

# **ACCOMMODATION**

# Does the young person know what accommodation options are available to them or what is suitable for them:

Supported accommodation.

Private accommodation.

Public housing.

Financial assistance.

Tenancy advice.

Emergency accommodation.

# **IDENTITY & 100 points**

#### Does the young person know about their:

Family of origin.

Cultural community.

Medicare or health care card.

Passport.

Birth certificate.

# **EDUCATION/TRAINING/EMPLOYMENT**

#### Does the young person have information on:

Education options & how to access these

Centrelink payments.

**Employment Support.** 

Writing a job application.

Preparing for a job interview.

Fair Work Australia (Call 13 13 94)

# **MANAGING MONEY**

#### Is the young person aware of:

**Budgeting Skills** 

Income e.g. salary, youth allowance or

disability pension

Bank accounts or credit co-operative

memberships

The need for a tax file number and taxation

requirements when employed.

Paying Bills e.g. BPay, Post Office

Financial assistance e.g. Centrelink, Leaving Care brokerage, Commonwealth Transition to

Independent Living Allowance (TILA)

# **EMERGENCY**

### Is the young person aware of:

What to do if there is a fire in their home.

Smoke alarms & how to test these.

Basic First Aid courses available.

Ambulance subscriptions.

# **RELATIONSHIPS**

# Does the young person have knowledge of or know how to access/develop:

Healthy friendships.

Healthy family links.

Care for their own children if they are

parents.

Communication & conflict resolution skills.

# **HEALTH**

# Is the young person aware of how to access support with:

A medical centre

Ongoing physical health issues.

# **YOUNG PARENTS**

# Does the young person know how to access the following supports:

Pregnancy care.

Preparing for baby's arrival.





Disabilities.

Exercise.

Nutrition.

Mental health.

Coping strategies.

Harm minimisation practices.

Sexual health.

Medicare/Bulk Billing/Health Care Card.

Immunisations & history.

Dentist & treatment history.

Hearing & sight impairment.

Maternal child health centres.

Parenting centres.

Child care.

Centrelink family assistance payments

# **RIGHTS & LAWS**

# Does the young person have knowledge of:

Workplace rights/Anti-discrimination laws.

Voting rights & requirements.

Making a Will.

Housing rights & responsibilities.

Youth Law – call 96112412.

Victorian Legal Aid – call 1300 792 387.

#### **SELF CARE SKILLS**

# Does the young person know how to:

Cook/ prepare a healthy meal.

Manage household hygiene.

Shop within budget.

Manage health and personal hygiene.

Obtain a driver's license.

Use public transport.

Obtain appropriate & adequate clothing.

# Other things this young person would like to know:

What are some of the ways in which this young person could make sure they are connected to their local community?

# How will the young person stay in touch with family?

# **Important Resources**

The CREATE Foundation CREATE Foundation

**Department of Families, Fairness and Housing Leaving care - DFFH Services** 

Current as of 1 June 2023



VACCA Leaving Care - VACCA

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