

Leaving Care

What is it and am I ready?

Leaving Care is a service provided to young people in care who are ready to live more independently. If you are currently living in a children's home or maybe with a foster family, and are ready to move on;- the Leaving Care service can support you in your next steps towards independence.

The Leaving Care service will provide you with help and advice; - from developing essential life skills, to exploring opportunities for your future, as well as working with you to keep yourself safe. Taking steps towards independence can be a worrying time, but rest assured you won't be left alone. You will have a group of friendly and supportive staff ready to help in every step you take.

BUT I'M NOT IN LEAVING CARE YET!

No, not yet! But Leaving Care is an exciting step towards getting **YOU** ready for **YOUR** future.

This information sheet aims to explain what to expect when getting ready for Leaving Care, and how you will be involved every step of the way.

Getting Ready - What to expect?

To make your move to Leaving Care smooth and stress-free, we like to start planning as soon as you are ready. You will have the opportunity to be fully involved and plan your move in your 'Transition Planner'. Take a look at these 8 steps explaining what to expect over the next few months as you prepare for moving on to Leaving Care.

1

Leaving Care - Is it for me?

As you grown in independence, we will start to discuss Leaving Care with you. What it is, how it works, and most importantly how you feel about it. We will answer your questions, give you all the information you need, and time to think about it. We want you to be fully informed why Leaving Care may be a good next step for you.

Time to start planning! What would I like?

We will hold regular meetings with you and your carers to start planning your transition. We will discuss where your new home might be, what type of home you will need, and what your future plans may look like. We will also discuss any other requests that you think could help you in planning your transition.

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Making sure I'm ready - Am I independent enough?

We want you to feel confident to tackle any challenges of independent living, from knowing how to budget and cook, to recognising if you're not coping and need help. Your carers will help you work through your 'Transition Planner' to see where you might need extra support and ensure the support is put in place.



4

Make a house a home – My new place

Where possible, we will arrange for you to view your new property (virtually or in person) and you will decide whether you'd like to live there. Your carers will help you shop for items to personalise your new home. You may also want to plan how you will decorate your new home once you move in.



Who's who? Getting to know my Leaving Care support team

Before moving, you will get an opportunity to meet the staff who will be supporting you. You will be given their contact details and digital profiles to learn a bit about them. You will also get a chance to spend some time getting to know your new key worker, maybe go for a coffee or lunch, or do an activity.

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A taste of what's to come

We will support you to explore the area where you are moving to. See the town, local attractions, and what activities are around. You will learn where the shops are and local health services such as the GP surgery, urgent care, or hospital are located. During your transition planning, you may also want to research what else is going on that you might like to take part in or know about.



Planning the big day


Before you officially move in, you will be able to stay a night or a weekend first, or you may decide to just visit for the day. On move in day, you will choose who you want to help you, and maybe plan a 'welcome to your new home' gathering. All your move in plans will be laid out in your 'Transition Planner' to help you feel in control and alleviate any anxieties.

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Moving in!

When the day arrives, we will help you move into your new home as you planned. You will be able to decorate, make it feel homely, and put your own stamp on it. We will also ensure you know who will be supporting you over the first week or two as you settle in, and going forward, ensure you become familiar with all staff who will support you.



Want to know more?

If you want to know more about the move, Leaving Care, or getting yourself ready, you can go to our new 'Journey to Independence' website :

www.keys-group.co.uk/services/leaving-care

Get in touch!
North: 0151 317 6080
South: 0117 374 9770

**Or talk to your keyworker – we're all here to help you
prepare for your future in Leaving Care!**

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group