

Strategies caseworkers can use to support young people in OOHC:

	ENTRY - Proactive Relationships	DURING - Supporting Throughout	AFTER - Aftercare Support
What works	<ul style="list-style-type: none"> • Get to know the young person, find out what's important them • Work on building relationship • Ensuring that you consult with them when planning for their future • Make sure their voice is heard • Explain to the young person what they can expect from you as their worker • Ask if they would like to join Club CREATE (children 8 years and over can join) 	<ul style="list-style-type: none"> • Consult with the young person on a regular basis – young people can change their minds frequently, check in with them about their feelings • Talking with them about becoming an adult and how they feel about this • Plan their future with them; set achievable goals to enhance their independence skills – such as managing their money • Look at whether people from their support network can support them with learning life skills – such as budgeting • Promote their interpersonal skills – help them develop skills for effective communication with peers and professionals 	<ul style="list-style-type: none"> • Build 'back up' plans for unexpected changes – e.g. alternative accommodation into the Leaving Care Plan • Link in with aftercare services – e.g. Relationships Australia Aftercare Services • Details of how to view their files/personal documentation • Continue to promote self awareness for the young person – recognising when they need advice/support may prevent adverse outcomes
Suggested Strategies	<ul style="list-style-type: none"> • Introducing the young person to the Charter of Rights – a young person is entitled to know their rights whilst they are in OOHC • Ensuring that they have an age appropriate understanding of why they are in OOHC • Identify if the young person may require counselling/therapies • Introduce 'future' thinking concepts for older young people from the beginning 	<ul style="list-style-type: none"> • Use creative ways to enhance life skills and levels of independence e.g. use scenarios/ problem solving • Regularly assess/reassess their levels of independence • Ensure that they have appropriate contact with people that are important to them, e.g. extended family • Identify people who enhance their life – make an eco-map together • Support the young person with interpersonal skills – such as how to have a difficult conversations/appropriately challenge a person/decision • Monitor risk taking behaviours- these could be early signs of a homelessness career • Promote self-awareness – if the young person understands themselves they have a better chance of recognising when they need support 	<ul style="list-style-type: none"> • Build in contingencies for services - such as funding for ongoing counselling and support into the Leaving Care Plan • Consider what after care support your organisation can offer – such as being a guarantor for accommodation, remaining involved on a voluntary basis for advice and support • Factor in funding to promote independence – such as driving lessons • Take into consideration additional funding/ support for further education in the future. This might not be something that is appropriate at 18 but it might be something they wish to pursue in a couple of years • Consider rent increases due to changes in the housing market – build in contingencies to cover possible increases