



COURSE OUTLINE

COURSE TITLE: Preparation for independence

COURSE LEVEL: 3

DURATION: One day

Introduction

This course aims to explore and develop the skills young people need to have in order for them to move into adulthood. It will provide workers with ideas and strategies to undertake this valuable work and at the same time empower the young people themselves to overcome any hurdles in their way.

Benefits of Attending

Historically, Young People in the Looked After system have not always been prepared well for moving on and as a result have been exposed to, for example, homelessness, criminal activity and substance misuse. Since the Leaving Care Act, far more onus has been on the Care Provider and the Placing Authority to work consistently with young people, in order to support their transition into independence.

Programme Highlights

- Current legal situation. Standards and guidance.
- Current practice
- Skills and knowledge around teaching independence skills
- Other agencies that can be involved
- Assessing and motivating young people
- Problem solving techniques
- Resources including Pathway Plans, Sample Independence Programmes
- Working with young people post 18 years

Who Should Attend

Workers who have young people placed with them who are working towards independence.

Special Notes

Preparation for independence

Learning Outcomes

- To assist learners to understand the Law and guidance and how to access support, advice and information about adulthood, citizenship and independence
- To assist learners to identify the skills and knowledge required to become adults and effective citizens to prepare a young person to move on to independence

Introductions (15 mins)

Session 1 (1 hour) Understand how to access support, advice and information about adulthood, citizenship and independence

- Education and Housing, finance, social work, health, complaints
- Useful websites

Coffee. (15 mins)

Session 2. (1 hour) Understand the Law and guidance

- Children (Leaving Care) Act 2000 and Children Act 1989
- National Standards in leaving care, Every Child Matters and 5 outcomes
- Pathway Plan

Lunch (1 hour)

Session 3. (1 hour) Identify the skills and abilities required to become independent adults and effective citizens

- Confidence, competence and assertiveness
- Self sufficiency and self support

Coffee. (15 mins)

Session 4 (1 hour) Prepare a young person to move on and become independent

- Getting motivated
- Starting earlier
- Take controlled risks

Any Questions (15 mins)

Close