

Guidance for Practitioners

Getting Ready for Adult Life

Purpose

- To enable the young person to have a voice which is listened to and acted upon.
- To enable the young person to give their view on the support they receive.
- To enable the young person to identify what help they would like and who from.
- To give young people who are in or leaving Local Authority care information and advice to help prepare them for adult life and to build resilience.
- To enable the young person to give their views on actions for change.
- To enable the young person to review what has worked or not worked for them.
- To improve outcomes and evidence what difference listening to the young person has made.

Guidance

- The 'Get ready for adult life young people's pack' is designed to be a guide to highlight some of the things that young people may already be thinking about, and provide tips on where they can get more information and support if needed.
- This pack could also be used for young people who are thinking of leaving home or left home to help them prepare for adult life.
- At the front of each of the ten sections is a checklist to identify what young people already know and can do and what things they will need further support with.
- Each section has activities for you to try with young people to help them develop and to discover what they need to work on. You might only use one section or worksheets independently from each section, only print off what you need.
- There is an action record for each of the ten topics in this Voice of the Child tool and this should be used with the young person to facilitate meaningful consultation, it is important that you write exactly what they say and to ensure work progresses at a pace suitable to each individual young person.
- The action record should be used as a live document to be built up over time and to allow progress to be reviewed on an ongoing basis.
- The ten topic areas can be used in any order and at a pace appropriate, dependent on the individual young person's needs.
- You are free of course to use this tool flexibly to meet the needs of the individual young person for example practical activities such as cooking.
- The young person (with the support of the practitioner) should complete the action plan to identify the support they feel they may need. Practitioners should ensure their words are recorded and work progresses at a pace suitable to each individual child or young person and set a date to review progress.



- The child or young person with the support of the practitioner should complete the review form recording the child or young person's words.
- The action plan and review should be used in line with other plan processes as appropriate, for example Team Around the Family (TAF), Children in Need (CIN) Reviews, Child Protection Reviews, Care Plans and Pathway Plans. This tool should contribute to the overall plan for the child or young person.

Outcomes

- The young person should be able to identify areas of strength and where further learning is needed.
- The young person should be able to explain or demonstrate the roles and responsibilities of adult life.
- The young person should be able explain and demonstrate their ability to seek and access support.
- The young person should have developed more resilience to tackle challenges of adult life.
- The young person should have increased ability to proactively sustain themselves in the following areas:
 - Money
 - Health
 - Education, Training and Employment
 - Family and Relationships
 - Accommodation
 - Looking After Yourself
 - Having Your Say
 - Legal Rights
 - Being in Care
 - Life Skills.
- The child or young person should be able to identify what has helped or not helped.
- The child or young person and practitioner should be able to identify where further support is required and this should inform assessments and/or any future referrals.
- The practitioner should have a better knowledge and understanding of the child or young person.



Derby City Council

Voice of the Child ...
so what difference will it make?

Getting Ready for Adult Life

Name Age.....

Today's Date



1. Money

Date	Outcomes What are we trying to achieve to improve my knowledge and skills?	Tasks What i will do & what others will do Describe each task / piece of work that needs to be done	Person(s) responsible for carrying it out Me, you / others	By when?	Progress Monitoring & Review What went well / not so well	Comments / What next? What needs to happen if the task has not yet been achieved?

2. Health

Date	Outcomes What are we trying to achieve to improve my knowledge and skills?	Tasks What i will do & what others will do Describe each task / piece of work that needs to be done	Person(s) responsible for carrying it out Me, you / others	By when?	Progress Monitoring & Review What went well / not so well	Comments / What next? What needs to happen if the task has not yet been achieved?

3. Education, Training and Employment

Date	Outcomes What are we trying to achieve to improve my knowledge and skills?	Tasks What i will do & what others will do Describe each task / piece of work that needs to be done	Person(s) responsible for carrying it out Me, you / others	By when?	Progress Monitoring & Review What went well / not so well	Comments / What next? What needs to happen if the task has not yet been achieved?

4. Family and Relationships

Date	Outcomes What are we trying to achieve to improve my knowledge and skills?	Tasks What i will do & what others will do Describe each task / piece of work that needs to be done	Person(s) responsible for carrying it out Me, you / others	By when?	Progress Monitoring & Review What went well / not so well	Comments / What next? What needs to happen if the task has not yet been achieved?

5. Accommodation

Date	Outcomes What are we trying to achieve to improve my knowledge and skills?	Tasks What i will do & what others will do Describe each task / piece of work that needs to be done	Person(s) responsible for carrying it out Me, you / others	By when?	Progress Monitoring & Review What went well / not so well	Comments / What next? What needs to happen if the task has not yet been achieved?

6. Looking After Yourself

Date	Outcomes What are we trying to achieve to improve my knowledge and skills?	Tasks What i will do & what others will do Describe each task / piece of work that needs to be done	Person(s) responsible for carrying it out Me, you / others	By when?	Progress Monitoring & Review What went well / not so well	Comments / What next? What needs to happen if the task has not yet been achieved?

7. Having Your Say

Date	Outcomes What are we trying to achieve to improve my knowledge and skills?	Tasks What i will do & what others will do Describe each task / piece of work that needs to be done	Person(s) responsible for carrying it out Me, you / others	By when?	Progress Monitoring & Review What went well / not so well	Comments / What next? What needs to happen if the task has not yet been achieved?

8. Legal Rights

Date	Outcomes What are we trying to achieve to improve my knowledge and skills?	Tasks What i will do & what others will do Describe each task / piece of work that needs to be done	Person(s) responsible for carrying it out Me, you / others	By when?	Progress Monitoring & Review What went well / not so well	Comments / What next? What needs to happen if the task has not yet been achieved?

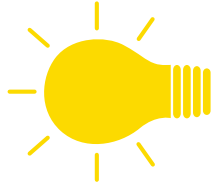
9. Being in Care

Date	Outcomes What are we trying to achieve to improve my knowledge and skills?	Tasks What i will do & what others will do Describe each task / piece of work that needs to be done	Person(s) responsible for carrying it out Me, you / others	By when?	Progress Monitoring & Review What went well / not so well	Comments / What next? What needs to happen if the task has not yet been achieved?

10. Life Skills

Date	Outcomes What are we trying to achieve to improve my knowledge and skills?	Tasks What i will do & what others will do Describe each task / piece of work that needs to be done	Person(s) responsible for carrying it out Me, you / others	By when?	Progress Monitoring & Review What went well / not so well	Comments / What next? What needs to happen if the task has not yet been achieved?

Action Plan



Name

Date

What is going to help you?	How is it going to help you?	Who is going to help you?	When would you like it to start?
What else might help?			

Review



Name

Date

How much has it helped you?

A lot

A little

Not at all

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