

## AFTER CARE PLAN

### Scope

The After Care Plan is designed to provide a bridge for young people from care to future post care services and, eventually to their independence and autonomy. This plan is meant to support youths leaving care in preparing themselves to become independent adults. Acknowledging that this represents a difficult process, professionals need to make sure that youths are being offered appropriate support in planning all the steps that they could foresee in achieving their goals.

The plan is a vivid instrument and it involves exploring complex topics as well as youth's personal resources, knowledge and skills.

It represents an **important tool** to support the more concerted transition planning efforts that need to take place as a young person reaches mid to late adolescence and eventually adulthood and independence.

The After Care Plan would not only enable young people to be aspirational, but it should give them the confidence and ability to aspire and achieve throughout their lives and based on their strengths and resources.

One of the fundamental objectives of the process will be to support the young person leaving care to develop a strong sense of themselves and identity. The development of a positive self-image and understanding of their background and history will enable the formation of a positive sense of citizenship. This will enable the young person to hold a sense of belonging to the community they live in and connection to society in general. It also work to develop confidence and self-esteem within the young person so they have the ability to make informed choices moving forward and be able to voice their opinions an thoughts on key issues that affect them.

### Who develops the After Care Plan?

The plan is prepared by the mentor and young people together. It could also involve more resource persons such as other relevant professionals (youth educator, psychologist, and care professional) as well as the family of origin or friends, if necessary.

### When?

The plan is developed to cover a 6 months period. It is reviewed by the mentor and young people together with the persons initially involved or a part of those people.

### Principles:

- The timing of the After Care Plans – the leaving care process should start somewhere around the young person' 16<sup>th</sup> birthday

- Individual approach in delivery. The mentors and the other professionals must show respect and understanding, be non-judgemental, respond to issues in a personal way, show that they are committed, not give up
- Periodic updating of the After Care Plan – every 6 months

## Domains

The plan covers the following topics concerning the youth: health, emotional and behavioural development, education, family and social relationships, identity, social presentation, self-care skills.

The youth, with the support of the mentor, discusses and agrees on strategies and actions required to build her/his independent living skills, including:

- **Social skills** to help the young person negotiate with peers, employers and other adults from the community;
- **Budgeting and managing money;**
- **Managing family and other relationships;**
- **Conflict resolution;**
- **Cooking, housekeeping and self-care;**
- **Realising rights and responsibilities.**

The plan is built on information regarding young person's needs and resources, how they should be responded to, by whom and by when. All this information supports solving issues covering the following components of the plan:

PLACEMENTS, ACCOMMODATION OR HOUSING NEEDS – safe, well-maintained and affordable housing

LEARNING AND WORK – education/training/certification and apprenticeships/employment

HEALTH AND WELLBEING – physical and mental

FAMILY AND FRIENDS

PERSONAL AND PRACTICAL SKILLS

MONEY – financial capabilities

WHERE I WANT TO LIVE

RIGHTS AND LEGAL ISSUES

Each of these components contains contingency plans. This approach helps the youngster to always think about a “plan B” and not to find himself/herself in difficult situations. It develops a critical thinking and risks mitigations.

The youth should keep in touch with his/her case worker and discuss any aspect that should be revised or reconsider so that the plan would represent a real support.

## AFTER CARE PLAN

### PERSONAL DETAILS

Your Name:	
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Date of Birth:	
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Your current address:	
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Telephone Number:	Home:	Mobile:
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ID Number:
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Legal Status:
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Date of this Plan:
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Personal Adviser:
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Mentor:
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Telephone Number:
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Current placement
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Service Manager:		Telephone:	
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**What is the agreed minimum contact you are supposed to have with your social worker?**

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This Plan sets out the support arrangements for you over the next 6 months and identifies the help we will give you to achieve gradual independence.

The After Care Plan will be reviewed by your care worker every 6 months and will be presented at your Statutory Review.

Once you have left care it will be reviewed with your worker from the Leaving Care Service.

If you are not satisfied with the service offered, you can make representation to the Service Manager of the team working with you.

You should always sign and have your own copy of your After Care Plan.

