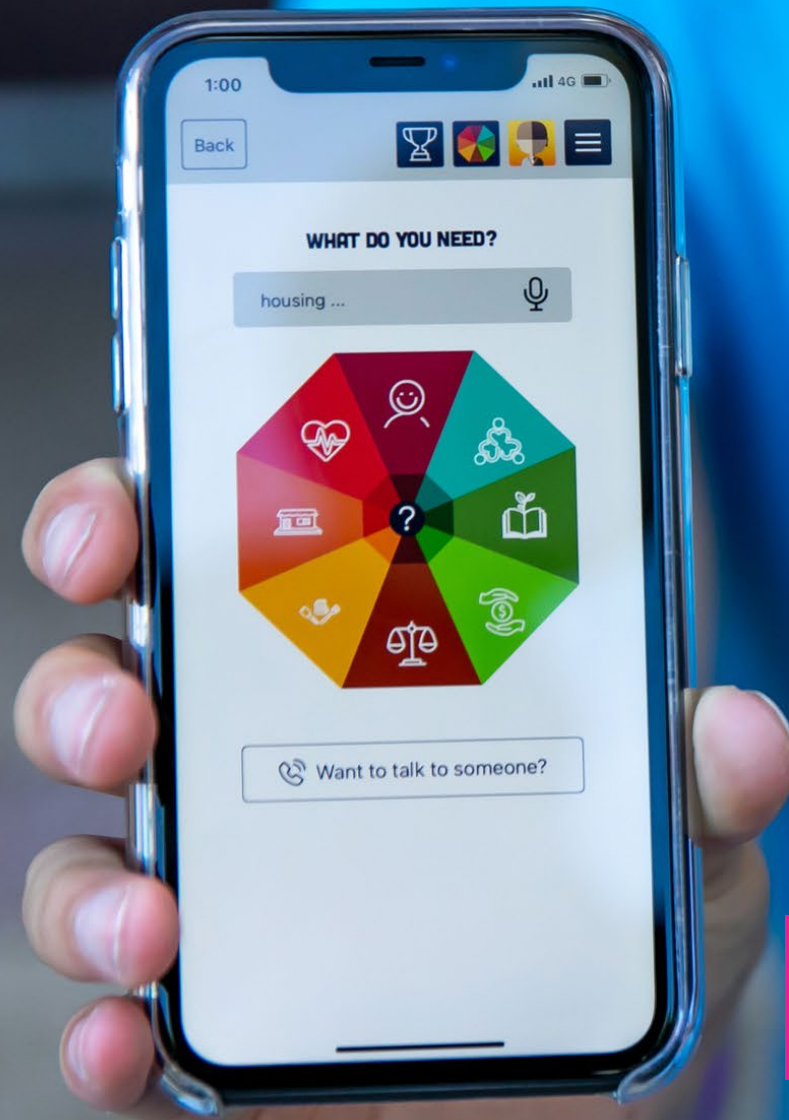
FOR MORE INFORMATION

Federation of Ethnic Communities' Councils of Australia (FECCA)

W: www.fecca.org.au
P: (02) 6282 5755
E: admin@fecca.org.au

National Translating and Interpreting Service

W: www.tsnational.gov.au
P: 131 450



Sortli is a needs based app

Loads of information and advice

Links to services and supports

Over 10,000 downloads to date!

EEK! MORE STATISTICS!



36%

36% aware of
having a leaving
care plan

39%

39% felt they
had been
involved

26%

26% had no
discussions
about future

Things our young people would like to see improve:

- Access to information to know what's on offer
- Guaranteed housing because experiences of homelessness and housing insecurity are common
- Support that extends beyond 21 for however long it's needed
- Rental and living skills program as part of planning for their transition



CREATE continues to advocate for:

- Guaranteed housing, financial and emotional support until the age of 25
- Increase the Transition to Independent Living Allowance from \$1500 to \$10000
- Equitable resources across jurisdictions



How can you help?

- Start the process early – 15 years old
- Refer to Next Step Plus
- Investigate financial supports
- Don't be afraid to have the tough conversations
- Communicate!
- Help your young people develop a back up plan



Thank you for joining us
today!

