

-LC Leaving Care My Pathway Plan C1107



What life looks like for me

Name	Address	Date of Birth	Age

Current Status

Who am I?

Include overview of current situation - where they are living, why and how that is going. This should be an opportunity for the young person to describe themselves. Help them to put into words who they are. What are their likes/dislikes/interests/pets/food -use own words of young person, think about prompt questions. Does the young person have a disability? Is the young person a parent?

What does life look like for me?

Be clear about any differences of opinion/perspective, challenge young person where necessary and offer more realistic suggestions as a parent would

Workers Comments

Who supports me

Name	Relationship	Contact Numbers	How do they help me

Opportunity to include an Eco map of the support network. Has the worker considered a life links referral through Family Group Conferencing?

Workers Comments

How will I get to where I want to be in life?

Think about who does the young person have the best relationship with? How can we build on these relationships to support the young person to independence? This question needs to identify the exact nature of where the young person is right now. Consider adding in the best things, their worries and consider where they have been. Use best questions/direct work to elicit fuller responses if necessary.

Where am I now?

Be clear about any differences of opinion/perspective, challenge young person where necessary and offer more realistic suggestions as a parent would. What are the young person's aspirations? Consider where they want to work, study, live and those more general desires in life such as holidays, relationships and hobbies.

Where do I want to be?

In young person's words. Use best questions/direct work to elicit fuller responses if necessary. What does the plan look like and who will do what and when? What are the first steps? What needs to change? What do they need help with and what do they feel confident doing on their own?

How do I get there?

On a scale of 0-10, how have things been in the last 6 months? (0 is I feel nothing has changed and I don't know what is happening and 10 is everything is great and on track and I'm excited about my future)

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ 6

☐ 7

☐ 8

☐ 9

☐ 10

Worker and Young Person's Comments

Name:

ID:

Printed on: 07/11/2019

In young person's words. Use best questions/direct work to elicit fuller responses if necessary. This is the space to explore risk, vulnerability and how the young person will keep themselves safe and supported. Thinking about networks and friends. Include a Success Statement and Safety Plan. please consider how we will know when things go wrong or working well so thinking about red flags triggers and stressors and that contingency planning.

Who will help me if things go wrong? What am I worried about and what needs to happen?

Workers Comments

What Needs To Happen Over Next 6 Months

Date of current plan:

Date of last plan:

Signs of Safety Framework

Danger / Worry Statement	Success Goal	10 being... 0 being...	Who scaled	Reason

Education, Employment and Training

Are they in EET, is it going well from young person and others perspectives? What is next step/goal? Any attendance issues? Is young person being supported to achieve aims/aspirations? What is the plan B? Up to date CV/Interview skills/Interview clothes? ID/NI/bank account? Is transition plan in place for young people with disabilities? What funding has the young person accessed? Transport?

What's working well, what am I worried about and what needs to happen?

- ☐ E-PEP completed and uploaded
- ☐ NI Paperwork completed and uploaded

Health and Wellbeing

To consider; where would the young person go to for advice on different health matters? What are the young person's coping strategies if they feel anxious or frustrated? GP/dentist/optician registered and other specialist health needs? Can young person make and attend appointments alone. Impact of prescribed medication and repeat prescriptions. Consider diet/exercise/fitness. Substances/alcohol, does young person know safe alcohol limits/support available from Addaction. Loneliness - hobbies/interests/access to leisure facilities, how does the young person cheer themselves up? Impact of trauma. Emotional wellbeing support - Kooth/Healthy Minds/CAMHS and transfer to adult services. Sexual health - information/advice/testing/supplies. Identity, maintaining positive self image, links with heritage, life story work

What's working well, what am I worried about and what needs to happen?

- ☐ Health Summary Uploaded

Accommodation

Where is the young person living? Is it suitable/what are home conditions like/risk assessment/tenancy status/what changes are needed/when is a move likely/is there a plan B/likely to stay same for 6 months what needs to happen if not/INSA move on, has staying put been discussed/what are the transport links like? Relationships within accommodation?

What's working well, what am I worried about and what needs to happen?

Life Skills - what am I good at?

Management of personal hygiene, does young person have necessary ID? Consider details of all elements of travel/cooking/cleaning/shopping/home maintenance/resilience/staying safe (budgeting covered in next section). Be clear about where gaps are what support is needed who will provide this and progress being made.

What's working well, what am I worried about and what needs to happen?

Finance

New home grant to be explained. How well does the young person manage money? How much experience do they have? How can they get more experience? What additional support is needed and who will provide this? Any capacity issues? Child trust fund at 18. Living allowance entitlement. Do they have a bank account? Can the young person save? Any debt? What would they do if they ran out of money? Benefits, when to claim and who will do what, DWP specific arrangements for care leavers. University finances? Phone contract?

What's working well, what am I worried about and what needs to happen?

Statement of Financial Support from Lincolnshire County Council

Who has agreed this support:	Role	What has been agreed:	How long for:	Date agreed:	What is the young person's contribution:

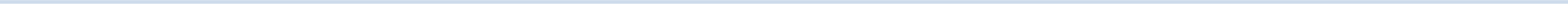
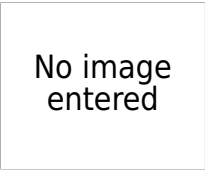
Family, friends and my support network

Remember to include people who do not live close and can contribute by Facetime, Skype etc. Has a referral to Life Links/Restorative Conversation been considered to repair any strained relationships with networks or connected people and to explore other links? Include foster carers. Does family contact need to move on from being supervised? Is the young person in a relationship? What are the dynamics of this? Can the young person see those that are important to them? Are friendship choices a concern? How do the young person's relationships

contribute to making a successful transition to adulthood? Who does the young person turn to for support? Is support needed to practice religion? Does the young person want to be involved in participation group for LCC? Does the young person know what is going on in their local area?

What's working well, what am I worried about and what needs to happen?

Young Persons Signature



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