### 1. DETAILS OF PLACEMENTS, ACCOMMODATION OR HOUSING NEEDS

Current Situation:

Your Plan:

Do you have knowledge and skills related with home management (cleaning, repairs, bills etc.)?

**What are the main accommodation tasks that need to be dealt with over the next 6 months?**

Task	Who will do it?	By when?	Date completed

**Contingency Plan:**

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Do you feel you need any help or advice with any of the following:

	TICK
Accommodation options	
Apartment Hunting	
Tenancy contract – rights and obligations	

## 2. LEARNING AND WORK

### Current situation

### College / Employment

Name of College / Employer	Course or Job Title	Address/Phone number	When you started this college or this job

What would you like to achieve in the next 6 months?

Looking further ahead, what would you like to be doing in 2 years?

**What are the main education, training or employment tasks to be done over the next 6 months?**

Task	Who will do it?	By when?	Date completed

**Contingency Plan**

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Do you feel you need any help or advice with any of the following:

	TICK
Employment rights	
Applying for jobs	
Career choice	

**3. HEALTH AND WELLBEING PLAN**

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Names and addresses of:

**Doctor**

Name	Telephone No	Address

**Dentist**

Name	Telephone No	Address

**Any other health professionals**

Name	Telephone No	Address

Have you had an eye test in the last 12 months?

Yes/No

Have you had a health assessment in the last 12 months? Yes/No

Do you feel you need any help or advice with any of the following:

	TICK
Making and attending appointments	
Health and Nutrition	
Drugs and Alcohol	
Sexual Health	
Personal Hygiene	
Be active	

**What are the main issues that need to be addressed over the next 6 months relating to health?**

Task	Who will do it?	By when?	Date Completed

### **Contingency Plan**

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## 4. FAMILY AND FRIENDS

### **Current situation**

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**Who will be your main day to day support over the next 6 months? e.g. foster carer, key worker, after care worker.**

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**Are appropriate arrangements in place to help you maintain contact with your family of origin and how often do you see them?**

**Do you need any more help with this?**

**What leisure activities do you take part in and do you need any support with them?**

**What are the main issues that need to be considered over the next 6 months?**

Task	Who will do it?	By when?	Date completed

**Who would you contact in an emergency? – mention 5 close friends/colleagues and their phone number**

## 5. PERSONAL AND PRACTICAL SKILLS

Becoming a confident young adult, (for example looking after your self-making and keeping appointments).

Managing Money (for example managing your own finances, making the money last, paying bills, coping with debts, dealing with banks).

Everyday tasks (for example shopping, preparing meals, eating a balanced diet, getting around, coping with laundry, learning basic household maintenance)

**Current situation**

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**Tasks for the next 6 months**

Tasks for the next 6 months	Who will do it?	By when?	Challenges	Date Completed

Do you feel you need any help or advice with any of the following:

	TICK
Legal documents	
Navigating local services	
Decision making	
Interpersonal communication	
Healthy relationships	

**6. MONEY**

**Current situation**

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If you are still living in a foster or children’s home, you will continue to receive your pocket money and clothing money from your carer.

Do you have a bank account? Yes/No

Do you save money regularly? Yes/No

If not, this is something you should think about while you are still looked after.

### Accommodation Costs

If you are living in the community under the age of 18 or in higher education over 18 you will receive support for your accommodation costs.

Weekly Amount Required	
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### Maintenance

Weekly amount you will be paid	
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This is made up of the following amounts:

Pocket Money	
Clothing Money	
Food/Cleaning Materials/Toiletries	
College Expenses e.g. Equipment	

Your utility bills may be paid for you direct, especially if you are in supported accommodation. If you have card meters then you will receive £00.00 per week.

### How will you receive your money?

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## 7. WHERE I WANT TO LIVE

### Current situation

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### Tasks for the next 6 months

Tasks for the next 6 months	Who will do it?	By when?	Date Completed

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**8. RIGHTS AND LEGAL ISSUES**

**Any rights or legal issues pending**

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**Offending issues**

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**Tasks for the next 6 months**

Tasks for the next 6 months	Who will do it?	By when?	Date Completed

SIGNED

Young Person: .....

Social Care/Leaving Care Worker: .....

Mentor.....