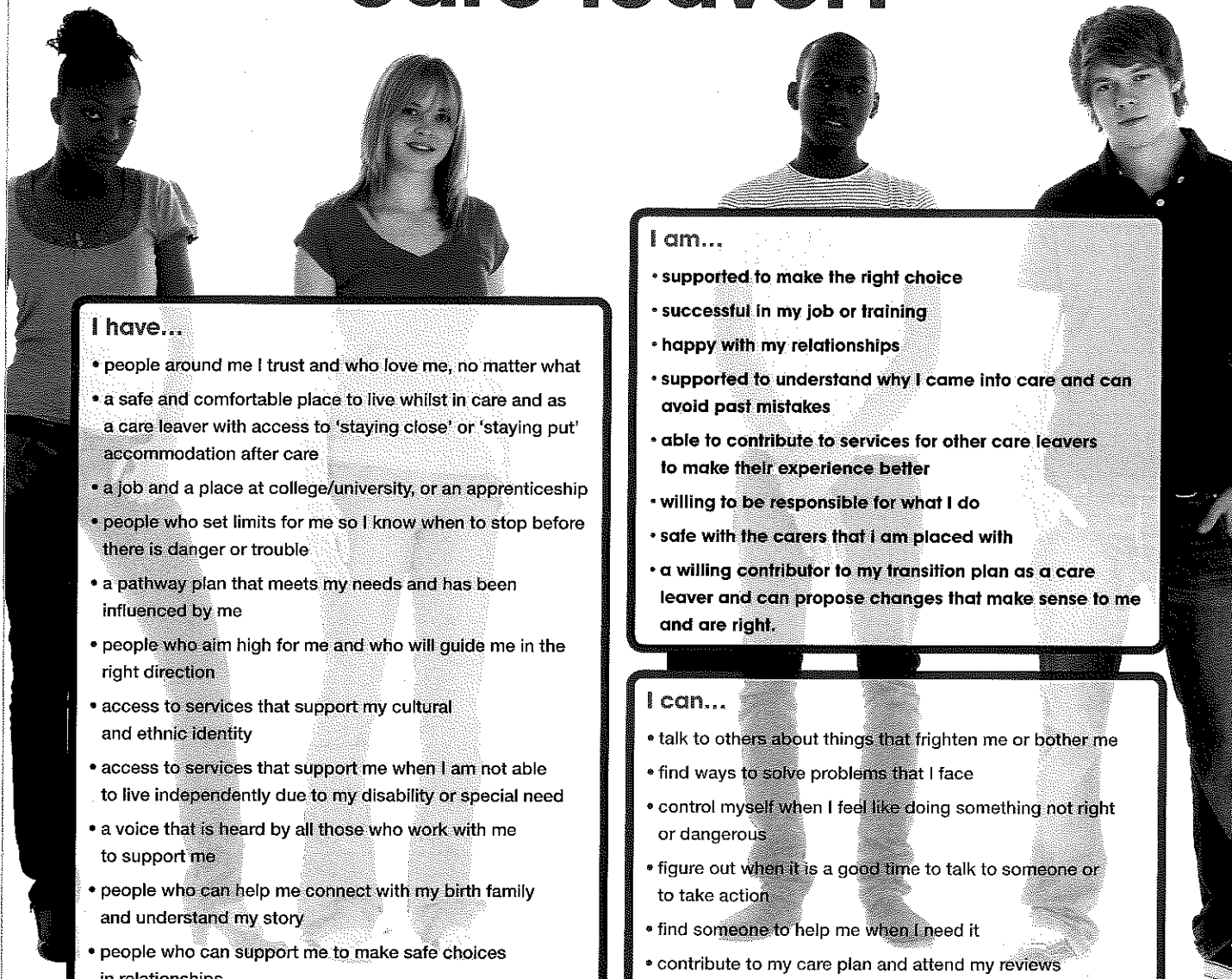


What makes a resilient care leaver?



I have...

- people around me I trust and who love me, no matter what
- a safe and comfortable place to live whilst in care and as a care leaver with access to 'staying close' or 'staying put' accommodation after care
- a job and a place at college/university, or an apprenticeship
- people who set limits for me so I know when to stop before there is danger or trouble
- a pathway plan that meets my needs and has been influenced by me
- people who aim high for me and who will guide me in the right direction
- access to services that support my cultural and ethnic identity
- access to services that support me when I am not able to live independently due to my disability or special need
- a voice that is heard by all those who work with me to support me
- people who can help me connect with my birth family and understand my story
- people who can support me to make safe choices in relationships
- people who want me to learn to do things on my own
- people who help me if I become a parent
- people who can support me with my health needs.

I am...

- supported to make the right choice
- successful in my job or training
- happy with my relationships
- supported to understand why I came into care and can avoid past mistakes
- able to contribute to services for other care leavers to make their experience better
- willing to be responsible for what I do
- safe with the carers that I am placed with
- a willing contributor to my transition plan as a care leaver and can propose changes that make sense to me and are right.

I can...

- talk to others about things that frighten me or bother me
- find ways to solve problems that I face
- control myself when I feel like doing something not right or dangerous
- figure out when it is a good time to talk to someone or to take action
- find someone to help me when I need it
- contribute to my care plan and attend my reviews
- contact my SW, IRO, PA or advocate when I need to, to help me to cope
- talk to my chosen professional about how I feel
- contribute to my life story journey
- say what I would like to do in the future
- have a choice about where I would like to live
- undertake some tasks to help to live independently in the future.

