

# Challenge and Participation Team Good Practice Storyboard

## “Independent Living Scheme (ILS) Workbook”

### 1. What are we improving?

- The Positive Futures Leaving Care Team have worked with a consultant to produce the ILS workbook for professionals to use to support CLA and Care Leavers from the age of 14 onwards to develop their independent living skills. The aim is to ensure they are able to successfully transition into an independent adulthood in which they are able to do key tasks such as budget, pay bills, cook and take care of a home.
- The Positive Futures Leaving Care Team requested feedback in the form of a letter from the Children in Care Council (CiCC) on the use of the workbook and why it is important. This will ensure that CLA and Care Leavers feel comfortable using the workbook as they have reassurance from the CiCC about its use.

### 3. What has been the impact?

- New model of consultation with CiCC has been developed; the Participation Team is able to support teams to present themselves to CiCC members.
- Identified issue with CiCC reading a long document and providing a letter that would be difficult to write; a creative approach devised by the Participation Team involved presenting the key information, questioning to gain feedback and using this to formulate the letter. The CiCC then signed off the letter, ensuring the letter was truly co-produced. This ensured the consultation was successful.
- CiCC's letter included in workbook, which will go out to all CLA at the age of 14 to support their independence skills.
- CiCC understand the workbook and how to use and have provided feedback.

### 2. What has been delivered?

- Positive Futures Leaving Care Team requested a letter from the CiCC regarding feedback on the ILS workbook. As the workbook is 86 pages long (designed to be delivered over a long period of time) the Participation Officer identified that disseminating the workbook and asking CiCC members to write a letter would not effectively gain the required information.
- The Participation Officer suggested an alternative approach; Apprentices from the Positive Futures Leaving Care Team attending a meeting with CiCC members, delivering a presentation, gaining feedback and using that to write the letter.
- The Participation Team supported the Apprentices to plan a presentation to CiCC members to explain the purpose of the workbook and what it means for them.
- The Participation Team facilitated a meeting with CiCC members aged 14+ and supported the Apprentices to deliver their presentation and gain feedback.
- The Apprentices took the feedback from the meeting and formulated this into a letter using the CiCC members' own words.
- Letter sent to the CiCC members' to sign off.
- Letter included in the workbook to introduce it to CLA and Care Leavers who will receive it to support their independence.

### 4. What has been the evidence?

- Apprentices' presentation to the CiCC members.
- Feedback and notes from the meeting.
- Letter produced using CiCC feedback and signed off by them, included in the ILS workbook.

## Feedback from CiCC Members

### Understanding the purpose of the ILS workbook

#### What is independence?

- Not relying on parents
- Not being dependent on another person
- Being able to make your own decisions

#### Family and friends and health – why is this important?

- If you need to leave the area, family and friends can help you.
- To ask for help you if don't know how to do things.
- Health passport is always beneficial as when you leave care you need all these numbers.
- Learn how to keep yourself healthy – e.g. doctors or hospital.

#### Finances and Education – why is this important?

- You can learn about how to write CVs, get a job to pay your bills, English so you can be formal in interviews.
- Learning about tenancy – so you know what you are signing.
- Learning social skills.

#### Feedback and views of the workbook

Working through the booklet is helpful as someone you trust will fill it out with you and can help if you are stressed. Its good as someone you trust can observe and step back when you are confident. This could be allowing you to make your own appointments or picking up prescriptions.

- It is good to be able to discuss this with someone if you need help.
- Good to complete by yourself but also good to ask for support to go through the booklet with someone. The young person should be able to say if they want to fill this out alone or with someone.
- The summary of the presentation is focusing on Independence and life skills and that this booklet allows people to show what they know and don't know.
- It is well laid out, but a lot of questions and a lot to fill in. Can complete in small chunks.
- The booklet doesn't have to be rushed, can be completed as and when, don't pressure yourself to complete it. The bits you don't know you will learn and this shows areas you need to think about. Don't pressure yourself, some of the things in the booklet are difficult. You won't know everything, it's all about getting the independence skills for you when you do leave. Ideally this booklet should be given at your 16<sup>th</sup> birthday, sometimes you move into a different care setting and gain more independence so this would be useful then.
- Feels like 14 is too young to receive this as by the time you are 16 or moving out of care you may of forgot the information.

#### Feedback on presentation

Well written, not too formal, laidback, easy to understand.

There was enough detail for a short presentation. Would recommend different styles of slides may be good to keep attention as these all look the same.

## Letter written by CiCC Members

Dear Young Person,

This letter is to introduce you to the Independent Living Skills (ILS) Workbook. Independence means being able to make your own decisions and not being dependent on another person. In order to be independent you need certain knowledge and skills. This workbook focuses on all different kinds of life skills and independence. This workbook also allows you to show what you do and do not know. It is okay not to know everything, as you can learn.

The workbook doesn't have to be rushed; it can be completed as and when you decide. Do not pressure yourself to complete it all at once, as there are lots of questions so you can complete it in small chunks. Then, the parts you don't know, you will learn and this shows areas you need to think about or learn about. Don't pressure yourself, some of the things in the booklet are difficult. You won't know everything, it's all about getting the independence skills for you when you do leave care.

Please remember that you do not have to fill this out alone, it can be helpful to have someone you trust to fill it out with you; they can help to discuss the workbook and support you through it. If you want to fill it out independently then you can do that but ask for help if you need it.

You may be wondering, why now? That is because we have found that many young people do not have the necessary skills when they leave care, such as knowing how to open a bank account, cook, iron, or understand benefits, and important form and letters. We hope that using this workbook will help you learn the skills that you need to be able to do these things independently, and with confidence.

Warm regards,

The Children in Care Council